

**SWIM ENGLAND SOUTH EAST SC (WINTER) CHAMPIONSHIPS 2026**  
**BASE AND AUTOMATIC QUALIFYING TIMES**

| MALE/OPEN: Event  | Target Entries * |         | Auto QTs |         | Base QTs |         |
|-------------------|------------------|---------|----------|---------|----------|---------|
|                   | Initial          | Fill to | SC       | LC      | SC       | LC      |
| 50m Freestyle     | 68               | 76      | 24.2     | 25.0    | 24.8     | 25.6    |
| 100m Freestyle    | 52               | 60      | 53.0     | 54.5    | 53.9     | 55.5    |
| 200m Freestyle    | 52               | 60      | 1:58.0   | 2:00.9  | 2:01.5   | 2:04.3  |
| 400m Freestyle    | 36               | 44      | 4:10.5   | 4:16.0  | 4:18.3   | 4:23.7  |
| 800m Freestyle    | 24               | 24      | 8:32.5   | 8:43.6  | 8:39.2   | 8:50.2  |
| 1500m Freestyle   | 16               | 16      | 16:18.0  | 16:38.8 | 16:34.0  | 16:54.5 |
| 50m Backstroke    | 68               | 76      | 28.3     | 29.0    | 29.5     | 30.1    |
| 100m Backstroke   | 52               | 60      | 1:00.4   | 1:01.7  | 1:02.3   | 1:03.6  |
| 200m Backstroke   | 60               | 60      | 2:14.1   | 2:16.6  | 2:18.3   | 2:20.7  |
| 50m Breaststroke  | 68               | 76      | 31.2     | 32.1    | 32.1     | 33.0    |
| 100m Breaststroke | 52               | 60      | 1:08.0   | 1:09.8  | 1:10.8   | 1:12.6  |
| 200m Breaststroke | 60               | 60      | 2:35.0   | 2:38.4  | 2:40.7   | 2:43.9  |
| 50m Butterfly     | 68               | 76      | 26.6     | 27.3    | 27.4     | 28.1    |
| 100m Butterfly    | 52               | 60      | 59.1     | 1:00.4  | 1:01.0   | 1:02.2  |
| 200m Butterfly    | 60               | 60      | 2:18.6   | 2:20.9  | 2:25.3   | 2:27.5  |
| 100m Ind Medley   | 52               | 60      | 1:02.5   | N/A     | 1:04.2   | N/A     |
| 200m Ind Medley   | 52               | 60      | 2:13.1   | 2:16.1  | 2:16.9   | 2:19.7  |
| 400m Ind Medley   | 44               | 44      | 4:53.5   | 4:59.4  | 5:01.8   | 5:07.6  |

| FEMALE: Event     | Target Entries * |         | Auto QTs |         | Base QTs |         |
|-------------------|------------------|---------|----------|---------|----------|---------|
|                   | Initial          | Fill to | SC       | LC      | SC       | LC      |
| 50m Freestyle     | 68               | 76      | 27.4     | 28.2    | 28.0     | 28.7    |
| 100m Freestyle    | 52               | 60      | 58.5     | 59.9    | 1:00.1   | 1:01.5  |
| 200m Freestyle    | 52               | 60      | 2:07.6   | 2:10.3  | 2:10.8   | 2:13.4  |
| 400m Freestyle    | 36               | 44      | 4:27.6   | 4:32.8  | 4:34.0   | 4:39.1  |
| 800m Freestyle    | 24               | 24      | 9:12.0   | 9:22.4  | 9:14.5   | 9:24.8  |
| 1500m Freestyle   | 16               | 16      | 17:32.0  | 17:51.4 | 17:42.0  | 18:01.2 |
| 50m Backstroke    | 68               | 76      | 31.2     | 31.8    | 32.1     | 32.7    |
| 100m Backstroke   | 52               | 60      | 1:05.7   | 1:06.9  | 1:07.6   | 1:08.7  |
| 200m Backstroke   | 60               | 60      | 2:25.4   | 2:27.7  | 2:29.4   | 2:31.6  |
| 50m Breaststroke  | 68               | 76      | 35.1     | 36.0    | 35.8     | 36.7    |
| 100m Breaststroke | 52               | 60      | 1:15.5   | 1:17.2  | 1:17.6   | 1:19.2  |
| 200m Breaststroke | 60               | 60      | 2:46.1   | 2:49.2  | 2:51.3   | 2:54.4  |
| 50m Butterfly     | 68               | 76      | 29.5     | 30.1    | 30.0     | 30.6    |
| 100m Butterfly    | 52               | 60      | 1:04.9   | 1:06.1  | 1:06.8   | 1:07.9  |
| 200m Butterfly    | 60               | 60      | 2:30.7   | 2:32.8  | 2:37.7   | 2:39.7  |
| 100m Ind Medley   | 52               | 60      | 1:10.4   | N/A     | 1:12.1   | N/A     |
| 200m Ind Medley   | 52               | 60      | 2:26.5   | 2:29.2  | 2:29.3   | 2:31.9  |
| 400m Ind Medley   | 44               | 44      | 5:15.0   | 5:20.6  | 5:23.9   | 5:29.3  |

\* Refer to condition 3.7

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