

Swim England South East - Regional Summer Championship 2025 - Qualification Times

Male/Open																
Stroke	Course	# AG	11/12		13		14		#Yth	15Min	16+Min	15/O	15	16	17	18/O
			Cons	Auto	Cons	Auto	Cons	Auto				Cons	Auto	Auto	Auto	Auto
50 Free	LC	32	32.4	31.2	30.6	29.4	28.7	27.6	120	30	20	27.1	26.8	25.9	25.9	24.9
	SC		31.7	30.5	29.9	28.7	28.0	26.8				26.3	26.0	25.1	25.1	24.1
100 Free	LC	32	1.12.1	1.09.3	1.07.0	1.04.3	1.02.7	1.00.7	96	24	16	59.2	58.2	55.9	55.9	54.1
	SC		1.10.9	1.08.1	1.05.7	1.03.0	1.01.3	59.3				57.8	56.7	54.4	54.4	52.5
200 Free	LC	24	2.37.0	2.31.5	2.24.5	2.19.5	2.17.0	2.12.4	72	18	12	2.10.5	2.05.8	2.05.5	2.00.0	1.57.7
	SC		2.34.8	2.29.2	2.22.1	2.17.0	2.14.4	2.09.8				2.07.8	2.03.0	2.02.7	1.57.1	1.54.1
400 Free	LC	24	5.35.0	5.24.0	5.11.5	5.04.0	4.53.0	4.45.1	64	16	11	4.38.5	4.29.1	4.24.0	4.24.0	4.14.0
	SC		5.30.8	5.19.6	5.06.9	4.59.3	4.48.2	4.40.1				4.33.4	4.23.8	4.18.6	4.18.6	4.08.4
800 Free	LC	12	11.40.0	10.55.9	10.45.0	10.19.1	10.06.0	9.45.0	40	10	8	9.43.0	9.28.3	9.12.5	9.05.0	8.39.0
	SC		11.31.7	10.47.0	10.36.0	10.09.7	9.56.4	9.35.0				9.33.0	9.18.0	9.01.9	8.54.3	8.27.8
1500 Free	LC	12	24.00.0	22.20.0	21.30.0	20.10.0	20.00.0	18.55.0	40	10	8	18.40.0	18.17.4	17.24.8	17.24.8	17.04.4
	SC		23.45.6	22.04.6	21.13.9	19.52.8	19.42.7	18.36.7				18.21.4	17.58.4	17.04.9	17.04.9	16.44.1
50 Breast	LC	32	43.9	42.1	41.1	38.6	38.0	36.1	120	30	20	36.5	35.0	33.5	33.2	31.2
	SC		43.2	41.3	40.3	37.8	37.2	35.2				35.6	34.1	32.6	32.2	30.2
100 Breast	LC	32	1.37.5	1.33.2	1.30.5	1.25.8	1.26.0	1.20.2	96	24	16	1.18.0	1.14.3	1.13.3	1.12.6	1.08.1
	SC		1.36.2	1.31.8	1.29.1	1.24.3	1.24.5	1.18.6				1.16.4	1.12.6	1.11.6	1.10.8	1.06.2
200 Breast	LC	24	3.26.0	3.16.3	3.12.5	3.01.0	2.59.9	2.51.9	72	18	12	2.50.5	2.44.0	2.39.3	2.37.8	2.32.0
	SC		3.23.4	3.13.6	3.09.7	2.58.1	2.56.9	2.48.8				2.47.4	2.40.8	2.36.0	2.34.4	2.28.5
50 Fly	LC	32	36.6	34.8	34.1	32.4	31.9	30.1	120	30	20	30.1	29.3	28.1	28.1	26.7
	SC		36.1	34.3	33.5	31.8	31.3	29.5				29.5	28.6	27.4	27.4	26.0
100 Fly	LC	32	1.27.0	1.22.4	1.20.0	1.15.0	1.12.5	1.08.6	96	24	16	1.08.2	1.04.5	1.03.0	1.01.3	59.3
	SC		1.26.1	1.21.5	1.19.0	1.14.0	1.11.4	1.07.5				1.07.1	1.03.3	1.01.8	1.00.1	58.0
200 Fly	LC	24	3.50.0	3.10.0	3.20.0	2.56.0	2.53.0	2.42.0	72	18	12	2.40.0	2.26.0	2.23.7	2.17.6	2.17.0
	SC		3.48.6	3.08.3	3.18.4	2.54.2	2.51.2	2.40.0				2.38.0	2.23.8	2.21.5	2.15.3	2.14.7
50 Back	LC	32	38.0	37.1	36.1	34.5	33.8	32.5	120	30	20	32.4	31.4	29.8	29.8	29.7
	SC		37.5	36.5	35.5	33.9	33.2	31.9				31.8	30.7	29.1	29.1	29.0
100 Back	LC	32	1.23.0	1.19.6	1.18.0	1.14.2	1.11.8	1.09.1	96	24	16	1.09.5	1.06.3	1.03.8	1.03.8	1.01.6
	SC		1.22.0	1.18.6	1.16.9	1.13.1	1.10.6	1.07.9				1.08.3	1.05.0	1.02.5	1.02.5	1.00.3
200 Back	LC	24	2.55.5	2.50.3	2.46.0	2.40.2	2.35.0	2.29.6	72	18	12	2.28.6	2.20.0	2.18.3	2.17.5	2.13.0
	SC		2.53.5	2.48.3	2.43.9	2.38.0	2.32.8	2.27.3				2.26.3	2.17.5	2.15.8	2.15.0	2.10.4
200 IM	LS	24	2.58.8	2.52.0	2.47.5	2.40.2	2.36.8	2.32.0	72	18	12	2.28.3	2.24.0	2.20.8	2.19.0	2.14.8
	SC		2.56.6	2.49.7	2.45.1	2.37.7	2.34.3	2.29.4				2.25.6	2.21.2	2.18.0	2.16.1	2.11.9
400 IM	LC	24	6.50.0	6.12.0	6.07.0	5.48.1	5.43.0	5.23.1	64	16	12	5.23.0	5.08.6	5.03.7	5.03.7	4.55.4
	SC		6.45.7	6.07.2	6.02.2	5.43.0	5.37.8	5.17.6				5.17.5	5.02.9	4.57.9	4.57.9	4.49.4

