

**SE LONDON REGION MASTERS CHAMPIONSHIP 2024
QUALIFYING AND CONSIDERATION TIMES**

WOMEN LONG COURSE QUALIFYING TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	35.00	35.40	36.00	36.40	37.00	38.00	39.20	42.20	46.00	51.30	58.20	1:05.20	1:13.10	No qualifying times required
100m Freestyle	1:18.60	1:20.30	1:22.00	1:23.00	1:24.40	1:26.50	1:29.00	1:34.50	1:41.80	1:53.80	2:10.40	2:27.30	2:45.70	
200m Freestyle	2:55.00	2:55.90	2:56.90	2:58.80	3:02.00	3:05.60	3:11.50	3:23.00	3:39.40	4:03.70	4:32.20	5:05.40	5:31.50	
400m Freestyle	6:00.90	6:03.80	6:05.80	6:09.30	6:15.50	6:22.70	6:35.30	7:05.20	7:37.20	8:18.60	9:10.50	10:14.30	11:02.90	
800m Freestyle	12:28.60	12:31.60	12:37.90	12:49.50	13:07.80	13:28.60	13:59.40	15:00.10	16:19.80	17:43.50	19:23.30	21:20.80	22:14.80	
50m Backstroke	44.00	44.70	45.50	46.20	47.00	48.10	49.80	53.90	59.00	1:05.50	1:13.50	1:23.40	1:35.30	
100m Backstroke	1:34.20	1:36.00	1:37.50	1:38.80	1:40.50	1:42.80	1:46.10	1:55.00	2:05.70	2:18.30	2:34.30	2:54.20	3:18.40	
200m Backstroke	3:18.20	3:19.90	3:21.70	3:24.40	3:28.70	3:35.50	3:45.40	4:08.50	4:34.20	5:01.30	5:34.50	6:14.70	7:02.50	
50m Breaststroke	48.10	49.00	49.70	50.80	52.00	53.50	56.20	1:02.50	1:09.80	1:17.60	1:25.70	1:34.20	1:43.00	
100m Breaststroke	1:39.60	1:40.80	1:42.10	1:43.60	1:45.30	1:49.20	1:54.90	2:07.30	2:24.00	2:41.30	2:59.90	3:19.50	3:40.30	
200m Breaststroke	3:41.50	3:44.50	3:48.60	3:54.40	4:02.30	4:12.50	4:27.10	4:50.00	5:15.90	5:43.00	6:13.40	6:47.40	7:25.10	
50m Butterfly	40.30	41.10	41.70	42.20	42.70	43.60	45.10	49.90	55.90	1:03.30	1:12.30	1:23.10	1:36.10	
100m Butterfly	1:35.10	1:36.80	1:38.50	1:40.40	1:42.90	1:47.50	1:53.80	2:02.90	2:15.10	2:31.00	2:51.30	3:16.70	3:47.80	
200m Butterfly	3:36.70	3:40.80	3:45.30	3:49.20	3:54.60	4:02.90	4:15.30	4:35.70	5:00.10	5:27.20	6:03.50	6:50.40	7:48.90	
200m Individual Medley	3:11.80	3:14.40	3:16.60	3:20.00	3:24.40	3:31.70	3:42.40	4:13.80	4:47.80	5:21.30	6:00.00	6:44.40	7:17.20	
400m Individual Medley	7:05.00	7:10.30	7:15.50	7:23.40	7:35.10	7:52.00	8:17.60	9:14.40	10:12.90	11:11.50	12:21.40	13:43.90	14:34.40	

