

Swim England East Region 2020 Long Course Championships (50m)

Qualifying Standards (25m Times*)

ALL AGES AS AT 31 DECEMBER 2020

EVENT	GIRLS						BOYS					
	11/12	13	14	15	16	17/ov	11/12	13	14	15	16	17/ov
50 Freestyle	31.05	29.45	28.98	28.54	28.18	27.74	31.25	28.91	27.35	26.46	25.78	25.30
100 Freestyle	1:07.50	1:04.50	1:03.42	1:01.95	1:00.40	1:00.00	1:08.50	1:03.59	59.85	57.52	56.36	55.00
200 Freestyle	2:28.87	2:20.80	2:17.04	2:14.40	2:11.77	2:10.10	2:28.30	2:18.30	2:11.66	2:06.78	2:03.97	2:00.00
400 Freestyle	5:07.22	4:57.11	4:48.00	4:43.69	4:39.00	4:36.71	5:17.25	4:56.65	4:40.59	4:29.84	4:26.79	4:16.00
800 Freestyle	10:39.20	10:15.64	10:00.20	9:45.10	9:43.27	9:40.44	10:40.50	10:14.70	9:52.10	9:32.70	9:16.10	9:03.30
1500 Freestyle	20:25.00	19:49.20	19:10.20	18:51.50	18:35.20	18:30.30	20:30.00	19:39.30	18:27.36	17:53.10	17:35.00	17:11.00
50 Breaststroke	40.23	37.93	37.04	36.33	35.93	35:00	40.50	38.00	35.18	34.03	32.74	31.50
100 Breaststroke	1:27.70	1:23.54	1:20.55	1:18.90	1:18.05	1:17:00	1:29.30	1:24.27	1:17.78	1:14.41	1:12.06	1:10.00
200 Breaststroke	3:10.70	3:00.29	2:55.09	2:51.63	2:49.90	2:48.00	3:09.20	3:01.00	2:48.30	2:45.81	2:38.57	2:35.00
50 Butterfly	34.23	32.57	31.59	31.17	30.36	30:00	34.73	32.44	30.20	28.83	27.95	27.00
100 Butterfly	1:19.32	1:14.61	1:11.14	1:10.17	1:08.13	1:07.50	1:18.98	1:13.30	1:09.04	1:04.64	1:02.44	1:01.00
200 Butterfly	2:58.50	2:53.68	2:44.05	2:41.47	2:35.36	2:32.16	3:07.13	2:52.77	2:38.02	2:30.27	2:23.44	2:19.00
50 Backstroke	35.51	34.17	32.84	32.31	32.01	31.50	35.61	32.91	31.20	30.53	29.44	28.50
100 Backstroke	1:16.90	1:13.61	1:10.58	1:10.00	1:08.88	1:08.00	1:16.90	1:11.50	1:06.20	1:04.44	1:03.23	1:01.10
200 Backstroke	2:43.07	2:39.04	2:33.18	2:29.59	2:29.00	2:27.50	2:44.40	2:35.00	2:26.02	2:21.08	2:17.93	2:14.00
200 Individual Medley	2:46.42	2:40.80	2:35.59	2:32.03	2:28.15	2:27.00	2:48.50	2:38.50	2:29.46	2:25.25	2:19.10	2:15.00
400 Individual Medley	5:53.60	5:43.77	5:34.97	5:28.88	5:23.30	5:14.77	6:03.04	5:43.40	5:17.30	5:12.87	5:07.68	4:59.00

*Entry times for all events must be drawn from the Swim England Rankings database and achieved between **1st September 2019** and the closing date.
Long course to short course conversion times are allowed, using SPORTSYSTEMS time converter only.