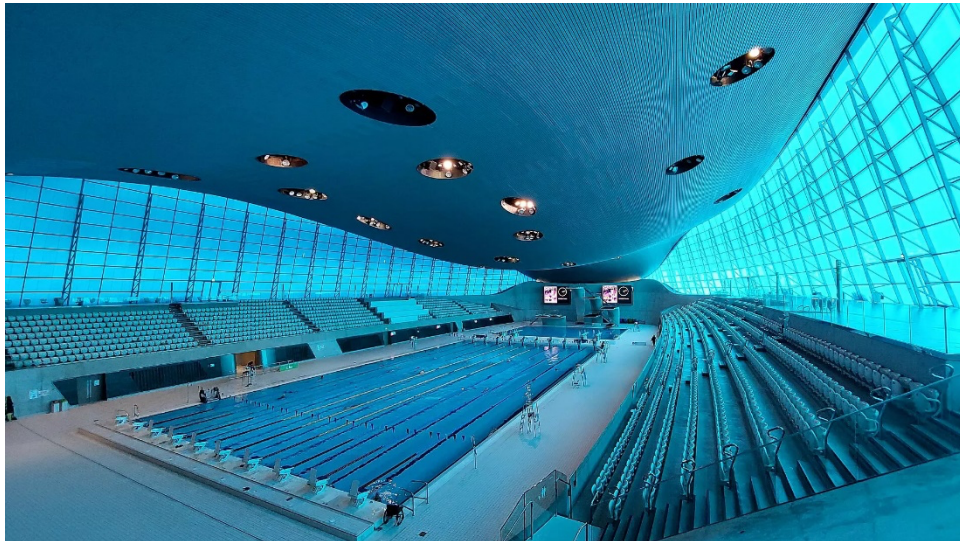


LONDON REGION MASTERS LONG COURSE COMPETITION 2024



ENTRY PACK

22-23 JUNE 2024

LONDON AQUATICS CENTRE, E20

LONDON REGION MASTERS LONG COURSE COMPETITION

(Under ASA Laws and ASA Technical Rules of Masters Swimming)

Saturday 22nd and Sunday 23rd June 2024

London Aquatics Centre, London, E20

Pool: 50m x 10 lanes with electronic timing

Welcome to the 2024 Swim England London Region Masters Long Course Competition. Please read this document carefully, it contains important information for those wishing to enter this event.

INTRODUCTION

This document contains the required information needed to enter the London Region Masters Long Course Competition 2024. Please ensure you read this document carefully as some information may be new to you.

All entries must be made online, including payment. Details on how to enter online are included in this document or are linked from this document.

CONTACTS

London Region Masters Events Team

Email: Masters.Chairman@LondonSwimming.org

Venue: London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford, London E20 2AQ

London Aquatics Centre website including travel and transport information:

<https://www.londonaquaticscentre.org/>

Public transport is the best and easiest way to get to and from the centre.

KEY DATES

Phase 1 - Entries Open	0800 Saturday 30 March 2024
Phase 2 - Entries Open	0800 Saturday 27 April 2024
Phase 1 and 2 - Entries Close	2359 Sunday 02 June 2024

PHOTOGRAPHY

By submitting an entry, entrants are accepting that their photograph and video images may be taken and used to promote the sport by Swim England London Region, and/ or made available for download and purchase. Races may be live streamed. All photography will conform to the "Swim England Photography and Photographing Swimmers Policy".

MOBILE PHONES IN CHANGING ROOMS

In line with Swim England and WavePower, any use by any person of a mobile phone or device is prohibited from the point of entry to a changing room until after exiting the changing room. In practice this means that any mobile phone or device must be in a bag or pocket, it must not be visible. There are no exemptions to this rule.

SPECTATORS

Spectators must prebook entry. Entry is not available on the day or at the door. Please book spectator tickets via the London Region Masters 2024 Competition Page: <https://www.swimming.org/london/se-london-region-masters-championships-2024/>

Entry is £5 per day for adults (16+). Entry for under 16 is free but children must be accompanied by an adult at all times.

HOW TO ENTER

For all up-to-date event information, including links to key documents, please visit the London Region Masters 2024 Competition Page: <https://www.swimming.org/london/se-london-region-masters-championships-2024/>

Entry Fees

Individual entry fee (per event)	£15.00
Team entry fee (per event)	£24.00

Qualifying and Consideration Times

To view the qualifying/ entry times for each event please see *Appendix 1* below and the London Region Masters 2024 Competition Page: <https://www.swimming.org/london/se-london-region-masters-championships-2024/>

To enter you must have met the Qualifying Times or Consideration Times in your age group since 1st January 2022 in a long course or short course event (except Para swimmers). This time must be listed on the British Event Rankings: e.g. <https://www.swimmingresults.org/masterseventrankings/> or the equivalent country link for swimmers subject to other National Governing Bodies.

