



OPEN

AGE	10/11		12		13		14		15		16 & over	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Free	00:35.00	00:37.80	00:32.66	00:35.00	00:29.74	00:32.12	00:28.58	00:30.87	00:27.25	00:29.43	00:25.26	00:27.28
100m Free	01:17.58	01:21.94	01:12.85	01:19.41	01:07.18	01:13.23	01:03.16	01:08.84	00:59.38	01:04.72	00:54.86	00:59.80
200m Free	02:47.06	03:02.10	02:37.00	02:51.13	02:27.29	02:40.55	02:17.77	02:30.17	02:13.77	02:25.81	02:01.84	02:09.33
400m Free	05:35.00	06:05.15	05:22.39	05:51.41	05:06.54	05:34.13	04:46.81	05:12.62	04:33.62	04:58.25	04:16.97	04:37.92
800m Free			10:41.00	11:38.69	10:14.70	10:51.77	09:52.10	10:20.60	09:32.70	10:24.24	08:56.89	09:45.21
1500m Free			20:57.14	22:50.28	20:00.00	21:48.00	19:00.00	20:42.60	18:18.31	19:57.16	17:05.83	18:38.15
50m Breast	00:47.02	00:51.25	00:43.52	00:47.44	00:39.51	00:43.07	00:37.40	00:40.77	00:35.94	00:39.17	00:32.41	00:35.33
100m Breast	01:42.00	01:51.18	01:35.12	01:43.68	01:27.25	01:35.10	01:23.00	01:30.47	01:17.76	01:24.76	01:11.00	01:17.39
200m Breast	03:41.40	04:01.33	03:23.73	03:42.07	03:08.21	03:25.15	03:02.05	03:18.43	02:56.66	03:12.56	02:39.12	02:53.44
50m Fly	00:40.61	00:45.07	00:36.69	00:39.99	00:33.84	00:36.89	00:32.38	00:35.29	00:30.32	00:33.05	00:27.78	00:30.28
100m Fly	01:40.44	01:49.48	01:29.00	01:37.01	01:19.01	01:26.12	01:12.74	01:19.29	01:08.63	01:14.81	01:01.44	01:06.97
200m Fly	03:48.99	04:09.60	03:38.00	03:57.62	03:20.02	03:38.02	02:59.09	03:15.21	02:37.05	02:51.18	02:25.86	02:38.99
50m Back	00:40.50	00:44.15	00:37.24	00:40.59	00:35.55	00:38.75	00:33.49	00:36.50	00:31.82	00:34.68	00:29.19	00:31.82
100m Back	01:28.00	01:31.44	01:23.10	01:30.58	01:16.55	01:23.44	01:11.94	01:18.41	01:09.66	01:15.93	01:02.65	01:08.29
200m Back	03:08.43	03:25.39	02:56.14	03:11.99	02:45.20	03:00.07	02:35.75	02:49.77	02:28.70	02:42.08	02:17.45	02:29.82
100m IM	01:29.87	01:37.96	01:23.51	01:31.03	01:17.26	01:24.21	01:13.00	01:19.57	01:10.17	01:16.49	01:04.13	01:09.90
200m IM	03:07.68	03:24.57	02:59.00	03:15.11	02:45.32	03:00.20	02:37.90	02:52.11	02:31.25	02:44.86	02:20.26	02:32.95
400m IM			06:01.74	06:34.30	05:49.96	06:21.46	05:29.28	05:58.92	05:16.17	05:44.63	04:54.29	05:20.78

