

**SE LONDON SUMMER CHAMPIONSHIPS 2026  
QUALIFYING AND CONSIDERATION TIMES**

**LONG COURSE**

	OPEN/MALE													
	11y/12y		13y		14y		15y		16y		17y		18y+	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Freestyle	30.57	32.10	29.24	30.70	27.33	28.70	26.38	27.70	26.00	27.30	25.43	26.70	24.19	25.40
100m Freestyle	1:08.57	1:12.00	1:02.57	1:05.70	1:00.00	1:03.00	56.86	59.70	56.67	59.50	55.43	58.20	53.33	56.00
200m Freestyle	2:25.71	2:33.00	2:18.10	2:25.00	2:11.43	2:18.00	2:04.76	2:11.00	2:02.86	2:09.00	2:02.48	2:08.60	1:59.90	2:05.90
400m Freestyle	5:06.00	5:21.30	4:43.81	4:58.00	4:32.76	4:46.40	4:20.00	4:33.00	4:18.76	4:31.70	4:16.67	4:29.50	4:13.62	4:26.30
800m Freestyle	10:32.38	11:04.00	9:42.86	10:12.00	9:22.38	9:50.50	9:13.33	9:41.00	9:05.05	9:32.30	9:05.05	9:32.30	8:55.52	9:22.30
1500m Freestyle	20:25.05	21:26.30	18:31.43	19:27.00	18:05.71	19:00.00	17:41.90	18:35.00	17:27.62	18:20.00	17:20.48	18:12.50	17:10.57	18:02.10
50m Backstroke	36.76	38.60	33.71	35.40	32.38	34.00	30.86	32.40	30.57	32.10	29.90	31.40	27.81	29.20
100m Backstroke	1:17.67	1:21.55	1:12.00	1:15.60	1:08.76	1:12.20	1:05.71	1:09.00	1:04.76	1:08.00	1:03.81	1:07.00	1:01.33	1:04.40
200m Backstroke	2:43.43	2:51.60	2:34.57	2:42.30	2:27.33	2:34.70	2:21.81	2:28.90	2:20.38	2:27.40	2:18.48	2:25.40	2:14.48	2:21.20
50m Breaststroke	40.57	42.60	36.19	38.00	35.62	37.40	33.52	35.20	32.95	34.60	32.95	34.60	30.00	31.50
100m Breaststroke	1:28.57	1:33.00	1:21.52	1:25.60	1:16.76	1:20.60	1:13.33	1:17.00	1:12.95	1:16.60	1:11.52	1:15.10	1:09.24	1:12.70
200m Breaststroke	3:10.48	3:20.00	2:57.14	3:06.00	2:48.00	2:56.40	2:41.90	2:50.00	2:40.38	2:48.40	2:36.48	2:44.30	2:34.38	2:42.10
50m Butterfly	33.90	35.60	31.81	33.40	30.10	31.60	28.48	29.90	27.90	29.30	26.10	27.40	26.48	27.80
100m Butterfly	1:18.10	1:22.00	1:12.57	1:16.20	1:07.71	1:11.10	1:02.95	1:06.10	1:01.52	1:04.60	1:00.00	1:03.00	58.57	1:01.50
200m Butterfly	2:58.67	3:07.60	2:49.52	2:58.00	2:31.05	2:38.60	2:22.67	2:29.80	2:21.43	2:28.50	2:17.71	2:24.60	2:14.48	2:21.20
200m Individual Medley	2:42.86	2:51.00	2:34.29	2:42.00	2:28.95	2:36.40	2:22.86	2:30.00	2:20.95	2:28.00	2:17.52	2:24.40	2:12.00	2:18.60
400m Individual Medley	5:48.57	6:06.00	5:32.57	5:49.20	5:14.76	5:30.50	5:04.76	5:20.00	5:01.24	5:16.30	5:00.86	5:15.90	4:44.19	4:58.40

