

Swim England South East Regional Summer Championships 2026 Qualification Times

							Male/Open									
stroke	course	AG	11-12	11-12	13	13	14	14	Youth	15min	16+min	15	15	16	17	18/O
			Cons	Auto	Cons	Auto	Cons	Auto				Cons	Auto	Auto	Auto	Auto
50 Free	LC	32	32.4	31.1	30.5	29.7	28.4	27.7	128	32	21	27.2	26.8	25.7	25.3	24.0
50 Free	SC		31.7	30.4	29.8	29.0	27.7	26.9				26.4	26.1	24.8	24.5	23.1
100 Free	LC	32	1:12.1	1:08.0	1:06.8	1:04.4	1:02.2	1:00.2	104	26	17	59.2	57.9	55.6	54.5	52.9
100 Free	SC		1:10.9	1:06.8	1:05.5	1:03.1	1:00.8	58.8				57.8	56.4	54.0	52.9	51.3
200 Free	LC	24	2:37.0	2:27.9	2:24.5	2:21.4	2:14.8	2:12.5	72	18	12	2:10.5	2:05.1	2:02.3	1:57.7	1:54.6
200 Free	SC		2:34.8	2:25.5	2:22.1	2:18.9	2:12.2	2:09.9				2:07.8	2:02.3	1:59.4	1:54.7	1:51.5
400 Free	LC	24	5:35.0	5:13.0	5:09.6	5:02.2	4:49.7	4:41.9	72	18	12	4:36.2	4:27.9	4:19.4	4:18.1	4:03.3
400 Free	SC		5:30.8	5:08.5	5:05.0	4:57.6	4:44.8	4:36.9				4:31.1	4:22.6	4:13.9	4:12.6	3:57.5
800 Free	LC	12	11:40.0	10:42.1	10:28.4	10:14.0	10:06.0	9:36.6	40	10	6	9:31.7	9:18.2	8:54.2	8:39.9	8:24.4
800 Free	SC		11:31.7	10:33.1	10:19.1	10:04.5	9:56.4	9:26.5				9:21.5	9:07.8	8:43.3	8:28.7	8:12.8
1500 Free	LC	12	24:00.0	20:52.4	20:03.5	19:25.9	20:00.0	18:23.0	36	9	6	18:17.2	17:49.0	16:58.8	16:37.5	16:33.7
1500 Free	SC		23:45.6	20:35.8	19:46.2	19:08.0	19:42.7	18:04.1				17:58.3	17:29.5	16:38.4	16:16.7	16:12.8
50 Breast	LC	32	43.9	41.2	40.2	38.8	37.2	36.1	128	32	21	36.1	34.6	33.2	32.7	30.6
50 Breast	SC		43.2	40.4	39.4	38.0	36.3	35.2				35.2	33.7	32.3	31.7	29.6
100 Breast	LC	32	1:37.5	1:30.4	1:29.0	1:26.1	1:26.0	1:19.5	104	26	17	1:17.9	1:16.6	1:11.5	1:10.6	1:07.1
100 Breast	SC		1:36.2	1:29.0	1:27.6	1:24.6	1:24.5	1:17.9				1:16.3	1:14.9	1:09.7	1:08.8	1:05.2
200 Breast	LC	24	3:26.0	3:11.9	3:09.7	3:02.8	2:58.2	2:51.6	72	18	12	2:50.4	2:42.1	2:33.2	2:33.2	2:30.2
200 Breast	SC		3:23.4	3:09.1	3:06.9	2:59.9	2:55.2	2:48.5				2:47.3	2:38.8	2:29.7	2:29.7	2:26.7
50 Fly	LC	32	36.6	34.4	34.0	32.6	31.1	30.3	128	32	21	30.0	29.3	27.8	27.8	26.2
50 Fly	SC		36.1	33.8	33.4	32.0	30.5	29.7				29.4	28.7	27.1	27.1	25.4
100 Fly	LC	32	1:27.0	1:18.8	1:17.9	1:15.2	1:11.0	1:08.3	104	26	17	1:08.2	1:03.7	1:02.6	1:00.4	57.6
100 Fly	SC		1:26.1	1:17.8	1:16.9	1:14.1	1:09.9	1:07.1				1:07.1	1:02.5	1:01.4	59.1	56.3
200 Fly	LC	24	3:50.0	3:05.3	2:58.1	2:47.8	2:53.0	2:34.8	72	18	12	2:35.7	2:26.4	2:26.4	2:26.4	2:09.8
200 Fly	SC		3:48.6	3:03.6	2:56.3	2:45.9	2:51.2	2:32.7				2:33.7	2:24.3	2:24.3	2:24.3	2:07.3
50 Back	LC	32	38.0	35.8	35.8	34.4	33.7	32.5	128	32	21	32.5	31.2	29.8	29.8	27.5
50 Back	SC		37.5	35.3	35.2	33.8	33.0	31.9				31.9	30.6	29.1	29.1	26.8
100 Back	LC	32	1:23.0	1:17.6	1:17.1	1:15.0	1:11.8	1:10.2	104	26	17	1:08.9	1:05.8	1:03.4	1:03.4	59.9
100 Back	SC		1:22.0	1:16.6	1:16.0	1:13.9	1:10.7	1:09.0				1:07.7	1:04.6	1:02.1	1:02.1	58.5
200 Back	LC	24	2:55.5	2:46.3	2:44.4	2:38.8	2:34.7	2:29.2	72	18	12	2:26.5	2:19.9	2:14.3	2:14.1	2:09.9
200 Back	SC		2:53.5	2:44.3	2:42.4	2:36.7	2:32.5	2:26.9				2:24.2	2:17.5	2:11.8	2:11.6	2:07.3
200 IM	LC	24	2:58.8	2:49.1	2:44.0	2:40.6	2:34.7	2:29.4	72	18	12	2:26.4	2:22.3	2:18.0	2:16.1	2:11.8
200 IM	SC		2:56.6	2:46.7	2:41.6	2:38.1	2:32.1	2:26.7				2:23.6	2:19.5	2:15.1	2:13.2	2:08.8
400 IM	LC	24	6:50.0	6:02.5	5:57.0	5:43.0	5:36.4	5:20.9	72	18	12	5:23.1	5:11.8	5:00.7	5:00.7	4:47.5
400 IM	SC		6:45.7	5:57.6	5:52.0	5:37.8	5:31.1	5:15.4				5:17.6	5:06.1	4:54.8	4:54.8	4:41.3

