

Open/Male							Ages at 31 st December 2027 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	1:07.90	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	2:27.50	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	1:09.30	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	1:08.50	1:05.60	1:02.10		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	
	Entry via 200m individual medley consideration time						27.50		200m Ind Medley			Entry via 200m individual medley consideration time					30.80
	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 6th March 2026 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.