	FEMALE													
	11y/12y		13y		14y		15y		16y		17y		18y+	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Freestyle	30.57	32.10	29.62	31.10	29.14	30.60	28.67	30.10	28.57	30.00	28.29	29.70	28.10	29.50
100m Freestyle	1:07.62	1:11.00	1:03.81	1:07.00	1:02.86	1:06.00	1:01.90	1:05.00	1:00.95	1:04.00	1:00.57	1:03.60	1:00.19	1:03.20
200m Freestyle	2:24.29	2:31.50	2:17.81	2:24.70	2:14.38	2:21.10	2:13.33	2:20.00	2:12.38	2:19.00	2:12.10	2:18.70	2:10.57	2:17.10
400m Freestyle	5:05.90	5:21.20	4:48.57	5:03.00	4:40.95	4:55.00	4:36.48	4:50.30	4:34.48	4:48.20	4:32.38	4:46.00	4:27.71	4:41.10
800m Freestyle	10:17.14	10:48.00	9:54.29	10:24.00	9:52.38	10:22.00	9:48.95	10:18.40	9:45.52	10:14.80	9:42.19	10:11.30	9:41.14	10:10.20
1500m Freestyle	20:00.00	21:00.00	19:40.95	20:40.00	18:47.33	19:43.70	18:10.10	19:04.60	18:04.19	18:58.40	17:54.86	18:48.60	17:44.29	18:37.50
50m Backstroke	35.81	37.60	33.90	35.60	33.52	35.20	33.43	35.10	33.24	34.90	32.95	34.60	32.38	34.00
100m Backstroke	1:17.14	1:21.00	1:13.14	1:16.80	1:10.95	1:14.50	1:10.10	1:13.60	1:08.67	1:12.10	1:07.43	1:10.80	1:07.14	1:10.50
200m Backstroke	2:43.24	2:51.40	2:36.95	2:44.80	2:32.86	2:40.50	2:31.14	2:38.70	2:28.38	2:35.80	2:27.05	2:34.40	2:25.33	2:32.60
50m Breaststroke	40.38	42.40	38.19	40.10	37.14	39.00	36.67	38.50	36.19	38.00	36.10	37.90	35.71	37.50
100m Breaststroke	1:29.81	1:34.30	1:23.90	1:28.10	1:20.57	1:24.60	1:20.29	1:24.30	1:20.10	1:24.10	1:19.52	1:23.50	1:18.19	1:22.10
200m Breaststroke	3:11.81	3:21.40	2:58.57	3:07.50	2:55.24	3:04.00	2:53.33	3:02.00	2:52.38	3:01.00	2:52.38	3:01.00	2:52.10	3:00.70
50m Butterfly	34.10	35.80	32.38	34.00	31.52	33.10	30.95	32.50	30.10	31.60	29.81	31.30	29.71	31.20
100m Butterfly	1:18.38	1:22.30	1:12.38	1:16.00	1:11.52	1:15.10	1:10.57	1:14.10	1:09.38	1:12.85	1:08.48	1:11.90	1:07.14	1:10.50
200m Butterfly	3:03.14	3:12.30	2:45.71	2:54.00	2:41.33	2:49.40	2:38.19	2:46.10	2:36.10	2:43.90	2:34.86	2:42.60	2:34.10	2:41.80
200m Individual Medley	2:44.76	2:53.00	2:36.19	2:44.00	2:33.33	2:41.00	2:32.38	2:40.00	2:31.43	2:39.00	2:29.05	2:36.50	2:26.67	2:34.00
400m Individual Medley	5:51.52	6:09.10	5:31.24	5:47.80	5:27.33	5:43.70	5:26.00	5:42.30	5:15.52	5:31.30	5:15.52	5:31.30	5:13.62	5:29.30