#Ag : Target number of swims for each age group

#Yth: Target number of swims for each event group

15Min: Minimum number of swims for age 15

16+Min: Minimum number of swims for ages 16,17,18/Over

The same consideration time applies to all ages in the Youth Championships

Swim England South East - Regional Summer Championship 2025 - Qualification Times

Female																
Stroke	Course	# AG	11/12		13		14		#Yth	15Min	16+Min	15/O	15	16	17	18/O
			Cons	Auto	Cons	Auto	Cons	Auto				Cons	Auto	Auto	Auto	Auto
50 Free	LC	32	32.0	31.1	30.9	30.0	30.1	29.5	120	30	20	29.5	29.0	29.0	28.6	28.3
	SC		31.3	30.4	30.2	29.3	29.4	28.8				28.8	28.3	28.3	27.9	27.6
100 Free	LC	32	1.10.4	1.08.4	1.07.5	1.05.2	1.06.5	1.03.9	96	24	16	1.03.4	1.01.7	1.01.7	1.00.7	1.00.7
	SC		1.09.2	1.07.2	1.06.2	1.03.9	1.05.2	1.02.6				1.02.1	1.00.3	1.00.3	59.3	59.3
200 Free	LC	24	2.34.5	2.28.5	2.27.0	2.22.5	2.22.4	2.18.6	72	18	12	2.18.5	2.14.5	2.13.5	2.13.0	2.11.5
	SC		2.32.2	2.26.1	2.24.6	2.20.0	2.19.9	2.16.1				2.16.0	2.11.9	2.10.9	2.10.4	2.08.8
400 Free	LC	24	5.27.0	5.16.1	5.12.5	5.00.0	4.59.8	4.51.3	64	16	12	4.50.5	4.41.9	4.39.4	4.39.4	4.39.4
	SC		5.22.7	5.11.6	5.08.0	4.55.3	4.55.1	4.46.4				4.45.6	4.36.9	4.34.3	4.34.3	4.34.3
800 Free	LC	12	11.20.0	10.33.4	10.32.6	10.05.8	10.14.2	9.56.3	40	10	8	9.54.0	9.39.5	9.37.0	9.36.0	9.25.0
	SC		11.11.4	10.24.2	10.23.4	9.56.2	10.04.7	9.46.5				9.44.2	9.29.4	9.26.9	9.25.9	9.14.7
1500 Free	LC	12	22.05.0	20.51.7	20.30.0	19.48.7	19.38.4	19.09.2	40	10	8	19.25.0	18.53.1	18.26.0	18.26.0	18.08.0
	SC		21.49.3	20.35.1	20.13.1	19.31.2	19.20.7	18.51.1				19.07.1	18.34.7	18.07.2	18.07.2	17.48.9
50 Breast	LC	32	43.0	41.3	40.8	38.9	39.1	37.8	120	30	20	39.4	37.5	37.5	37.4	35.8
	SC		42.3	40.5	40.0	38.1	38.3	37.0				38.6	36.7	36.7	36.5	34.9