MEN LONG COURSE QUALIFYING TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	29.80	30.20	30.60	30.90	31.40	32.00	32.90	36.00	40.10	44.80	50.10	56.00	1:02.70	No qualifying times required
100m Freestyle	1:06.90	1:08.20	1:09.10	1:10.00	1:11.20	1:12.90	1:15.30	1:22.90	1:32.60	1:43.60	1:55.90	2:10.00	2:25.80	
200m Freestyle	2:35.80	2:36.70	2:37.50	2:38.40	2:40.20	2:41.50	2:42.40	2:47.50	3:08.90	3:33.70	4:02.40	4:35.50	5:13.60	
400m Freestyle	5:35.30	5:39.40	5:41.70	5:44.90	5:48.60	5:55.50	6:02.10	6:18.20	6:50.80	7:37.10	8:32.50	9:38.00	10:30.80	
800m Freestyle	11:39.70	11:43.90	11:49.10	11:56.70	12:06.30	12:20.10	12:33.90	13:10.20	14:33.50	16:10.00	18:00.90	20:07.70	21:23.40	
50m Backstroke	37.40	37.70	37.90	38.40	39.00	40.00	41.40	43.50	49.40	56.00	1:03.50	1:11.80	1:21.10	
100m Backstroke	1:23.40	1:23.70	1:24.50	1:25.50	1:26.50	1:27.60	1:29.20	1:35.60	1:48.70	2:03.10	2:19.10	2:36.60	2:55.90	
200m Backstroke	3:02.70	3:05.00	3:07.30	3:10.10	3:13.50	3:17.60	3:24.60	3:45.70	4:14.10	4:40.70	5:10.90	5:45.00	6:23.40	
50m Breaststroke	39.10	39.80	40.30	40.80	41.10	41.80	43.20	0:46.80	0:54.60	1:03.30	1:12.80	1:23.20	1:34.60	
100m Breaststroke	1:29.30	1:29.60	1:29.80	1:30.00	1:30.10	1:30.70	1:32.40	1:42.30	1:56.60	2:12.90	2:31.70	2:53.10	3:17.40	
200m Breaststroke	3:21.10	3:21.90	3:22.70	3:23.80	3:25.00	3:29.70	3:39.50	4:04.40	4:36.30	5:06.90	5:41.90	6:21.60	7:06.40	
50m Butterfly	32.60	32.80	33.00	33.20	33.60	34.10	35.10	38.00	46.60	55.60	1:05.60	1:16.70	1:29.10	
100m Butterfly	1:18.70	1:20.50	1:21.90	1:22.80	1:23.80	1:25.10	1:28.40	1:38.70	1:51.70	2:08.20	2:28.80	2:54.30	3:25.50	
200m Butterfly	3:11.90	3:14.70	3:17.30	3:20.80	3:24.90	3:31.30	3:41.70	3:54.90	4:20.30	4:56.90	5:39.50	6:28.90	7:25.70	
200m Individual Medley	2:56.40	2:58.30	3:00.10	3:01.30	3:02.80	3:05.70	3:12.10	3:34.50	4:08.40	4:44.70	5:27.20	6:17.00	7:15.40	
400m Individual Medley	6:44.40	6:45.40	6:47.90	6:53.20	7:02.60	7:17.10	7:38.20	8:25.70	9:27.10	10:34.30	11:52.70	13:23.70	14:30.80	

