

South East Region Masters Long Course Meet 2025 – Qualifying times – All times are long course

Female																
Age Group	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	35.74	1:20.12	2:56.43	6:03.82	12:34.50	43.50	1:34.20	3:18.23	48.35	1:40.21	3:41.53	40.25	1:35.09	3:36.66	3:11.77	7:04.98
25-29	36.12	1:22.15	2:57.35	6:06.73	12:37.49	44.70	1:35.98	3:19.91	49.24	1:41.39	3:44.53	41.14	1:36.79	3:40.77	3:14.39	7:10.26
30-34	36.42	1:23.18	2:58.36	6:08.77	12:43.80	45.55	1:37.50	3:21.69	49.98	1:42.65	3:48.57	41.73	1:38.46	3:45.29	3:16.62	7:15.50
35-39	36.86	1:24.22	3:00.23	6:12.23	12:55.36	46.23	1:38.84	3:24.37	51.03	1:44.16	3:54.43	42.17	1:40.44	3:49.16	3:19.96	7:23.37
40-44	37.52	1:25.61	3:03.42	6:18.42	13:13.72	47.00	1:40.51	3:28.72	52.22	1:45.90	4:02.34	42.70	1:42.87	3:54.60	3:24.39	7:35.12
45-49	38.50	1:27.67	3:08.43	6:28.63	13:40.44	48.10	1:42.82	3:35.47	53.76	1:49.92	4:12.51	43.58	1:47.47	4:02.88	3:31.69	7:51.99
50-54	39.90	1:30.74	3:15.74	6:44.16	14:17.07	49.79	1:46.10	3:45.39	56.55	1:55.68	4:27.05	45.07	1:53.84	4:15.27	3:42.43	8:17.59
55-59	43.83	1:37.76	3:30.83	7:21.46	15:41.42	53.86	1:55.00	4:08.51	1:02.88	2:08.20	4:54.28	49.94	2:02.92	4:35.75	4:13.80	9:14.41
60-64	48.37	1:47.71	3:53.59	8:06.68	17:18.81	59.00	2:06.27	4:38.42	1:10.26	2:25.02	5:24.42	55.93	2:15.09	5:02.88	4:49.20	10:23.23
65-69	53.61	1:59.65	4:20.11	9:01.09	19:10.78	1:05.48	2:20.42	5:13.74	1:18.07	2:43.84	5:57.70	1:03.28	2:31.00	5:37.95	5:29.21	11:42.16
70-74	59.65	2:13.91	4:50.87	10:06.00	21:18.90	1:13.52	2:37.94	5:55.21	1:26.26	3:03.81	6:34.33	1:12.27	2:51.31	6:22.23	6:14.41	13:12.45
75-79	1:06.57	2:30.82	5:26.35	11:22.70	23:44.73	1:23.39	2:59.35	6:43.59	1:34.79	3:24.90	7:14.54	1:23.13	3:16.69	7:16.98	7:05.39	14:55.33
80-84	1:14.48	2:50.70	6:07.04	12:52.48	26:29.81	1:35.33	3:25.16	7:39.63	1:43.64	3:47.10	7:58.54	1:36.13	3:47.78	8:23.49	8:02.73	16:52.06
85-89	1:23.47	3:13.88	6:53.42	14:36.64	29:35.72	1:49.58	3:55.88	8:44.07	1:52.75	4:10.39	8:46.56	1:51.52	4:25.25	9:43.02	9:07.02	19:03.87
90 & over	No Qualifying Times															

Open/Male																
Age Group	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	29.82	1:06.92	2:35.82	5:38.28	11:45.58	37.44	1:23.35	3:02.69	39.55	1:30.18	3:21.12	32.57	1:18.71	3:11.87	2:56.36	6:44.42
25-29	30.24	1:08.22	2:36.71	5:42.33	11:49.80	37.66	1:23.73	3:04.99	40.22	1:30.45	3:21.87	32.80	1:20.53	3:14.65	2:58.32	6:45.40
30-34	30.56	1:09.09	2:37.46	5:44.67	11:55.05	37.95	1:24.48	3:07.33	40.72	1:30.62	3:22.66	33.04	1:21.86	3:17.30	3:00.10	6:47.88
35-39	30.91	1:10.03	2:38.45	5:47.86	12:02.64	38.37	1:25.50	3:10.06	41.18	1:30.83	3:23.77	33.20	1:22.80	3:20.79	3:01.27	6:53.20
40-44	31.38	1:11.25	2:40.19	5:53.06	12:15.17	39.02	1:26.46	3:13.54	41.60	1:31.15	3:25.01	33.55	1:23.80	3:24.89	3:02.81	7:02.55
45-49	32.03	1:12.92	2:42.92	6:01.44	12:31.88	40.00	1:27.63	3:17.56	42.43	1:31.86	3:29.74	34.12	1:25.15	3:31.30	3:05.69	7:17.15
50-54	32.94	1:15.26	2:48.08	6:13.94	12:57.50	41.40	1:29.16	3:24.55	43.88	1:33.74	3:39.54	35.07	1:28.36	3:41.71	3:12.07	7:38.19
55-59	35.95	1:22.93	3:01.63	6:35.86	14:09.17	43.47	1:35.64	3:45.69	47.69	1:44.14	4:04.42	37.99	1:38.65	3:54.95	3:34.47	8:25.74
60-64	40.13	1:32.61	3:23.04	7:14.38	15:32.52	49.39	1:48.71	4:15.56	55.62	1:58.51	4:39.10	46.59	1:51.68	4:23.10	4:11.19	9:37.38
65-69	44.82	1:43.55	3:47.84	8:00.73	17:08.96	56.02	2:03.14	4:48.64	1:04.30	2:14.96	5:17.70	55.61	2:08.17	5:04.82	4:53.17	10:59.06
70-74	50.09	1:55.93	4:16.55	8:56.10	18:59.87	1:03.46	2:19.05	5:25.31	1:13.81	2:33.79	6:00.61	1:05.60	2:28.82	5:52.54	5:41.37	12:31.98
75-79	56.02	2:09.96	4:49.69	10:01.64	21:06.65	1:11.80	2:36.58	6:05.93	1:24.28	2:55.28	6:48.23	1:16.70	2:54.35	6:47.00	6:36.80	14:17.34
80-84	1:02.70	2:25.82	5:27.80	11:18.53	23:30.70	1:21.14	2:55.86	6:50.89	1:35.80	3:19.76	7:40.98	1:29.07	3:25.46	7:48.94	7:40.41	16:16.34
85-89	1:10.20	2:43.72	6:11.39	12:47.92	26:13.40	1:31.58	3:17.01	7:40.55	1:48.49	3:47.50	8:39.24	1:42.85	4:02.88	8:59.09	8:53.19	18:30.18
90 & over	No Qualifying Times															

Entries close at 12 noon on Monday 6th January 2025