AG: Target number of swims for each age group

15min: Minimum number of swims for age 15

Youth: Target Number of swims for each event group

16+: 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 Championships 2026 Qualification Times

Stroke	Course	# AG	11-12	11-12	13	13	14	Female 14	Youth	15min	16+min	15	15	16	17	18
			Cons	Auto	Cons	Auto	Cons	Auto				Cons	Auto	Auto	Auto	Auto
50 Free	LC	32	32.0	31.1	30.6	29.8	30.0	29.6	128	32	21	29.6	28.9	28.4	28.0	28.0
50 Free	SC		31.3	30.4	29.9	29.1	29.3	28.9				28.9	28.2	27.7	27.2	27.2
100 Free	LC	32	1:10.4	1:07.8	1:06.3	1:04.9	1:05.3	1:03.7	104	26	17	1:03.4	1:02.1	1:00.5	1:00.0	1:00.0
100 Free	SC		1:09.2	1:06.5	1:05.0	1:03.6	1:04.1	1:02.4				1:01.7	1:00.7	59.1	58.6	58.6
200 Free	LC	24	2:34.5	2:27.0	2:23.9	2:20.0	2:20.5	2:16.6	72	18	12	2:18.5	2:13.4	2:11.1	2:11.1	2:08.1
200 Free	SC		2:32.2	2:24.6	2:21.5	2:17.5	2:18.0	2:14.0				2:16.0	2:10.8	2:08.4	2:08.4	2:05.4
400 Free	LC	24	5:27.0	5:11.0	5:04.0	4:55.9	4:56.6	4:48.8	72	18	12	4:50.5	4:43.8	4:35.2	4:35.2	4:35.2
400 Free	SC		5:22.7	5:06.4	4:59.4	4:51.1	4:51.8	4:43.8				4:45.6	4:38.8	4:30.0	4:30.0	4:30.0
800 Free	LC	12	11:20.0	10:51.8	10:15.1	9:50.4	10:07.9	9:47.1	40	10	6	9:52.2	9:37.0	9:23.9	9:12.4	9:07.2
800 Free	SC		11:11.4	10:42.9	10:05.6	9:40.5	9:58.3	9:37.2				9:42.4	9:26.9	9:13.6	9:01.9	8:56.6
1500 Free	LC	12	22:05.0	21:46.6	20:30.0	19:12.2	19:31.5	19:12.2	36	9	6	19:13.2	18:28.5	18:09.2	18:09.2	17:32.3
1500 Free	SC		21:49.3	21:30.7	20:13.1	18:54.1	19:13.7	18:54.1				18:55.2	18:09.7	17:50.1	17:50.1	17:12.5
50 Breast	LC	32	43.0	41.1	40.0	38.6	39.0	37.8	128	32	21	38.2	36.7	36.4	36.2	34.3
50 Breast	SC		42.3	40.3	39.2	37.8	38.2	36.9				37.4	35.8	35.5	35.3	33.4
100 Breast	LC	32	1:34.2	1:30.1	1:29.7	1:25.8	1:25.7	1:22.5	104	26	17	1:23.1	1:20.2	1:18.6	1:16.6	1:13.6
100 Breast	SC		1:32.8	1:28.7	1:28.3	1:24.4	1:24.2	1:21.0				1:21.6	1:18.6	1:17.0	1:14.9	1:11.9
