

Swim England East Region
2019 Short Course Championships (25m)

(Under ASA Swim England Regulations and Technical Rules)
1st-3rd November 2019 at Basildon Sporting Village (2ER192086)

QUALIFYING STANDARDS

Pool Length - 25m

<u>MEN</u>	<u>EVENT</u>	<u>WOMEN</u>
Qualifying Time		Qualifying Time
26:00	50m Freestyle	28.50
56.00	100m Freestyle	1:02.00
2:05.00	200m Freestyle	2:15.00
4:23.00	400m Freestyle	4:40.00
	800m Freestyle	09:50.00
18:00.00	1500m Freestyle	
30.50	50m Backstroke	32.50
1:04.50	100m Backstroke	1:09.50
2:22.00	200m Backstroke	2:31.00
32.75	50m Breaststroke	36.50
1:12.50	100m Breaststroke	1:19.00
2:42.00	200m Breaststroke	2:51.00
28.50	50m Butterfly	31.50
1:02.50	100m Butterfly	1:09.00
2:24.00	200m Butterfly	2:35.00
1:05.00	100m I.M.	1:11.00
2:22.00	200m I.M.	2:33.00
5:09.00	400m I.M.	5:23.00

- All times to be achieved between 1st November 2018 and the closing date
- Closing Date for Entries: Midday Friday 4th October 2019

COUNTY CHAMPIONSHIPS 2020

QUALIFYING CONSIDERATION TIMES

Licence Numbers: t.b.c.

BOYS

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	00:37.45	00:32.66	00:34.95	00:30.88	00:33.04	00:28.58	00:30.58	00:27.25	00:29.16	00:25.49	00:27.27
100m Free	01:17.58	01:25.34	01:13.00	01:20.30	01:07.28	01:14.01	01:03.16	01:09.48	00:59.38	01:05.32	00:54.86	01:00.35
200m Free	02:47.06	03:03.77	02:37.00	02:52.70	02:27.29	02:42.02	02:17.77	02:31.55	02:13.77	02:27.15	02:01.84	02:14.02
400m Free	05:35.36	06:08.90	05:22.39	05:54.63	05:07.82	05:38.60	04:46.81	05:15.49	04:33.62	05:00.98	04:16.97	04:42.67
800m Free			10:40.50	11:44.55	10:14.70	11:16.17	09:52.10	10:51.31	09:32.70	10:29.97	09:16.10	10:11.71
1500m Free			21:00.00	23:06.00	20:00.00	22:00.00	19:00.00	20:54.00	18:18.31	20:08.14	17:05.83	18:48.41
50m Breast	00:48.00	00:52.80	00:43.52	00:47.87	00:40.38	00:44.42	00:37.40	00:41.14	00:35.94	00:39.53	00:32.94	00:36.23
100m Breast	01:42.00	01:52.20	01:35.70	01:45.27	01:30.00	01:39.00	01:23.00	01:31.30	01:17.76	01:25.54	01:11.70	01:18.87
200m Breast	03:41.40	04:03.54	03:23.73	03:44.10	03:15.00	03:34.50	03:02.05	03:20.25	02:56.66	03:14.33	02:39.12	02:55.03
50m Fly	00:40.61	00:44.67	00:37.09	00:40.80	00:33.84	00:37.22	00:32.38	00:35.62	00:30.32	00:33.35	00:27.78	00:30.56
100m Fly	01:40.44	01:50.48	01:29.00	01:37.90	01:22.49	01:30.74	01:12.74	01:20.01	01:08.63	01:15.49	01:01.44	01:07.58
200m Fly	03:48.99	04:11.89	03:38.00	03:59.80	03:33.00	03:54.30	02:59.09	03:17.00	02:37.05	02:52.75	02:25.86	02:40.45
50m Back	00:40.50	00:44.55	00:37.24	00:40.96	00:35.55	00:39.10	00:33.49	00:36.84	00:31.82	00:35.00	00:29.38	00:32.32
100m Back	01:28.00	01:36.80	01:23.10	01:31.41	01:16.55	01:24.21	01:11.94	01:19.13	01:09.66	01:16.63	01:02.65	01:08.92
200m Back	03:12.07	03:31.28	02:56.14	03:13.75	02:45.20	03:01.72	02:35.75	02:51.33	02:28.70	02:43.57	02:17.45	02:31.20
100m IM	01:29.87	01:38.86	01:23.51	01:31.86	01:19.03	01:26.93	01:13.00	01:20.30	01:10.17	01:17.19	01:05.13	01:11.64
200m IM	03:07.68	03:26.45	02:59.00	03:16.90	02:50.80	03:07.88	02:37.90	02:53.69	02:31.25	02:46.38	02:20.26	02:34.29
400m IM			06:10.19	06:47.21	06:07.78	06:44.56	05:29.28	06:02.21	05:16.17	05:47.79	04:54.29	05:23.72

