



### 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	00:35.27	00:30.88	00:33.35	00:28.58	00:30.87	00:27.25	00:29.43	00:25.26	00:27.28
100m Free	01:17.58	01:26.11	01:13.00	01:21.03	01:07.28	01:14.68	01:03.16	01:10.11	00:59.38	01:05.91	00:54.86	01:00.89
200m Free	02:47.06	03:05.44	02:37.00	02:54.27	02:27.29	02:43.49	02:17.77	02:32.92	02:13.77	02:28.48	02:01.84	02:15.24
400m Free	05:35.00	06:11.85	05:22.39	05:57.85	05:06.54	05:40.26	04:46.81	05:18.36	04:33.62	05:03.72	04:16.97	04:45.24
800m Free			10:41.00	11:51.51	10:14.70	11:22.32	09:52.10	10:57.23	09:32.70	10:35.70	08:56.89	09:55.95
1500m Free			21:00.00	23:18.60	20:00.00	22:12.00	19:00.00	21:05.40	18:18.31	20:19.12	17:05.83	18:58.67
50m Breast	00:47.02	00:52.19	00:43.52	00:48.31	00:40.38	00:44.82	00:37.40	00:41.51	00:35.94	00:39.89	00:32.41	00:35.98
100m Breast	01:42.00	01:53.22	01:35.70	01:46.23	01:30.00	01:39.90	01:23.00	01:32.13	01:17.76	01:26.31	01:11.00	01:18.81
200m Breast	03:41.40	04:05.75	03:23.73	03:46.14	03:15.00	03:36.45	03:02.05	03:22.08	02:56.66	03:16.09	02:39.12	02:56.62
50m Fly	00:40.61	00:45.08	00:37.09	00:41.17	00:33.84	00:37.56	00:32.38	00:35.94	00:30.32	00:33.66	00:27.78	00:30.84
100m Fly	01:40.44	01:51.49	01:29.00	01:38.79	01:22.49	01:31.56	01:12.74	01:20.74	01:08.63	01:16.18	01:01.44	01:08.20
200m Fly	03:48.99	04:14.18	03:38.00	04:01.98	03:33.00	03:56.43	02:59.09	03:18.79	02:37.05	02:54.33	02:25.86	02:41.90
50m Back	00:40.50	00:44.96	00:37.24	00:41.34	00:35.55	00:39.46	00:33.49	00:37.17	00:31.82	00:35.32	00:29.19	00:32.40
100m Back	01:28.00	01:37.68	01:23.10	01:32.24	01:16.55	01:24.97	01:11.94	01:19.85	01:09.66	01:17.32	01:02.65	01:09.54
200m Back	03:08.43	03:29.16	02:56.14	03:15.52	02:45.20	03:03.37	02:35.75	02:52.88	02:28.70	02:45.06	02:17.45	02:32.57
100m IM	01:29.87	01:39.76	01:23.51	01:32.70	01:19.03	01:27.72	01:13.00	01:21.03	01:10.17	01:17.89	01:04.13	01:11.18
200m IM	03:07.68	03:28.32	02:59.00	03:18.69	02:50.80	03:09.59	02:37.90	02:55.27	02:31.25	02:47.89	02:20.26	02:35.69
400m IM			06:01.74	06:41.53	05:49.96	06:28.46	05:29.28	06:05.50	05:16.17	05:50.95	04:54.29	05:26.66

### 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	00:31.05	00:33.53	00:29.96	00:32.36	00:29.60	00:31.97	00:28.60	00:30.89
100m Free	01:18.00	01:26.58	01:11.89	01:19.80	01:07.51	01:14.94	01:05.19	01:12.36	01:04.00	01:11.04	01:00.84	01:07.53
200m Free	02:51.23	03:10.07	02:35.67	02:52.79	02:23.23	02:38.99	02:20.58	02:36.04	02:18.30	02:33.51	02:13.97	02:28.71
400m Free	05:52.32	06:31.08	05:18.71	05:53.77	04:57.02	05:29.69	04:47.31	05:18.91	04:42.30	05:13.35	04:39.93	05:10.72
800m Free			11:29.09	12:44.89	10:15.00	11:22.65	09:52.95	10:58.17	09:47.00	10:51.57	09:42.57	10:46.65
1500m Free			20:25.00	22:39.75	19:49.20	22:00.01	19:10.20	21:16.72	18:51.50	20:55.97	18:35.20	20:37.87
50m Breast	00:47.00	00:52.17	00:43.00	00:47.73	00:40.00	00:44.40	00:38.44	00:42.67	00:38.24	00:42.45	00:36.20	00:40.18
100m Breast	01:42.48	01:53.75	01:35.66	01:46.18	01:29.71	01:39.58	01:25.75	01:35.18	01:22.50	01:31.57	01:19.36	01:28.09
200m Breast	03:43.00	04:07.53	03:20.48	03:42.53	03:09.19	03:30.00	03:00.86	03:20.75	02:58.48	03:18.11	02:52.08	03:11.01
50m Fly	00:41.00	00:45.51	00:37.00	00:41.07	00:34.00	00:37.74	00:33.69	00:37.40	00:32.46	00:36.03	00:31.33	00:34.78
100m Fly	01:37.22	01:47.91	01:29.22	01:39.03	01:18.94	01:27.62	01:15.00	01:23.25	01:12.29	01:20.24	01:08.95	01:16.53
200m Fly	03:44.33	04:09.01	03:31.50	03:54.76	03:04.00	03:24.24	03:01.29	03:21.23	02:53.70	03:12.81	02:41.70	02:59.49
50m Back	00:40.69	00:45.17	00:38.00	00:42.18	00:35.59	00:39.50	00:34.34	00:38.12	00:33.86	00:37.58	00:32.27	00:35.82
100m Back	01:28.00	01:37.68	01:22.00	01:31.02	01:15.44	01:23.74	01:14.00	01:22.14	01:12.55	01:20.53	01:09.64	01:17.30
200m Back	03:12.12	03:33.25	02:52.00	03:10.92	02:43.35	03:01.32	02:37.35	02:54.66	02:36.38	02:53.58	02:30.57	02:47.13
100m IM	01:31.00	01:41.01	01:22.54	01:31.62	01:18.00	01:26.58	01:15.00	01:23.25	01:14.00	01:22.14	01:11.27	01:19.11
200m IM	03:18.09	03:39.88	02:59.11	03:18.81	02:44.65	03:02.76	02:42.00	02:59.82	02:38.00	02:55.38	02:33.72	02:50.63
400m IM			06:20.90	07:02.80	05:45.00	06:22.95	05:43.00	06:20.73	05:37.52	06:14.65	05:26.50	06:02.42

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 : 17th May - 7th December 2025**