



Regional Championships (50m) 2026

CONSIDERATION TIMES



Open/Male							Ages at 31 st December 2026 Times Long Course (50m)			Female							
	11&12	13	14	15	16	17/OV				11&12	13	14	15	16	17/OV		
	Entry via 100m freestyle consideration time						25.30		50m Freestyle		Entry via 100m freestyle consideration time						28.70
	1:11.20	1:05.50	1:03.60	0:59.50	0:57.00	0:55.00		100m Freestyle		1:10.20	1:05.60	1:05.00	1:04.00	1:03.00	1:01.40		
	2:34.20	2:25.80	2:19.40	2:10.00	2:05.00	2:04.00		200m Freestyle		2:34.50	2:24.00	2:22.00	2:20.30	2:16.90	2:14.00		
	5:26.40	5:04.00	4:56.00	4:38.00	4:34.00	4:30.50		400m Freestyle		5:35.60	5:08.00	5:03.40	4:58.00	4:50.00	4:42.10		
	11:00.80	10:16.00	10:00.00	9:24.00	9:16.00	9:09.00		800m Freestyle		11:19.20	10:24.00	10:14.80	10:04.00	09:48.00	09:32.20		
	20:35.00	19:48.50	19:00.00	18:06.40	17:36.10	17:15.00		1500m Freestyle		22:06.30	20:00.30	19:42.00	19:07.50	18:37.90	18:22.20		
	Entry via 100m backstroke consideration time						29.90		50m Backstroke		Entry via 100m backstroke consideration time						32.60
	1:22.00	1:16.00	1:13.10	1:07.80	1:07.20	1:04.50		100m Backstroke		1:21.10	1:16.00	1:14.30	1:13.50	1:12.90	1:10.40		
	2:50.00	2:42.00	2:38.00	2:30.20	2:25.80	2:20.60		200m Backstroke		2:53.20	2:43.50	2:41.30	2:39.50	2:37.50	2:32.50		
	Entry via 100m breaststroke consideration time						32.30		50m Breaststroke		Entry via 100m breaststroke consideration time						36.50
	1:32.90	1:27.60	1:24.00	1:18.90	1:14.60	1:12.70		100m Breaststroke		1:31.70	1:27.60	1:25.70	1:24.30	1:21.60	1:19.80		
	3:27.20	3:11.90	3:03.00	2:53.70	2:47.40	2:45.80		200m Breaststroke		3:17.40	3:09.60	3:06.60	3:00.10	2:58.00	2:56.80		
	Entry via 100m butterfly consideration time						27.50		50m Butterfly		Entry via 100m butterfly consideration time						30.80
	1:23.10	1:16.60	1:11.50	1:06.50	1:05.60	1:02.50		100m Butterfly		1:25.00	1:17.40	1:14.20	1:12.50	1:10.80	1:09.10		
	3:18.40	3:07.30	2:50.60	2:38.90	2:36.90	2:25.40		200m Butterfly		3:22.80	3:08.50	2:57.00	2:48.80	2:47.00	2:41.90		
	2:55.30	2:51.20	2:35.90	2:29.30	2:24.30	2:22.30		200m Ind Medley		2:57.10	2:48.60	2:43.60	2:37.60	2:34.80	2:32.00		
	6:23.10	5:57.40	5:45.00	5:23.50	5:20.70	5:11.20		400m Ind Medley		6:17.80	5:57.80	5:54.00	5:42.20	5:41.30	5:36.20		

All times must be achieved in a licensed meet Level 1, 2 or 3 between 8th March 2025 and the closing date.
Please be aware that if events are oversubscribed then it will be necessary to reject entries as detailed in the conditions.
Times are taken as above including 1/100's and no rounding is to happen.