**SE LONDON REGION MASTERS CHAMPIONSHIP 2024
QUALIFYING AND CONSIDERATION TIMES**

WOMEN SHORT COURSE QUALIFYING TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	34.40	34.80	35.40	35.80	36.40	37.40	38.70	41.70	45.50	50.90	57.80	1:04.90	1:12.80	No qualifying times required
100m Freestyle	1:17.50	1:19.20	1:21.00	1:22.00	1:23.40	1:25.50	1:28.10	1:33.60	1:41.00	1:53.10	2:09.80	2:26.70	2:45.20	
200m Freestyle	2:53.00	2:53.90	2:54.90	2:56.80	3:00.10	3:03.70	3:09.70	3:21.30	3:37.80	4:02.30	4:30.90	5:04.30	5:30.40	
400m Freestyle	5:57.00	5:59.90	6:01.90	6:05.50	6:11.70	6:19.00	6:31.70	7:01.90	7:34.10	8:15.80	9:07.90	10:12.00	11:00.80	
800m Freestyle	12:20.80	12:23.80	12:30.20	12:41.90	13:00.40	13:21.40	13:52.50	14:53.60	16:13.90	17:38.00	19:18.30	21:16.30	22:10.40	
50m Backstroke	43.50	44.20	45.10	45.80	46.60	47.70	49.40	53.50	58.70	1:05.20	1:13.20	1:23.20	1:35.10	
100m Backstroke	1:33.30	1:35.20	1:36.70	1:38.00	1:39.70	1:42.00	1:45.30	1:54.30	2:05.10	2:17.70	2:33.80	2:53.70	3:18.00	
200m Backstroke	3:16.50	3:18.20	3:20.00	3:22.80	3:27.10	3:33.90	3:43.90	4:07.10	4:33.00	5:00.20	5:33.50	6:13.80	7:01.70	
50m Breaststroke	47.40	48.40	49.10	50.20	51.40	52.90	55.60	1:02.00	1:09.30	1:17.20	1:25.30	1:33.90	1:42.70	
100m Breaststroke	1:38.30	1:39.50	1:40.90	1:42.40	1:44.10	1:48.00	1:53.80	2:06.30	2:23.10	2:40.50	2:59.20	3:18.90	3:39.70	
200m Breaststroke	3:39.10	3:42.10	3:46.30	3:52.10	4:00.10	4:10.40	4:25.10	4:48.20	5:14.20	5:41.40	6:12.00	6:46.10	7:23.90	
50m Butterfly	39.80	40.60	41.20	41.70	42.30	43.20	44.70	49.50	55.60	1:03.00	1:12.00	1:22.90	1:35.90	
100m Butterfly	1:34.30	1:36.00	1:37.70	1:39.60	1:42.20	1:46.80	1:53.10	2:02.30	2:14.50	2:30.50	2:50.90	3:16.30	3:47.50	
200m Butterfly	3:35.20	3:39.40	3:43.90	3:47.80	3:53.20	4:01.60	4:14.10	4:34.50	4:59.00	5:26.20	6:02.60	6:49.60	7:48.20	
200m Individual Medley	3:09.70	3:12.40	3:14.60	3:18.00	3:22.50	3:29.80	3:40.60	4:12.20	4:46.40	5:20.10	5:58.90	6:43.40	7:16.30	
400m Individual Medley	7:00.80	7:06.20	7:11.40	7:19.40	7:31.20	7:48.20	8:14.00	9:11.20	10:10.00	11:08.90	12:19.00	13:41.70	14:32.40	

