

Swim England East Region Long Course Championships 2024

Qualifying Times

Short Course Times Event	Female						Male/Open					
	11/12	13	14	15	16	17/over	11/12	13	14	15	16	17/over
50m Freestyle	32.50	30.69	29.50	29.12	28.75	28.16	32.50	30.05	28.25	26.70	26.25	25.50
100m Freestyle	1:12.00	1:07.00	1:04.63	1:03.50	1:02.00	1:01.50	1:12.00	1:06.10	1:01.50	58.30	57.20	55.50
200m Freestyle	2:37.50	2:26.50	2:22.50	2:17.17	2:15.00	2:13.00	2:37.50	2:25.75	2:16.00	2:08.25	2:06.00	2:03.00
400m Freestyle	5:40.00	5:09.00	5:01.62	4:50.13	4:46.93	4:45.00	5:40.00	5:08.75	4:48.90	4:35.00	4:25.90	4:24.00
800m Freestyle	11:25.00	10:25.00	10:00.00	9:50.00	9:45.00	9:40.00	11:25.00	10:25.00	9:42.00	9:30.00	9:10.00	9:00.00
1500m Freestyle	22:15.00	20:50.00	19:55.00	19:20.00	19:00.00	18:50.00	22:15.00	20:50.00	19:15.00	18:35.00	18:00.00	17:45.00
50m Butterfly	36.75	34.10	32.75	31.25	31.00	30.75	36.75	34.00	31.75	29.50	28.75	27.50
100m Butterfly	1:27.00	1:18.85	1:15.60	1:12.00	1:11.00	1:10.00	1:27.00	1:18.00	1:11.75	1:06.50	1:04.00	1:01.65
200m Butterfly	3:30.00	3:15.00	2:55.00	2:50.00	2:45.00	2:40.00	3:30.00	3:10.00	2:50.00	2:35.00	2:25.00	2:20.00
50m Backstroke	37.75	35.50	33.75	33.15	32.65	32.15	37.75	35.16	32.50	30.79	30.36	29.25
100m Backstroke	1:22.00	1:16.50	1:13.15	1:11.00	1:10.50	1:10.00	1:22.00	1:15.50	1:11.50	1:07.50	1:06.00	1:03.25
200m Backstroke	2:58.00	2:46.00	2:38.00	2:35.10	2:34.00	2:32.00	2:58.00	2:44.80	2:33.00	2:27.99	2:25.00	2:20.41
50m Breaststroke	43.25	40.30	38.45	37.80	36.00	35.50	43.25	40.10	37.00	34.75	33.85	32.50
100m Breaststroke	1:34.50	1:28.00	1:24.00	1:21.46	1:19.10	1:18.50	1:34.50	1:26.75	1:21.00	1:17.25	1:15.00	1:12.50
200m Breaststroke	3:25.00	3:12.00	3:05.19	2:58.99	2:55.04	2:53.25	3:25.00	3:09.10	2:57.75	2:47.00	2:44.41	2:41.00
200m Individual Medley	2:58.00	2:48.00	2:42.00	2:35.60	2:34.00	2:30.78	2:58.00	2:44.81	2:33.75	2:25.47	2:22.50	2:16.47
400m Individual Medley	6:20.00	6:00.00	5:45.00	5:37.50	5:30.00	5:25.00	6:20.00	5:55.00	5:35.00	5:20.00	5:15.00	5:05.00

These are short course (25m) qualifying times, long course conversion times are accepted, using Sportsystems time converter only. Closing date is Thursday 4th April 2024 (midnight). Ages as at midnight on 31st December 2024. Qualifying period is 1st January 2023 to the entry closing date. Times can be achieved at licence levels 1,2 and 3.

Entry will be via an online entry system – there will be no entry file. Para-Swimming qualifying standards are given in the main conditions document. Queries to swimming@eastswimming.org. These times are set following an analysis of times achieved by swimmers in each age group in the period September-December 2023.

Qualifying times are reviewed at the conclusion of the county championship window, at which point times may be eased but not made faster.