

**SE LONDON WINTER CHAMPIONSHIPS 2023  
QUALIFYING AND CONSIDERATION TIMES**

**SHORT COURSE**

FEMALE				Event	OPEN/MALE			
Senior	Senior	Junior	Junior		Junior	Junior	Senior	Senior
QT	CT	QT	CT	QT	CT	QT	CT	
27.60	28.98	28.60	30.03	50 Free	26.30	27.62	24.60	25.83
59.20	1:02.16	1:01.80	1:04.89	100 Free	56.70	59.54	54.60	57.33
2:10.50	2:17.03	2:13.50	2:20.18	200 Free	2:06.60	2:12.93	2:00.20	2:06.21
4:35.50	4:49.28	4:40.00	4:54.00	400 Free	4:28.90	4:42.35	4:12.40	4:25.02
9:32.20	10:00.81	9:41.20	10:10.26	800 Free	9:25.00	9:53.25	9:00.00	9:27.00
17:49.50	18:42.97	18:04.80	18:59.04	1500 Free	18:05.80	19:00.09	17:14.90	18:06.65
32.30	33.92	33.00	34.65	50 Back	31.20	32.76	29.80	31.29
1:06.30	1:09.62	1:08.90	1:12.35	100 Back	1:04.70	1:07.94	1:02.50	1:05.63
2:24.70	2:31.93	2:29.00	2:36.45	200 Back	2:24.50	2:31.72	2:16.10	2:22.90
35.20	36.96	36.80	38.64	50 Breast	33.20	34.86	32.60	34.23
1:17.90	1:21.80	1:18.90	1:22.85	100 Breast	1:13.20	1:16.86	1:09.70	1:13.19
2:50.10	2:58.61	2:52.40	3:01.02	200 Breast	2:41.90	2:49.99	2:33.10	2:40.76
29.20	30.66	31.00	32.55	50 Butterfly	27.80	29.19	25.40	26.67
1:07.30	1:10.67	1:10.00	1:13.50	100 Butterfly	1:05.90	1:09.19	1:01.30	1:04.36
2:32.70	2:40.34	2:36.20	2:44.01	200 Butterfly	2:30.00	2:37.50	2:20.00	2:27.00
1:09.00	1:12.45	1:10.00	1:13.50	100 IM	1:05.00	1:08.25	1:01.00	1:04.05
2:26.40	2:33.72	2:31.90	2:39.49	200 IM	2:24.80	2:32.04	2:14.60	2:21.33
5:10.00	5:25.50	5:20.60	5:36.63	400 IM	5:04.00	5:19.20	4:55.00	5:09.75

Junior is 16 & Under  
Senior is 17 & Over

CT factor 1.05

**LONG COURSE**

FEMALE				Event	OPEN/MALE			
Senior	Senior	Junior	Junior		Junior	Junior	Senior	Senior
QT	CT	QT	CT	QT	CT	QT	CT	
28.30	29.72	29.30	30.77	50 Free	27.10	28.46	25.40	26.67
1:00.60	1:03.63	1:03.10	1:06.26	100 Free	58.20	1:01.11	56.10	58.91
2:13.10	2:19.75	2:16.10	2:22.90	200 Free	2:09.30	2:15.77	2:03.00	2:09.15
4:40.50	4:54.52	4:45.00	4:59.25	400 Free	4:34.10	4:47.81	4:17.90	4:30.79
9:42.20	10:11.31	9:51.10	10:20.66	800 Free	9:35.10	10:03.86	9:10.60	9:38.13
17:54.90	18:48.64	18:10.10	19:04.61	1500 Free	18:11.10	19:05.66	17:20.50	18:12.52
32.90	34.55	33.60	35.28	50 Back	31.80	33.39	30.50	32.03
1:07.50	1:10.88	1:10.10	1:13.61	100 Back	1:05.90	1:09.19	1:03.80	1:06.99
2:27.00	2:34.35	2:31.20	2:38.76	200 Back	2:26.80	2:34.14	2:18.50	2:25.43
36.10	37.91	37.60	39.48	50 Breast	34.10	35.81	33.50	35.18
1:19.50	1:23.48	1:20.50	1:24.53	100 Breast	1:14.90	1:18.65	1:11.50	1:15.08
2:53.20	3:01.86	2:55.40	3:04.17	200 Breast	2:45.10	2:53.36	2:36.50	2:44.33
29.80	31.29	31.60	33.18	50 Butterfly	28.50	29.93	26.10	27.41
1:08.40	1:11.82	1:11.10	1:14.66	100 Butterfly	1:07.00	1:10.35	1:02.50	1:05.63
2:34.80	2:42.54	2:38.20	2:46.11	200 Butterfly	2:32.10	2:39.71	2:22.20	2:29.31
				100 IM				
2:29.10	2:36.55	2:34.50	2:42.23	200 IM	2:27.50	2:34.88	2:17.50	2:24.38
5:15.60	5:31.38	5:26.00	5:42.30	400 IM	5:09.70	5:25.19	5:00.90	5:15.94