**SE LONDON SUMMER CHAMPIONSHIPS 2026  
QUALIFYING AND CONSIDERATION TIMES**

**SHORT COURSE**

	OPEN/MALE													
	11y/12y		13y		14y		15y		16y		17y		18y+	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
<b>50m Freestyle</b>	29.90	31.40	28.50	30.00	26.60	28.00	25.60	26.90	25.20	26.50	24.60	25.90	23.30	24.60
<b>100m Freestyle</b>	1:07.30	1:10.80	1:01.20	1:04.40	58.60	1:01.70	55.40	58.30	55.20	58.10	53.90	56.70	51.70	54.50
<b>200m Freestyle</b>	2:23.30	2:30.70	2:15.60	2:22.60	2:08.80	2:15.50	2:02.00	2:08.30	2:00.00	2:06.30	1:59.60	2:05.90	1:57.00	2:03.10
<b>400m Freestyle</b>	5:01.40	5:16.90	4:38.80	4:53.30	4:27.60	4:41.50	4:14.60	4:27.80	4:13.30	4:26.50	4:11.20	4:24.20	4:08.00	4:21.00
<b>800m Freestyle</b>	10:23.20	10:55.20	9:32.90	10:02.50	9:12.00	9:40.60	9:02.80	9:31.00	8:54.40	9:22.10	8:54.40	9:22.10	8:44.60	9:11.90
<b>1500m Freestyle</b>	20:08.10	21:10.10	18:12.70	19:09.20	17:46.60	18:41.80	17:22.30	18:16.30	17:07.80	18:01.10	17:00.50	17:53.50	16:50.40	17:42.90
<b>50m Backstroke</b>	36.20	38.10	33.10	34.80	31.80	33.40	30.20	31.80	29.90	31.50	29.20	30.80	27.10	28.50
<b>100m Backstroke</b>	1:16.60	1:20.60	1:10.90	1:14.50	1:07.60	1:11.10	1:04.50	1:07.80	1:03.50	1:06.80	1:02.50	1:05.80	1:00.00	1:03.10
<b>200m Backstroke</b>	2:41.40	2:49.60	2:32.40	2:40.20	2:25.10	2:32.50	2:19.40	2:26.60	2:18.00	2:25.10	2:16.10	2:23.10	2:12.00	2:18.80
<b>50m Breaststroke</b>	39.80	41.90	35.30	37.20	34.70	36.50	32.60	34.30	32.00	33.70	32.00	33.70	28.90	30.50
<b>100m Breaststroke</b>	1:27.10	1:31.60	1:20.00	1:24.10	1:15.10	1:19.00	1:11.60	1:15.30	1:11.20	1:14.90	1:09.70	1:13.40	1:07.40	1:10.90
<b>200m Breaststroke</b>	3:07.70	3:17.30	2:54.10	3:03.10	2:44.80	2:53.40	2:38.60	2:46.90	2:37.10	2:45.20	2:33.10	2:41.10	2:30.90	2:38.80
<b>50m Butterfly</b>	33.30	35.10	31.20	32.80	29.50	31.00	27.80	29.30	27.20	28.60	25.40	26.70	25.80	27.10
<b>100m Butterfly</b>	1:17.10	1:21.10	1:11.50	1:15.20	1:06.60	1:10.00	1:01.70	1:04.90	1:00.30	1:03.40	58.70	1:01.80	57.30	1:00.30
<b>200m Butterfly</b>	2:56.90	3:05.90	2:47.60	2:56.20	2:28.90	2:36.60	2:20.40	2:27.70	2:19.20	2:26.40	2:15.40	2:22.40	2:12.10	2:18.90
<b>200m Individual Medley</b>	2:40.40	2:48.70	2:31.70	2:39.50	2:26.30	2:33.90	2:20.10	2:27.30	2:18.10	2:25.30	2:14.60	2:21.60	2:09.00	2:15.70
<b>400m Individual Medley</b>	5:43.50	6:01.20	5:27.20	5:44.10	5:09.10	5:25.10	4:58.90	5:14.50	4:55.40	5:10.70	4:55.00	5:10.30	4:38.00	4:52.50