Consideration Time entries will be processed after entries have closed to fill any spaces.

There are no Qualifying or Consideration Times to meet for team events.

Para Swimmers

All events are open to Para-swimmers and Para swimmers have the opportunity to take part in the competition with their own multi-classifications results.

Para swimmers do not need to meet the Qualification or Consideration times but do need a time listed on the British Event Rankings: e.g. <https://www.swimmingresults.org/disabilityrankings/> or the equivalent country link for swimmers subject to other National Governing Bodies. Times must be obtained since 1st January 2022 in a long course or short course event.

Para-swimming will be integrated into the programme, with medals up for grabs for classified competitors S1 to S14 in the below events:

- 50m Freestyle
- 100m Freestyle
- 100m Backstroke
- 100m Breaststroke
- 100m Butterfly
- 200m Individual Medley

Para swimmers should enter events as individuals (not via their club) to ensure classification codes are captured in the entry process.

Entry Phases

Entries will be split across two phases subject to availability.

Phase 1: Open to London Region swimmers

Phase 1 - Entries Open	0800 Saturday 30 March 2024
Phase 1 and 2 - Entries Close	2359 Sunday 02 June 2024

Swimmer is a Club Compete Member of and competing for a London Region club AND has met Qualifying Times/ Consideration Times (or is a London Region Para swimmer with times on British Event Rankings).

Competitors may register for a maximum of five individual events.

Phase 2: Open to all swimmers

Phase 2 - Entries Open	0800 Saturday 27 April 2024
Phase 1 and 2 - Entries Close	2359 Sunday 02 June 2024

Open to all Club Compete Members or swimmers with equivalent competitive membership registered with appropriate federation AND has met Qualifying Times/ Consideration Times (or is a Para swimmer with times on British Event Rankings or equivalent).

Competitors may register for a maximum of eight individual events, including Phase 1 competitors.

Entering Events

All entries are to be submitted online via the London Region Masters 2024 Competition Page: <https://www.swimming.org/london/se-london-region-masters-championships-2024/>

All pertinent and helpful documents can be found on the entry page.

Entry Confirmation

All entries must be made online and payment must be made in full to complete the entry process.

Payment is by bank transfer only, please follow the instructions on the entry portal.

All entrants will receive an email from the entry system confirming your entry.

Please ensure you make the bank transfer after you receive the email from the entry system.

Your entry is not complete until your payment has been processed.

All successfully submitted entries will be published online and can be viewed via the London Region Masters 2024 Competition Page.

Please contact London Region Masters Events Team if you have any issues:
Masters.Chairman@LondonSwimming.org.

If after you have submitted your entry, you find you have missed an event, you may go back and make additional entries, as long as it does not exceed the maximum cap as per the Competition Conditions.

Please Note: Entry fee refunds will NOT be made for withdrawals, unless on medical grounds with a supporting doctor's note to be presented.

HEALTH DECLARATION

Please read the following information carefully:

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in the London Region Masters Competition ("the Championships"). Accordingly, I declare that I am physically fit and well to participate in the Championships.
2. I am aware of and appreciate the inherent risks involved in such training and competition including the possibility of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
3. I undertake at all times during the Championships to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards to safety.
5. I hereby agree to abide by and be governed by the rules and regulations of Swim England and the Event Conditions.

Submission of an entry will confirm that you have read and understood the above provisions and agree to abide by them.

COMPETITOR INFORMATION

Please view the Event Schedule below and online.

Withdrawals

The withdrawal process is outlined on the London Region Masters 2024 Competition Page.

Please note: entry fee refunds will NOT be made for withdrawals, unless on medical grounds with supporting doctor's note to be presented.

Warm Up and Swim Down

Warm up will take place in the competition pool prior to each session.

There are no other warm up or swim down facilities available.

Heat Sheets

Heat sheets will be posted at the pool before the start of each session and be available on-line via *Meet Mobile*. There will not be a programme available on the day, swimmers are advised to bring a copy of the events Schedule with them to the meet.

Swimwear

Swimmers are reminded that to qualify for a British, European or World Masters record, their swimwear must be compliant with the World Aquatics requirements.

Jewellery

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm up and/ or competition. This includes watches, necklaces, chains, bangles, wrist bands, earrings (except studs), and rings (except wedding bands). London Swimming will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Swim England Transgender and Non-binary Competition Policy

Swim England has updated its Transgender and Non-Binary Competition Policy which became effective from 1st September 2023. Under the policy competitions, such as this meet, where the results will be submitted to the Rankings, it must be held with the following categories:

- **Female** – Swimmers with a birth sex of female and categorised as female in the Swim England on-line membership system OR
- **Open/ Male** – Swimmers with a birth sex of male, trans or non-binary swimmers and any swimmers not eligible for the female category.

