

## Swim England East Region 2019 Long Course Championships (50m)

Qualifying Standards (25m Times\*)

**ALL AGES AS AT 31 DECEMBER 2019**

EVENT	GIRLS						BOYS					
	11/12	13	14	15	16	17/ov	11/12	13	14	15	16	17/ov
<b>50 Freestyle</b>	31.29	30.17	29.30	29.12	28.70	28.16	31.38	29.10	27.90	27.01	26.08	25.07
<b>100 Freestyle</b>	1:08.39	1:06.12	1:03.55	1:02.61	1:01.93	1:00.51	1:08.51	1:05.13	1:02.09	58.45	57.25	54.83
<b>200 Freestyle</b>	2:27.58	2:22.35	2:17.85	2:15.98	2:13.40	2:11.92	2:29.60	2:22.78	2:14.20	2:07.63	2:05.66	2:00.70
<b>400 Freestyle</b>	5:07.22	4:57.47	4:51.51	4:43.43	4:40.82	4:36.70	5:12.64	4:57.01	4:46.74	4:32.81	4:25.16	4:15.03
<b>800 Freestyle</b>	10:39.20	10:15.64	10:00.20	9:45.10	9:43.27	9:40.44	10:40.50	10:14.70	9:52.10	9:32.70	9:16.10	9:03.30
<b>1500 Freestyle</b>	20:25.00	19:49.20	19:10.20	18:51.50	18:35.20	18:30.30	20:30.00	19:39.30	18:27.36	17:53.10	17:35.00	17:11.00
<b>50 Breaststroke</b>	41.05	39.20	38.02	37.74	37.53	37.08	41.65	38.52	36.30	35.25	34.50	32.60
<b>100 Breaststroke</b>	1:29.76	1:24.26	1:23.83	1:22.46	1:21.65	1:20.61	1:32.57	1:26.17	1:21.50	1:16.82	1:14.90	1:11.02
<b>200 Breaststroke</b>	3:10.96	3:02.86	2:58.94	2:57.45	2:55.27	2:54.25	3:15.27	3:06.45	2:57.13	2:45.81	2:41.43	2:37.30
<b>50 Butterfly</b>	34.98	33.22	32.04	31.76	31.57	30.91	35.40	32.82	31.33	30.07	28.82	27.67
<b>100 Butterfly</b>	1:21.02	1:16.99	1:13.69	1:11.92	1:11.87	1:08.05	1:21.70	1:16.83	1:11.76	1:06.70	1:04.67	1:01.27
<b>200 Butterfly</b>	3:06.94	3:03.60	2:49.62	2:45.42	2:43.24	2:38.88	3:10.74	3:01.33	2:46.91	2:32.49	2:28.11	2:20.30
<b>50 Backstroke</b>	36.04	34.66	33.57	33.10	32.44	32.21	36.42	34.20	32.39	31.31	30.52	29.10
<b>100 Backstroke</b>	1:17.06	1:13.93	1:11.77	1:10.83	1:09.76	1:08.93	1:18.84	1:14.72	1:11.09	1:07.46	1:05.36	1:02.40
<b>200 Backstroke</b>	2:43.17	2:39.18	2:36.48	2:33.08	2:30.87	2:28.73	2:45.21	2:39.91	2:32.04	2:24.17	2:20.09	2:15.41
<b>200 Individual Medley</b>	2:46.42	2:43.11	2:36.51	2:34.31	2:32.16	2:30.78	2:51.53	2:41.97	2:34.00	2:26.03	2:21.85	2:16.47
<b>400 Individual Medley</b>	5:56.70	5:46.67	5:36.68	5:34.50	5:32.23	5:29.05	6:03.04	5:46.39	5:29.63	5:12.87	5:07.68	4:51.96

\*Entry times for all events must be drawn from the Swim England Rankings database and achieved between **1st May 2018** and the closing date.  
Long course to short course conversion times are allowed, using SPORTSYSTEMS time converter only.