	FEMALE													
	11y/12y		13y		14y		15y		16y		17y		18y+	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
<b>50m Freestyle</b>	29.90	31.40	28.90	30.40	28.40	29.90	27.90	29.40	27.80	29.30	27.50	29.00	27.30	28.80
<b>100m Freestyle</b>	1:06.40	1:09.80	1:02.50	1:05.70	1:01.50	1:04.70	1:00.50	1:03.70	59.60	1:02.70	59.20	1:02.30	58.80	1:01.90
<b>200m Freestyle</b>	2:21.90	2:29.20	2:15.30	2:22.30	2:11.80	2:18.60	2:10.70	2:17.50	2:09.70	2:16.50	2:09.40	2:16.20	2:07.90	2:14.50
<b>400m Freestyle</b>	5:01.30	5:16.80	4:43.70	4:58.30	4:35.90	4:50.20	4:31.40	4:45.40	4:29.30	4:43.30	4:27.20	4:41.10	4:22.40	4:36.10
<b>800m Freestyle</b>	10:07.70	10:39.00	9:44.50	10:14.70	9:42.50	10:12.60	9:39.10	10:09.00	9:35.60	10:05.30	9:32.20	10:01.80	9:31.10	10:00.70
<b>1500m Freestyle</b>	19:42.70	20:43.50	19:23.30	20:23.20	18:28.90	19:26.10	17:51.00	18:46.40	17:45.00	18:40.10	17:35.50	18:30.20	17:24.70	18:18.90
<b>50m Backstroke</b>	35.20	37.10	33.30	35.00	32.90	34.60	32.80	34.50	32.60	34.30	32.30	34.00	31.80	33.40
<b>100m Backstroke</b>	1:16.10	1:20.00	1:12.00	1:15.70	1:09.80	1:13.40	1:08.90	1:12.50	1:07.50	1:11.00	1:06.20	1:09.70	1:05.90	1:09.40
<b>200m Backstroke</b>	2:41.20	2:49.40	2:34.80	2:42.80	2:30.70	2:38.40	2:28.90	2:36.60	2:26.10	2:33.60	2:24.80	2:32.20	2:23.00	2:30.40
<b>50m Breaststroke</b>	39.60	41.60	37.40	39.30	36.30	38.20	35.80	37.70	35.30	37.20	35.20	37.10	34.80	36.70
<b>100m Breaststroke</b>	1:28.40	1:33.00	1:22.40	1:26.70	1:19.00	1:23.10	1:18.70	1:22.80	1:18.50	1:22.60	1:17.90	1:22.00	1:16.60	1:20.60
<b>200m Breaststroke</b>	3:09.00	3:18.80	2:55.60	3:04.70	2:52.20	3:01.10	2:50.30	2:59.10	2:49.30	2:58.10	2:49.30	2:58.10	2:49.00	2:57.80
<b>50m Butterfly</b>	33.50	35.30	31.80	33.40	30.90	32.50	30.30	31.90	29.50	31.00	29.20	30.70	29.10	30.60
<b>100m Butterfly</b>	1:17.40	1:21.40	1:11.30	1:15.00	1:10.40	1:14.10	1:09.50	1:13.10	1:08.30	1:11.80	1:07.40	1:10.80	1:06.00	1:09.40
<b>200m Butterfly</b>	3:01.40	3:10.60	2:43.80	2:52.20	2:39.40	2:47.50	2:36.20	2:44.20	2:34.10	2:42.00	2:32.80	2:40.60	2:32.00	2:39.80
<b>200m Individual Medley</b>	2:42.30	2:50.70	2:33.60	2:41.60	2:30.70	2:38.50	2:29.80	2:37.50	2:28.80	2:36.50	2:26.40	2:34.00	2:24.00	2:31.40
<b>400m Individual Medley</b>	5:46.50	6:04.30	5:25.90	5:42.70	5:21.90	5:38.50	5:20.60	5:37.10	5:09.90	5:26.00	5:09.90	5:26.00	5:08.00	5:23.90