MEN SHORT COURSE QUALIFYING TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	29.10	29.50	29.90	30.20	30.70	31.30	32.30	35.40	39.60	44.30	49.70	55.60	1:02.40	No qualifying times required
100m Freestyle	1:05.60	1:07.00	1:07.90	1:08.80	1:10.00	1:11.70	1:14.20	1:21.90	1:31.70	1:42.80	1:55.20	2:09.40	2:25.20	
200m Freestyle	2:33.60	2:34.50	2:35.30	2:36.20	2:38.00	2:39.30	2:40.20	2:45.40	3:07.00	3:32.10	4:01.00	4:34.20	5:12.50	
400m Freestyle	5:31.10	5:35.20	5:37.60	5:40.80	5:44.50	5:51.50	5:58.20	6:14.50	6:47.40	7:34.00	8:29.70	9:35.60	10:28.60	
800m Freestyle	11:31.40	11:35.60	11:40.90	11:48.60	11:58.30	12:12.20	12:26.20	13:02.80	14:26.80	16:04.00	17:55.50	20:02.90	21:18.90	
50m Backstroke	36.90	37.20	37.40	37.90	38.50	39.50	40.90	43.00	49.00	55.60	1:03.20	1:11.50	1:20.90	
100m Backstroke	1:22.40	1:22.70	1:23.50	1:24.60	1:25.60	1:26.70	1:28.30	1:34.80	1:48.00	2:02.40	2:18.50	2:36.10	2:55.40	
200m Backstroke	3:00.90	3:03.20	3:05.50	3:08.30	3:11.80	3:15.90	3:23.00	3:44.20	4:12.80	4:39.50	5:09.80	5:44.00	6:22.50	
50m Breaststroke	38.30	39.00	39.50	40.00	40.30	41.00	42.50	46.10	54.00	1:02.80	1:12.40	1:22.80	1:34.30	
100m Breaststroke	1:27.90	1:28.20	1:28.40	1:28.60	1:28.70	1:29.30	1:31.00	1:41.10	1:55.50	2:11.90	2:30.90	2:52.40	3:16.80	
200m Breaststroke	3:18.50	3:19.30	3:20.10	3:21.20	3:22.40	3:27.20	3:37.10	4:02.20	4:34.40	5:05.20	5:40.30	6:20.20	7:05.20	
50m Butterfly	32.00	32.20	32.40	32.60	33.00	33.50	34.60	37.50	46.20	55.30	1:05.30	1:16.50	1:28.90	
100m Butterfly	1:17.70	1:19.50	1:21.00	1:21.90	1:22.90	1:24.20	1:27.50	1:37.90	1:51.00	2:07.60	2:28.30	2:53.90	3:25.10	
200m Butterfly	3:10.20	3:13.10	3:15.70	3:19.20	3:23.30	3:29.80	3:40.30	3:53.50	4:19.10	4:55.80	5:38.60	6:28.10	7:25.00	
200m Individual Medley	2:54.10	2:56.10	2:57.90	2:59.10	3:00.60	3:03.60	3:10.00	3:32.60	4:06.80	4:43.30	5:26.00	6:15.90	7:14.50	
400m Individual Medley	6:40.00	6:41.00	6:43.60	6:48.90	6:58.40	7:13.00	7:34.30	8:22.20	9:24.00	10:31.50	11:50.20	13:21.50	14:28.80	

**SE LONDON REGION MASTERS CHAMPIONSHIP 2024
QUALIFYING AND CONSIDERATION TIMES**

WOMEN LONG COURSE CONSIDERATION TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	38.50	38.90	39.60	40.00	40.70	41.80	43.10	46.40	50.60	56.40	1:04.00	1:11.70	1:20.40	No qualifying times required
100m Freestyle	1:26.50	1:28.30	1:30.20	1:31.30	1:32.80	1:35.20	1:37.90	1:44.00	1:52.00	2:05.20	2:23.40	2:42.00	3:02.30	
200m Freestyle	3:12.50	3:13.50	3:14.60	3:16.70	3:20.20	3:24.20	3:30.70	3:43.30	4:01.30	4:28.10	4:59.40	5:35.90	6:04.70	
400m Freestyle	6:37.00	6:40.20	6:42.40	6:46.20	6:53.10	7:01.00	7:14.80	7:47.70	8:22.90	9:08.50	10:05.60	11:15.70	12:09.20	
800m Freestyle	13:43.50	13:46.80	13:53.70	14:06.50	14:26.60	14:49.50	15:23.30	16:30.10	17:57.80	19:29.90	21:19.60	23:28.90	24:28.30	
50m Backstroke	47.80	49.20	50.00	50.80	51.70	52.90	54.80	59.30	1:04.90	1:12.10	1:20.80	1:31.70	1:44.80	
100m Backstroke	1:43.60	1:45.60	1:47.30	1:48.70	1:50.60	1:53.10	1:56.70	2:06.50	2:18.30	2:32.10	2:49.70	3:11.60	3:38.20	
200m Backstroke	3:38.00	3:39.90	3:41.90	3:44.80	3:49.60	3:57.10	4:07.90	4:33.40	5:01.60	5:31.40	6:08.00	6:52.20	7:44.80	
50m Breaststroke	52.90	53.90	54.70	55.90	57.20	58.90	1:01.80	1:08.80	1:16.80	1:25.40	1:34.30	1:43.60	1:53.30	
100m Breaststroke	1:49.60	1:50.90	1:52.30	1:54.00	1:55.80	2:00.10	2:06.40	2:20.00	2:38.40	2:57.40	3:17.90	3:39.40	4:02.30	
200m Breaststroke	4:03.60	4:06.90	4:11.50	4:17.80	4:26.50	4:37.70	4:53.80	5:19.00	5:47.50	6:17.30	6:50.70	7:28.10	8:09.60	
50m Butterfly	44.30	45.20	45.90	46.40	47.00	48.00	49.60	54.90	1:01.50	1:09.60	1:19.50	1:31.40	1:45.70	
100m Butterfly	1:44.60	1:46.50	1:48.40	1:50.40	1:53.20	1:58.30	2:05.20	2:15.20	2:28.60	2:46.10	3:08.40	3:36.40	4:10.60	
200m Butterfly	3:58.40	4:02.90	4:07.80	4:12.10	4:18.10	4:27.20	4:40.80	5:03.30	5:30.10	5:59.90	6:39.90	7:31.40	8:35.80	
200m Individual Medley	3:31.00	3:33.80	3:36.30	3:40.00	3:44.80	3:52.90	4:04.60	4:39.20	5:16.60	5:53.40	6:36.00	7:24.80	8:00.90	
400m Individual Medley	7:47.50	7:53.30	7:59.00	8:07.70	8:20.60	8:39.20	9:07.40	10:09.80	11:14.20	12:18.70	13:35.50	15:06.30	16:01.80	