FEMALE

AGE	10/11		12		13		14		15		16 & over	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Free	00:35.00	00:37.80	0:32.64	00:35.25	0:30.74	00:33.20	00:29.96	00:32.36	00:29.60	00:31.97	00:28.60	00:30.89
100m Free	01:18.00	01:25.00	01:11.89	01:18.36	01:07.51	01:13.59	01:05.19	01:11.06	01:04.00	01:10.42	01:00.84	01:06.32
200m Free	02:51.23	03:06.64	02:35.67	02:49.60	02:23.23	02:36.12	02:20.58	02:33.23	02:18.30	02:30.75	02:13.97	02:26.03
400m Free	05:52.32	06:24.03	05:18.71	05:47.39	04:57.02	05:26.41	04:47.31	05:13.17	04:42.30	05:07.71	04:39.93	05:05.12
800m Free			11:29.09	12:31.11	10:15.00	11:10.35	09:52.95	10:46.32	09:47.00	10:39.83	09:42.57	10:35.00
1500m Free			20:25.00	22:15.25	19:49.20	21:36.23	19:10.20	20:53.72	18:51.50	20:33.34	18:35.20	20:15.57
50m Breast	00:47.00	00:51.23	00:43.00	00:46.87	00:40.00	00:43.60	00:38.44	00:41.90	00:38.24	00:41.68	00:36.20	00:39.54
100m Breast	01:42.48	01:51.20	01:35.66	01:44.27	01:29.71	01:37.78	01:25.53	01:33.23	01:22.50	01:29.92	01:19.36	01:26.50
200m Breast	03:43.00	04:03.07	03:20.48	03:40.43	03:09.19	03:26.22	03:00.86	03:17.14	02:58.48	03:14.54	02:52.08	03:07.57
50m Fly	00:41.00	00:44.69	00:37.00	00:40.33	00:34.00	00:37.06	00:33.69	00:36.72	00:32.46	00:35.38	00:30.83	00:33.60
100m Fly	01:37.22	01:45.97	01:29.22	01:37.25	01:18.94	01:26.04	01:15.00	01:21.75	01:12.29	01:18.80	01:08.95	01:15.16
200m Fly	03:44.33	04:04.52	03:31.50	03:50.53	03:04.00	03:20.56	03:01.29	03:17.61	02:53.70	03:09.33	02:41.70	02:56.25
50m Back	00:40.69	00:43.50	00:37.78	00:41.18	00:35.59	00:38.79	00:34.34	00:37.43	00:33.86	00:36.91	00:31.90	00:34.77
100m Back	01:28.00	01:36.75	01:22.00	01:29.39	01:15.44	01:22.23	01:14.00	01:20.66	01:12.55	01:19.08	01:09.66	01:15.93
200m Back	03:12.12	03:29.41	02:52.00	03:07.48	02:43.35	02:58.05	02:37.35	02:51.51	02:36.38	02:50.45	02:30.57	02:44.12
100m IM	01:31.00	01:33.84	01:22.54	01:29.97	01:18.00	01:25.02	01:15.00	01:21.75	01:14.00	01:20.66	01:11.27	01:17.68
200m IM	03:18.09	03:35.92	02:59.11	03:15.23	02:44.65	03:02.73	02:42.00	02:56.58	02:38.00	02:52.22	02:33.72	02:47.55
400m IM			06:20.90	06:55.18	05:45.00	06:16.05	05:43.00	06:13.87	05:37.52	06:07.90	05:26.50	05:55.89

10/11 year olds 50 & 100m events - TOP 17 entrants

10/11 year olds 200m events - TOP 16 entrants

10/11 year olds 400m events - TOP 8 entrants

12/13/14 & 15 year olds 50 & 100m events - TOP 25 entrants

12/13/14 & 15 year olds 200m events - TOP 20 entrants

12/13/14 & 15 year olds 400m events - TOP 14 entrants

16+ year olds 50 & 100m events - TOP 33 entrants

16+ year olds 200m events - TOP 24 entrants

16+ year olds 400m events - TOP 16 entrants

800m 12 year old - TOP 6 entrants

1500m 12 year old - TOP 4 entrants

13/14 year olds - TOP 10 entrants

13/14 year olds - TOP 8 entrants

15/16+ year olds - TOP 12 entrants

15/16+ year olds - TOP 10 entrants

Swimmers achieving the Consideration Time for an event will be accepted subject to the entry caps above.

Qualifying window : 16th May - 6th December 2026 (inclusive)