

Swim England East Region Long Course Championships 2026

Qualifying Times

Short Course Times	Women						Men/Open					
Event	11/12	13	14	15	16	17/over	11/12	13	14	15	16	17/over
50m Freestyle	31.80	30.30	29.40	29.15	28.80	28.60	31.80	30.00	28.25	26.70	26.25	25.25
100m Freestyle	1:10.75	1:07.00	1:04.25	1:03.50	1:02.00	1:01.50	1:10.75	1:06.00	1:01.50	58.30	57.20	55.50
200m Freestyle	2:34.00	2:25.00	2:21.50	2:17.50	2:15.00	2:13.00	2:34.00	2:24.00	2:16.25	2:08.25	2:06.00	2:03.00
400m Freestyle	5:28.00	5:10.00	5:00.00	4:50.00	4:47.00	4:45.00	5:28.00	5:07.00	4:48.00	4:35.00	4:26.00	4:24.00
800m Freestyle	11:25.00	10:35.00	10:10.00	9:50.00	9:50.00	9:50.00	11:25.00	10:35.00	9:55.00	9:40.00	9:20.00	9:10.00
1500m Freestyle	22:00.00	20:40.00	19:45.00	19:10.00	19:00.00	18:50.00	22:00.00	20:40.00	19:05.00	18:35.00	18:00.00	17:45.00
50m Butterfly	36.25	33.90	32.25	31.25	31.00	30.75	36.25	33.75	31.75	29.50	28.75	27.50
100m Butterfly	1:24.50	1:18.00	1:15.00	1:12.00	1:11.00	1:10.00	1:24.50	1:17.50	1:11.75	1:06.50	1:04.00	1:01.65
200m Butterfly	3:15.00	3:05.00	2:55.00	2:50.00	2:45.00	2:40.00	3:15.00	3:05.00	2:50.00	2:35.00	2:25.00	2:20.00
50m Backstroke	37.00	35.00	33.75	33.15	32.65	32.15	37.00	34.90	32.75	30.80	30.40	29.25
100m Backstroke	1:20.50	1:16.00	1:13.15	1:11.00	1:10.50	1:10.25	1:20.50	1:15.50	1:11.50	1:07.50	1:06.00	1:03.25
200m Backstroke	2:53.00	2:43.00	2:37.00	2:35.00	2:33.00	2:32.00	2:53.00	2:42.00	2:32.00	2:28.00	2:25.00	2:20.50
50m Breaststroke	42.25	39.50	38.45	37.50	36.00	35.50	42.25	39.40	36.85	34.75	33.85	32.50
100m Breaststroke	1:33.50	1:27.75	1:24.10	1:21.50	1:20.00	1:18.50	1:33.50	1:26.75	1:21.00	1:17.25	1:15.00	1:12.50
200m Breaststroke	3:21.00	3:10.75	3:05.25	2:59.00	2:56.00	2:53.25	3:21.00	3:09.00	2:58.00	2:47.00	2:44.50	2:41.00
200m Individual Medley	2:54.50	2:45.50	2:41.00	2:35.50	2:34.00	2:30.75	2:54.50	2:44.50	2:33.75	2:25.50	2:22.50	2:16.50
400m Individual Medley	6:10.00	5:55.00	5:40.00	5:37.50	5:30.00	5:25.00	6:10.00	5:50.00	5:32.00	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. The closing date for all events is Tuesday 14 April 2026 (midnight). Ages as at midnight on 31 December 2026. Qualifying period is 1 January 2025 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 times are given in the main conditions document. Queries to swimming@eastswimming.org. These times are set following an analysis of times swum by swimmers in each age group in the period September-November 2025. Qualifying times are reviewed at the conclusion of the county championship window, at which point times may be eased but not made faster.