MEN LONG COURSE CONSIDERATION TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	32.80	33.20	33.70	34.00	34.50	35.20	36.20	39.60	44.10	49.30	55.10	1:01.60	1:09.00	No qualifying times required
100m Freestyle	1:13.60	1:15.00	1:16.00	1:17.00	1:18.30	1:20.20	1:22.80	1:31.20	1:41.90	1:54.00	2:07.50	2:23.00	2:40.40	
200m Freestyle	2:51.40	2:52.40	2:53.30	2:54.20	2:56.20	2:57.60	2:58.60	3:04.30	3:27.80	3:55.10	4:26.60	5:03.10	5:45.00	
400m Freestyle	6:08.80	6:13.30	6:15.90	6:19.40	6:23.50	6:31.10	6:38.30	6:56.00	7:31.90	8:22.80	9:23.80	10:35.80	11:33.90	
800m Freestyle	12:49.70	12:54.30	13:00.00	13:08.40	13:18.90	13:34.10	13:49.30	14:29.20	16:00.90	17:47.00	19:49.00	22:08.50	23:31.70	
50m Backstroke	41.10	41.50	41.70	42.20	42.90	44.00	45.50	47.80	54.30	1:01.60	1:09.90	1:19.00	1:29.20	
100m Backstroke	1:31.70	1:32.10	1:33.00	1:34.10	1:35.20	1:36.40	1:38.10	1:45.20	1:59.60	2:15.40	2:33.00	2:52.30	3:13.50	
200m Backstroke	3:21.00	3:23.50	3:26.00	3:29.10	3:32.90	3:37.40	3:45.10	4:08.30	4:39.50	5:08.80	5:42.00	6:19.50	7:01.70	
50m Breaststroke	43.00	43.80	44.30	44.90	45.20	46.00	0:47.50	0:51.50	1:00.10	1:09.60	1:20.10	1:31.50	1:44.10	
100m Breaststroke	1:38.20	1:38.60	1:38.80	1:39.00	1:39.10	1:39.80	1:41.60	1:52.50	2:08.30	2:26.20	2:46.90	3:10.40	3:37.10	
200m Breaststroke	3:41.20	3:42.10	3:43.00	3:44.20	3:45.50	3:50.70	4:01.50	4:28.80	5:03.90	5:37.60	6:16.10	6:59.80	7:49.00	
50m Butterfly	35.90	36.10	36.30	36.50	37.00	37.50	38.60	41.80	51.30	1:01.20	1:12.20	1:24.40	1:38.00	
100m Butterfly	1:26.60	1:28.50	1:30.10	1:31.10	1:32.20	1:33.60	1:37.20	1:48.60	2:02.90	2:21.00	2:43.70	3:11.70	3:46.10	
200m Butterfly	3:31.10	3:34.20	3:37.00	3:40.90	3:45.40	3:52.40	4:03.90	4:18.40	4:46.30	5:26.60	6:13.50	7:07.80	8:10.30	
200m Individual Medley	3:14.00	3:16.10	3:18.10	3:19.40	3:21.10	3:24.30	3:31.30	3:56.00	4:33.20	5:13.20	5:59.90	6:54.70	7:58.90	
400m Individual Medley	7:24.80	7:25.90	7:28.70	7:34.50	7:44.90	8:00.80	8:24.00	9:16.30	10:23.80	11:37.70	13:04.00	14:44.10	15:57.90	