200 Breast	LC	24	3:20.4	3:09.9	3:11.5	3:03.2	3:03.4	2:57.7	72	18	12	2:58.4	2:52.4	2:52.4	2:43.2	2:43.2
200 Breast	SC		3:17.7	3:07.1	3:08.7	3:00.3	3:00.5	2:54.7				2:55.4	2:49.3	2:49.3	2:39.9	2:39.9
50 Fly	LC	32	35.5	34.1	33.5	32.3	32.6	31.9	128	32	21	32.1	31.2	30.2	30.0	29.7
50 Fly	SC		35.0	33.5	32.9	31.7	32.0	31.3				31.5	30.6	29.6	29.4	29.1
100 Fly	LC	32	1:24.5	1:19.0	1:18.5	1:13.7	1:14.1	1:12.3	104	26	17	1:11.5	1:09.0	1:06.8	1:06.8	1:05.7
100 Fly	SC		1:23.6	1:18.0	1:17.5	1:12.7	1:13.0	1:11.2				1:10.4	1:07.9	1:05.7	1:05.7	1:04.5
200 Fly	LC	24	3:16.5	3:04.2	2:57.5	2:47.3	2:51.3	2:44.2	72	18	12	2:43.6	2:33.4	2:28.4	2:28.4	2:25.9
200 Fly	SC		3:14.9	3:02.5	2:55.7	2:45.4	2:49.4	2:42.3				2:41.6	2:31.3	2:26.3	2:26.3	2:23.7
50 Back	LC	32	37.8	36.4	35.8	34.6	34.6	33.9	128	32	21	33.5	33.1	32.3	32.3	31.4
50 Back	SC		37.3	35.8	35.2	34.0	34.0	33.3				32.9	32.5	31.7	31.7	30.8
100 Back	LC	32	1:21.5	1:18.4	1:17.2	1:13.5	1:14.3	1:12.3	104	26	17	1:11.8	1:10.3	1:07.3	1:06.6	1:06.5
100 Back	SC		1:20.5	1:17.4	1:16.2	1:12.4	1:13.2	1:11.2				1:10.7	1:09.1	1:06.1	1:05.4	1:05.3
200 Back	LC	24	2:52.5	2:46.7	2:43.1	2:36.6	2:37.7	2:34.1	72	18	12	2:33.4	2:26.0	2:24.3	2:24.3	2:21.0
200 Back	SC		2:50.5	2:44.7	2:41.0	2:34.4	2:35.6	2:31.9				2:31.2	2:23.7	2:22.0	2:22.0	2:18.6
200 IM	LC	24	2:55.5	2:48.8	2:46.0	2:38.7	2:40.0	2:36.6	72	18	12	2:35.0	2:30.4	2:28.1	2:28.1	2:28.1
200 IM	SC		2:53.2	2:46.4	2:43.6	2:36.2	2:37.6	2:34.0				2:32.4	2:27.8	2:25.4	2:25.4	2:25.4
400 IM	LC	24	6:20.0	5:59.6	6:00.0	5:40.3	5:44.0	5:35.4	72	18	12	5:35.4	5:22.7	5:21.1	5:21.1	5:21.1
400 IM	SC		6:15.3	5:54.7	5:55.1	5:35.1	5:38.8	5:30.1				5:30.1	5:17.2	5:15.6	5:15.6	5:15.6

AG: Target number of swims for each age group

15min: Minimum number of swims for age 15

Youth: Target Number of swims for each event group

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

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