

## Swim England East Region Long Course Championships 2023

### Qualifying Times

Short Course Times Event	Women						Men					
	11/12	13	14	15	16	17/over	11/12	13	14	15	16	17/over
50m Freestyle	32.75	31.09	29.75	29.12	28.69	28.37	32.75	30.34	27.95	26.75	26.30	25.60
100m Freestyle	1:12.50	1:08.00	1:05.03	1:03.00	1:01.75	1:01.50	1:12.50	1:07.00	1:01.50	58.30	57.20	55.80
200m Freestyle	2:37.50	2:28.00	2:22.50	2:17.00	2:15.00	2:14.00	2:37.50	2:26.76	2:16.00	2:09.00	2:06.36	2:03.00
400m Freestyle	5:45.00	5:16.00	5:01.62	4:50.24	4:47.18	4:45.00	5:40.00	5:11.88	4:50.17	4:36.66	4:31.20	4:24.54
800m Freestyle	11:30.00	10:36.75	10:07.77	9:50.00	9:48.00	9:40.00	11:30.00	10:33.10	9:44.61	9:20.00	9:15.00	9:00.00
1500m Freestyle	22:00.00	20:50.00	19:55.00	19:15.00	19:10.00	19:00.00	22:00.00	20:50.00	19:30.00	18:30.00	17:35.00	17:30.00
50m Butterfly	37.25	34.54	32.84	31.71	31.25	31.00	37.25	34.40	31.20	29.50	28.75	27.85
100m Butterfly	1:28.25	1:19.00	1:15.88	1:12.00	1:11.00	1:09.50	1:28.25	1:19.00	1:11.00	1:06.50	1:04.00	1:01.65
200m Butterfly	3:45.00	3:15.00	2:55.00	2:50.00	2:45.00	2:40.00	3:45.00	3:15.00	2:55.00	2:35.00	2:25.00	2:20.00
50m Backstroke	38.00	35.50	34.04	33.15	32.65	32.15	38.00	35.33	32.50	30.79	30.36	29.25
100m Backstroke	1:22.50	1:16.50	1:13.34	1:10.82	1:10.00	1:09.50	1:22.50	1:15.53	1:10.67	1:07.00	1:05.00	1:03.39
200m Backstroke	2:58.00	2:46.80	2:38.00	2:33.47	2:32.00	2:31.00	2:56.00	2:40.75	2:34.00	2:27.17	2:23.36	2:19.27
50m Breaststroke	43.17	40.55	38.82	37.80	36.00	35.76	43.17	40.10	37.10	34.55	33.80	32.50
100m Breaststroke	1:34.00	1:28.00	1:24.36	1:21.46	1:19.10	1:18.50	1:34.00	1:28.00	1:21.50	1:17.25	1:15.00	1:12.50
200m Breaststroke	3:25.00	3:09.00	3:04.19	2:58.99	2:55.04	2:53.25	3:25.00	3:09.00	2:58.00	2:47.00	2:44.41	2:41.00
200m Individual Medley	2:58.00	2:48.81	2:42.74	2:35.60	2:34.00	2:30.78	2:58.00	2:48.81	2:33.75	2:25.47	2:22.50	2:16.47
400m Individual Medley	6:20.00	6:03.00	5:50.00	5:37.50	5:30.00	5:25.00	6:20.00	6:03.00	5:45.00	5:20.00	5:15.00	5:06.00

These are short course (25m) qualifying times, long course conversion times are accepted, using Sportsystems time converter only. Closing date is Thursday 6<sup>th</sup> April 2023 (midnight). Ages as at midnight on 31<sup>st</sup> December 2023. Qualifying period is 1<sup>st</sup> January 2022 to the entry closing date. Times can be achieved at licence levels 1,2 and 3.

Entry will be via an online entry system – there will be no entry file. Para-Swimming qualifying standards are given in the main conditions document. Queries to [swimming@eastswimming.org](mailto:swimming@eastswimming.org). Times will be reviewed following the conclusion of the county championship window, and, if necessary, relaxed but not made faster.