**SE LONDON REGION MASTERS CHAMPIONSHIP 2024
QUALIFYING AND CONSIDERATION TIMES**

WOMEN SHORT COURSE CONSIDERATION TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	38.00	38.40	39.10	39.50	40.20	41.30	42.60	45.90	50.20	56.00	1:03.70	1:11.40	1:20.10	No qualifying times required
100m Freestyle	1:25.50	1:27.30	1:29.30	1:30.40	1:31.90	1:34.30	1:37.00	1:43.20	1:51.20	2:04.50	2:22.80	2:41.50	3:01.80	
200m Freestyle	3:10.70	3:11.70	3:12.80	3:14.90	3:18.50	3:22.50	3:29.00	3:41.70	3:59.80	4:26.80	4:58.20	5:34.90	6:03.70	
400m Freestyle	6:33.40	6:36.70	6:38.90	6:42.70	6:49.70	6:57.60	7:11.50	7:44.70	8:20.10	9:05.90	10:03.30	11:13.60	12:07.30	
800m Freestyle	13:36.40	13:39.80	13:46.70	13:59.60	14:19.90	14:42.90	15:17.00	16:24.20	17:52.40	19:24.90	21:15.00	23:24.80	24:24.30	
50m Backstroke	47.40	48.80	49.60	50.40	51.30	52.50	54.40	59.00	1:04.60	1:11.80	1:20.50	1:31.50	1:44.60	
100m Backstroke	1:42.80	1:44.80	1:46.50	1:48.00	1:49.90	1:52.40	1:56.00	2:05.90	2:17.70	2:31.60	2:49.20	3:11.20	3:37.80	
200m Backstroke	3:36.50	3:38.40	3:40.40	3:43.30	3:48.10	3:55.70	4:06.50	4:32.20	5:00.50	5:30.40	6:07.10	6:51.40	7:44.10	
50m Breaststroke	52.30	53.30	54.10	55.30	56.60	58.40	1:01.30	1:08.30	1:16.40	1:25.00	1:34.00	1:43.30	1:53.00	
100m Breaststroke	1:48.40	1:49.80	1:51.20	1:52.90	1:54.70	1:59.00	2:05.40	2:19.10	2:37.60	2:56.70	3:17.30	3:38.80	4:01.80	
200m Breaststroke	4:01.40	4:04.70	4:09.40	4:15.70	4:24.50	4:35.80	4:52.00	5:17.30	5:46.00	6:15.90	6:49.40	7:26.90	8:08.50	
50m Butterfly	43.90	44.80	45.50	46.00	46.60	47.60	49.20	54.60	1:01.20	1:09.30	1:19.30	1:31.20	1:45.50	
100m Butterfly	1:43.90	1:45.80	1:47.70	1:49.70	1:52.50	1:57.70	2:04.60	2:14.60	2:28.10	2:45.60	3:08.00	3:36.00	4:10.30	
200m Butterfly	3:57.10	4:01.60	4:06.50	4:10.80	4:16.90	4:26.00	4:39.70	5:02.30	5:29.10	5:59.00	6:39.10	7:30.70	8:35.20	
200m Individual Medley	3:29.10	3:31.90	3:34.50	3:38.20	3:43.00	3:51.20	4:03.00	4:37.80	5:15.30	5:52.30	6:35.00	7:23.90	8:00.10	
400m Individual Medley	7:43.70	7:49.60	7:55.30	8:04.10	8:17.10	8:35.80	9:04.20	10:06.90	11:11.60	12:16.30	13:33.30	15:04.30	16:00.00	