100 Breast	LC	32	1.34.2	1.31.5	1.29.7	1.26.2	1.26.0	1.22.8	96	24	16	1.23.8	1.19.7	1.19.7	1.19.5	1.17.4
	SC		1.32.8	1.30.1	1.28.3	1.24.7	1.24.5	1.21.3				1.22.3	1.18.1	1.18.1	1.17.9	1.15.8
200 Breast	LC	24	3.20.4	3.11.9	3.11.5	3.02.6	3.04.5	2.57.0	72	18	12	3.01.0	2.53.0	2.53.0	2.48.6	2.48.6
	SC		3.17.7	3.09.1	3.08.7	2.59.7	3.01.6	2.54.0				2.58.1	2.49.9	2.49.9	2.45.4	2.45.4
50 Fly	LC	32	35.5	34.3	33.9	32.7	32.9	31.5	120	30	20	32.2	31.0	31.0	30.6	30.4
	SC		35.0	33.7	33.3	32.1	32.3	30.9				31.6	30.4	30.4	30.0	29.8
100 Fly	LC	32	1.24.5	1.19.4	1.18.5	1.15.0	1.14.0	1.11.6	96	24	16	1.11.7	1.09.2	1.08.9	1.08.2	1.06.6
	SC		1.23.6	1.18.4	1.17.5	1.14.0	1.13.0	1.10.5				1.10.6	1.08.1	1.07.8	1.07.1	1.05.5
200 Fly	LC	24	3.16.5	3.02.0	3.01.5	2.49.9	2.52.0	2.41.5	72	18	12	2.46.0	2.34.2	2.34.2	2.32.5	2.26.5
	SC		3.14.9	3.00.3	2.59.7	2.48.0	2.50.2	2.39.5				2.44.1	2.32.1	2.32.1	2.30.4	2.24.3
50 Back	LC	32	37.8	36.0	35.7	34.5	34.5	33.5	120	30	20	33.4	33.0	32.9	32.4	32.0
	SC		37.3	35.4	35.1	33.9	33.9	32.9				32.8	32.4	32.3	31.8	31.4
100 Back	LC	32	1.21.5	1.17.6	1.17.5	1.14.9	1.14.5	1.11.0	96	24	16	1.11.8	1.09.3	1.09.3	1.09.0	1.08.0
	SC		1.20.5	1.16.5	1.16.4	1.13.8	1.13.4	1.09.8				1.10.6	1.08.1	1.08.1	1.07.8	1.06.8
200 Back	LC	24	2.52.5	2.47.0	2.44.0	2.39.0	2.39.0	2.33.5	72	18	12	2.33.5	2.28.8	2.27.5	2.26.8	2.25.5
	SC		2.50.5	2.44.9	2.41.9	2.36.8	2.36.8	2.31.3				2.31.3	2.26.5	2.25.2	2.24.5	2.23.1
200 IM	LC	24	2.55.5	2.49.7	2.46.0	2.41.0	2.40.4	2.37.0	72	18	12	2.35.0	2.31.2	2.31.2	2.30.7	2.30.7
	SC		2.53.2	2.47.4	2.43.6	2.38.5	2.37.9	2.34.5				2.32.4	2.28.6	2.28.6	2.28.1	2.28.1
400 IM	LC	24	6.20.0	6.03.5	6.00.0	5.48.5	5.44.5	5.36.0	64	16	12	5.36.5	5.21.0	5.21.0	5.21.0	5.21.0
	SC		6.15.3	5.58.6	5.55.1	5.43.4	5.39.3	5.30.7				5.31.2	5.15.5	5.15.5	5.15.5	5.15.5

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