

Female							
	10	11	12	13	14	15	160V
50m Freestyle	00:52.94	00:45.37	00:38.27	00:35.37	00:33.01	00:34.98	00:31.09
100m Freestyle	01:48.60	01:42.07	01:27.13	01:20.37	01:13.99	01:18.36	01:07.85
200m Freestyle	04:14.84	04:04.84	03:16.37	02:57.15	02:43.86	02:54.71	02:31.44
400m Freestyle	08:11.56	07:51.56	07:44.71	07:44.03	06:11.16	06:22.31	05:56.33
800m Freestyle		14:43.37	14:14.44	12:23.12	12:02.82	11:43.62	11:08.91
1500m Freestyle		23:36.10	23:06.70	22:37.30	21:32.13	20:48.52	20:07.16
50m Breaststroke	01:28.73	01:02.09	00:51.52	00:47.74	00:44.42	00:45.70	00:41.00
100m Breaststroke	02:50.68	02:17.69	01:53.03	01:43.90	01:37.53	01:39.64	01:30.17
200m Breaststroke	05:54.06	05:34.06	04:07.71	03:48.32	03:32.41	03:42.45	03:17.38
50m Butterfly	01:06.96	01:01.96	00:48.20	00:44.51	00:37.23	00:40.78	00:35.78
100m Butterfly	02:33.56	02:23.56	02:13.56	02:09.49	01:33.52	01:41.19	01:24.26
200m Butterfly	04:42.14	04:22.14	03:54.90	03:45.38	03:43.61	03:39.36	03:11.41
50m Backstroke	01:04.62	00:51.43	00:45.43	00:42.55	00:37.68	00:41.90	00:36.38
100m Backstroke	02:36.28	02:09.40	01:40.45	01:34.51	01:22.51	01:27.30	01:18.41
200m Backstroke	04:17.48	03:47.48	03:46.48	03:27.77	02:58.49	03:26.65	02:52.57
100m IM	02:14.20	01:56.09	01:37.25	01:30.10	01:22.49	01:27.47	01:17.29
200m IM	04:39.42	04:19.42	04:17.88	03:20.76	03:03.99	03:23.31	02:44.85
400m IM		07:25.00	06:55.53	06:55.36	06:50.76	06:50.30	06:33.20
Open/Male							
	10	11	12	13	14	15	160V
50m Freestyle	00:50.89	00:49.97	00:39.98	00:36.36	00:35.95	00:32.19	00:29.85
100m Freestyle	02:11.59	01:56.78	01:34.65	01:23.17	01:24.40	01:13.43	01:08.33
200m Freestyle	04:00.00	03:38.13	03:37.72	03:08.10	03:18.55	02:41.37	02:31.77
400m Freestyle	08:23.01	08:03.01	07:43.01	07:09.02	06:08.42	05:57.86	05:18.92
800m Freestyle		14:57.52	14:57.52	14:09.13	12:35.12	11:23.43	10:37.61
1500m Freestyle		23:04.35	22:34.95	22:05.55	21:13.61	20:34.70	19:59.02
50m Breaststroke	01:29.44	01:13.25	00:56.15	00:50.92	00:53.73	00:43.82	00:38.95
100m Breaststroke	02:50.84	02:30.84	02:02.62	01:53.00	01:59.73	01:34.99	01:26.73
200m Breaststroke	05:01.25	04:51.25	04:41.25	03:57.61	04:48.26	03:53.43	03:27.58
50m Butterfly	01:18.36	01:12.36	00:55.48	00:45.09	00:50.36	00:37.40	00:34.90
100m Butterfly	02:45.71	02:25.71	02:05.71	02:01.30	01:51.81	01:29.59	01:25.47
200m Butterfly	05:02.34	04:42.34	03:56.80	03:31.15	03:13.31	03:15.13	02:57.18
50m Backstroke	01:15.37	01:09.05	00:48.46	00:43.24	00:46.22	00:40.09	00:36.50
100m Backstroke	02:30.76	02:20.76	01:47.22	01:37.40	01:42.14	01:33.15	01:27.91
200m Backstroke	05:02.87	04:42.87	04:24.87	03:47.22	03:23.67	03:12.09	02:52.09
100m IM	02:36.48	02:26.48	01:43.87	01:34.08	01:42.12	01:24.20	01:16.25
200m IM	04:37.28	04:17.28	03:57.28	03:47.22	03:44.74	03:03.57	02:56.21
400m IM		08:48.83	08:08.83	07:43.53	07:05.63	06:16.06	06:04.45

Qualification times must be achieved at a level 1,2,3 or 4 licensed meet between 10th February 2025 and 6th January 2026