



**Swim England East Region
Short Course Championships**

6-8 November 2026

2ER261838

Inspire Luton Sports Village

Held under Swim England Regulations and Technical Rules



QUALIFYING STANDARDS (25m)

Men/Open	Event	Women
26.05	50m Freestyle	28.70
56.60	100m Freestyle	1:02.10
2:04.50	200m Freestyle	2:13.50
4:28.00	400m Freestyle	4:45.00
9:10.00	800m Freestyle	10:00.00
18:05.00	1500m Freestyle	18:40.00
30.75	50m Backstroke	32.60
1:05.00	100m Backstroke	1:10.50
2:22.00	200m Backstroke	2:32.00
33.25	50m Breaststroke	37.10
1:14.00	100m Breaststroke	1:19.25
2:42.00	200m Breaststroke	2:53.50
28.25	50m Butterfly	31.25
1:02.75	100m Butterfly	1:10.00
2:28.00	200m Butterfly	2:38.00
1:05.00	100m Individual Medley	1:11.00
2:23.00	200m Individual Medley	2:34.00
5:05.00	400m Individual Medley	5:25.00

- All times to be achieved between 1st January 2025 and the entry closing date
- Closing date for entries: Tuesday 27th October 2026 (midnight)
- Long course conversions accepted, using Sportsystems converter only
- Times accepted from meets licensed at levels one, two and three

Para-Swimming Championships Qualifying Standards

Male	Event and Category	Female
50m FREESTYLE		
02:22.93	S1	02:14.58
01:39.28	S2	02:05.28
01:12.96	S3	01:31.14
01:03.36	S4	01:21.14
00:55.81	S5	01:01.65
00:48.29	S6	00:55.57
00:45.44	S7	00:53.92
00:43.70	S8	00:50.64
00:42.18	S9	00:47.06
00:37.87	S10	00:44.80
00:42.93	S11	00:50.98
00:38.86	S12	00:45.26
00:38.77	S13	00:45.42
00:40.64	S14	00:45.66
100m FREESTYLE		
04:19.14	S1	06:39.41
03:55.10	S2	05:47.54
02:42.99	S3	02:49.78
02:19.09	S4	02:48.96
02:02.69	S5	02:14.42
01:48.50	S6	02:00.08
01:41.23	S7	01:56.77
01:33.57	S8	01:48.74
01:31.44	S9	01:42.43
01:25.09	S10	01:37.98
01:35.92	S11	01:54.78
01:25.23	S12	01:37.81
01:25.10	S13	01:37.47
01:28.86	S14	01:37.60
200m FREESTYLE		
12:11.84	S1	10:35.89
07:02.72	S2	10:14.24
05:44.30	S3	06:24.38
04:59.23	S4	06:15.60
04:23.70	S5	04:53.74
03:07.31	S14	03:20.98
50m BREASTSTROKE		
03:26.32	SB1	03:37.31
01:36.90	SB2	02:17.62
01:21.57	SB3	01:41.07
100m BREASTSTROKE		
02:37.36	SB4	03:13.26
02:30.93	SB5	03:01.28
02:12.99	SB6	02:39.41
02:06.13	SB7	02:36.16
01:55.74	SB8	02:11.15
01:50.37	SB9	02:07.25
01:59.50	SB11	02:28.05
01:49.57	SB12	02:17.98
01:49.18	SB13	02:08.72
01:48.78	SB14	02:04.85

Male	Event and Category	Female
400m FREESTYLE		
08:18.02	S6	09:13.79
07:57.76	S7	08:39.95
07:18.40	S8	08:02.70
06:59.98	S9	07:43.15
06:44.85	S10	07:27.39
07:36.72	S11	09:01.81
06:46.05	S12	07:33.60
06:45.79	S13	07:28.96
06:57.44	S14	08:05.07
50m BACKSTROKE		
02:15.84	S1	03:37.46
01:36.88	S2	01:47.66
01:21.84	S3	01:31.39
01:13.04	S4	01:25.97
01:03.42	S5	01:12.43
100m BACKSTROKE		
04:39.12	S1	07:10.90
03:29.23	S2	04:02.24
01:59.89	S6	02:20.40
01:58.35	S7	02:15.84
01:45.54	S8	02:07.66
01:44.38	S9	01:53.09
01:38.53	S10	01:49.54
01:51.34	S11	02:16.29
01:38.18	S12	01:59.15
01:37.76	S13	01:56.61
01:36.67	S14	01:46.80
50m BUTTERFLY		
00:00.00	S1	00:00.00
03:50.69	S2	03:43.66
02:18.56	S3	02:07.49
01:14.03	S4	02:44.30
00:58.50	S5	01:14.70
00:50.00	S6	01:01.07
00:48.82	S7	00:59.17
100m BUTTERFLY		
01:41.06	S8	01:58.72
01:37.18	S9	01:51.71
01:32.08	S10	01:50.94
01:41.04	S11	02:24.32
01:33.28	S12	01:49.90
01:33.46	S13	01:50.77
01:36.91	S14	01:51.95
200m IM		
05:39.42	SM5	05:53.89
04:18.94	SM6	05:07.71
04:16.72	SM7	04:59.04
03:55.02	SM8	04:34.34
03:46.34	SM9	04:14.26
03:32.00	SM10	04:03.23
04:01.81	SM11	04:42.86
03:36.62	SM12	04:21.30
03:36.40	SM13	04:03.70
03:37.30	SM14	03:53.25