GIRLS

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	00:37.45	0:32.64	00:34.92	00:31.05	00:33.22	00:29.96	00:32.06	00:29.67	00:31.75	00:28.60	00:30.60
100m Free	01:18.00	01:25.80	01:11.89	01:19.08	01:07.51	01:14.26	01:05.19	01:11.71	01:04.00	01:10.40	01:00.84	01:06.92
200m Free	02:51.23	03:08.35	02:35.67	02:51.24	02:23.23	02:37.55	02:20.58	02:34.64	02:18.30	02:32.13	02:13.97	02:27.37
400m Free	05:52.32	06:27.55	05:18.71	05:50.58	04:57.02	05:26.72	04:47.31	05:16.04	04:42.30	05:10.53	04:39.93	05:07.92
800m Free			11:29.09	12:38.00	10:15.00	11:16.50	09:52.95	10:52.25	09:47.00	10:45.70	09:42.57	10:40.83
1500m Free			20:25.00	22:27.50	19:49.20	21:48.12	19:10.20	21:05.22	18:51.50	20:44.65	18:35.20	20:26.72
50m Breast	00:47.00	00:51.70	00:43.00	00:47.30	00:40.00	00:44.00	00:38.44	00:42.28	00:38.24	00:42.06	00:37.04	00:40.74
100m Breast	01:42.48	01:52.73	01:35.66	01:45.23	01:29.71	01:38.68	01:25.75	01:34.32	01:22.50	01:30.75	01:19.36	01:27.30
200m Breast	03:43.00	04:05.30	03:20.48	03:40.53	03:09.19	03:28.11	03:00.86	03:18.95	02:58.48	03:16.33	02:52.08	03:09.29
50m Fly	00:41.00	00:45.10	00:37.00	00:40.70	00:34.00	00:37.40	00:33.69	00:37.06	00:32.46	00:35.71	00:31.33	00:34.46
100m Fly	01:37.22	01:46.94	01:29.22	01:38.14	01:18.94	01:26.83	01:15.00	01:22.50	01:12.29	01:19.52	01:08.95	01:15.85
200m Fly	03:44.33	04:06.76	03:31.50	03:52.65	03:04.00	03:22.40	03:01.29	03:19.42	02:53.70	03:11.07	02:41.70	02:57.87
50m Back	00:40.69	00:44.76	00:38.00	00:41.80	00:35.59	00:39.15	00:34.34	00:37.77	00:33.86	00:37.25	00:32.27	00:35.50
100m Back	01:28.00	01:36.80	01:22.00	01:30.20	01:15.44	01:22.98	01:14.00	01:21.40	01:12.55	01:19.81	01:09.64	01:16.60
200m Back	03:12.12	03:31.33	02:52.00	03:09.20	02:43.35	02:59.69	02:37.35	02:53.09	02:36.38	02:52.02	02:30.57	02:45.63
100m IM	01:31.00	01:40.10	01:22.54	01:30.79	01:18.00	01:25.80	01:15.00	01:22.50	01:14.00	01:21.40	01:11.27	01:18.40
200m IM	03:18.09	03:37.90	02:59.11	03:17.02	02:44.65	03:01.12	02:42.00	02:58.20	02:38.00	02:53.80	02:33.72	02:49.09
400m IM			06:20.90	06:58.99	05:45.00	06:19.50	05:43.00	06:17.30	05:37.52	06:11.27	05:26.50	05:59.15

10/11 year olds 50 & 100m events - TOP 16 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 24 entrants	12 /13/14 & 15 year olds 200m events - TOP 20 entrants	12 /13/14 & 15 year olds 400m events - TOP 12 entrants
16+ year olds 50 & 100m events - TOP 32 entrants	16+ year olds 200m events - TOP 20 entrants	16+ year olds 400m events - TOP 16 entrants
GIRLS 800m	12 year old - TOP 6 entrants 13 year old - TOP 8 entrants 14 year old - TOP 10 entrants 15 & 16+ year old - TOP 12 entrants	BOYS 1500m 12 year old - TOP 4 entrants 13 & 14year old - TOP 8 entrants 15 & 16+ year old - TOP 10 entrants

NOTE: GIRLS 1500 will be limited to 2 heats, BOYS 800m will be limited to 3 heats

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

QUALIFYING PERIOD : Saturday 1st June 2019 to midnight SUNDAY 8th December 2019