MEN SHORT COURSE CONSIDERATION TIME

	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
50m Freestyle	32.20	32.60	33.10	33.40	33.90	34.60	35.60	39.10	43.60	48.90	54.70	1:01.30	1:08.70	No qualifying times required
100m Freestyle	1:12.50	1:13.90	1:14.90	1:15.90	1:17.20	1:19.10	1:21.80	1:30.30	1:41.10	1:53.30	2:06.80	2:22.40	2:39.90	
200m Freestyle	2:49.40	2:50.40	2:51.30	2:52.20	2:54.20	2:55.60	2:56.60	3:02.40	3:26.10	3:53.60	4:25.30	5:01.90	5:44.00	
400m Freestyle	6:05.00	6:09.50	6:12.10	6:15.70	6:19.80	6:27.50	6:34.70	6:52.60	7:28.80	8:20.00	9:21.30	10:33.60	11:31.90	
800m Freestyle	12:42.10	12:46.80	12:52.50	13:01.00	13:11.60	13:26.90	13:42.30	14:22.50	15:54.80	17:41.50	19:44.10	22:04.10	23:27.60	
50m Backstroke	40.60	41.00	41.20	41.70	42.40	43.50	45.10	47.40	53.90	1:01.30	1:09.60	1:18.70	1:29.00	
100m Backstroke	1:30.80	1:31.20	1:32.10	1:33.20	1:34.30	1:35.60	1:37.30	1:44.40	1:58.90	2:14.80	2:32.50	2:51.80	3:13.10	
200m Backstroke	3:19.30	3:21.80	3:24.40	3:27.50	3:31.30	3:35.90	3:43.60	4:06.90	4:38.30	5:07.70	5:41.00	6:18.60	7:00.90	
50m Breaststroke	42.30	43.10	43.60	44.20	44.50	45.30	46.80	50.90	59.60	1:09.10	1:19.70	1:31.20	1:43.80	
100m Breaststroke	1:36.90	1:37.30	1:37.50	1:37.70	1:37.80	1:38.50	1:40.30	1:51.40	2:07.30	2:25.30	2:46.10	3:09.70	3:36.50	
200m Breaststroke	3:38.80	3:39.70	3:40.60	3:41.80	3:43.10	3:48.40	3:59.30	4:26.80	5:02.10	5:36.00	6:14.70	6:58.50	7:47.90	
50m Butterfly	35.40	35.60	35.80	36.00	36.50	37.00	38.10	41.30	50.90	1:00.90	1:11.90	1:24.20	1:37.80	
100m Butterfly	1:25.70	1:27.60	1:29.30	1:30.30	1:31.40	1:32.80	1:36.40	1:47.90	2:02.30	2:20.50	2:43.20	3:11.30	3:45.80	
200m Butterfly	3:29.60	3:32.70	3:35.50	3:39.50	3:44.00	3:51.00	4:02.60	4:17.20	4:45.20	5:25.60	6:12.60	7:07.10	8:09.70	
200m Individual Medley	3:12.00	3:14.10	3:16.10	3:17.40	3:19.10	3:22.40	3:29.40	3:54.30	4:31.70	5:11.90	5:58.80	6:53.70	7:58.10	
400m Individual Medley	7:20.80	7:21.90	7:24.80	7:30.60	7:41.10	7:57.10	8:20.50	9:13.10	10:21.00	11:35.20	13:01.70	14:42.10	15:56.10	