For the avoidance of doubt, swimmers eligible for the Female category may not enter the Open/ Male category. The word "Mixed" used in the Schedule of Events above means that Female and Open/ Male category swimmers will swim together in the event.

Further details on the policy and the definitions can be found at:

<https://www.swimming.org/swimengland/transgender-competition-policy-update/>

Clear Poolside Policy

Swimmers must use the seats in the gallery and should only be on the poolside when going to and from the pool for warming up and to the marshalling area for their event.

Swimmers requiring assistance or reasonable adjustment to this policy should make themselves known to event marshals.

Swimmers, please do not bring bags to the poolside, just bring what you need for your swim.

Coaches Passes

In order to facilitate access to the event and monitor and control numbers at the facility, coaches must prebook entry. Entry is not available on the day or at the door.

Coaches with a *Coaches Pass* will be allowed entry and poolside during the warm up provided that they have given advance notice and are in possession of a pass issued by the promoter.

Please book *Coaches Pass* via London Region Masters 2024 Competition Page:

<https://www.swimming.org/london/se-london-region-masters-championships-2024/>

Coaches Passes are £5 per coach for the weekend.

Please note, if you are a swimmer entered in the competition and a coach you will not require a *Coaches Pass*.

SCHEDULE OF EVENTS

Saturday 22nd June

Session 1 - Warm up – 08:00 - Start 09:00

1	Mixed	800m	Freestyle
2	Open/Male	100m	Breaststroke
3	Female	100m	Breaststroke
4	Mixed	200m	Backstroke

*Session 2 – Warm up, Start TBC

5	Mixed	200m	Individual Medley
6	Open/Male	100m	Backstroke
7	Female	100m	Backstroke
8	Open/Male	100m	Butterfly
9	Female	100m	Butterfly
10	Open/Male	50m	Breaststroke
11	Female	50m	Breaststroke
12	Mixed	200m	Freestyle
	Mixed	4x50m	Medley Relay
	Open/Male	4x50m	Medley Relay
	Female	4x50m	Medley Relay

Expected finish time 5:00pm

Sunday 23rd June

Session 3 - Warm up – 08:00 - Start 09:00

13	Mixed	400m	Individual Medley
14	Mixed	200m	Breaststroke
15	Mixed	200m	Butterfly
16	Female	100m	Freestyle
17	Open/Male	100m	Freestyle

*Session 4 – Warm up, Start TBC

18	Mixed	400m	Freestyle
19	Female	50m	Backstroke
20	Open/Male	50m	Backstroke
21	Female	50m	Butterfly
22	Open/Male	50m	Butterfly
23	Female	50m	Freestyle
24	Open/Male	50m	Freestyle
	Mixed	4x50m	Freestyle Relay
	Female	4x50m	Freestyle Relay
	Open/Male	4x50m	Freestyle Relay

Expected finish time 5:00pm

*Warm-up arrangements and the session start times will be confirmed by email once entries have closed.

EVENT CONDITIONS

1. GENERAL CONDITIONS

1.1 Promoter

The promoter is Julia Shannahan on behalf of Swim England London Region Masters, herein after called the “Promoter”.

1.2 The Championships shall be held under World Aquatics Swimming Rules, World Aquatics Masters Rules and World Para Swimming Rules unless otherwise provided in these Event Conditions, the British Swimming Disciplinary Code and any additional conditions (printed in the respective meet information). These Rules apply to all age groups. For conditions not covered by World Aquatics Rules (for example, Health and Safety regulations and other guidelines) the host nation’s rules and regulations shall apply.

1.3 All competitors must be registered with a Swim England as Club Compete members or hold an equivalent competitive membership with Scottish Swimming or Swim Wales. Alternatively, competitors may have a competitive membership of a club which belongs to a swimming federation affiliated to World Aquatics. Temporary members are not eligible to enter these Championships.

1.4 All swimmers confirm by submitting their entry that they are registered as competitive with a World Aquatics affiliated organisation.

1.5 The age of competitors shall be determined as at midnight on 31 December 2024. All competitors must be 18 years or over on the first day of the Competition.

1.6 A competitor can only compete for one club in the competition and must be a registered member of that club on the day that they enter. Once entered into the Competition, a competitor may not change their club.

2 EVENTS

- 2.1 All events will be swum with one competitor per lane.
- 2.2 The individual events shall be (for both men and women):
50m, 100m, 200m, 400m and 800m Freestyle
50m, 100m and 200m Backstroke, Breaststroke and Butterfly
200m and 400m Individual Medley
- 2.3 The team events shall be
4x50m Medley Relay (mixed, female and male)
4x50m Freestyle Relay (mixed, female and male)
- 2.4 All events are Heat Declared Winner within each individual age classification. In each event, competitors will be seeded according to their entry time and will compete against those with similar times from the various age groups taking part in the event. In the mixed events Open/ Male and Female swimmers will swim together in the same heats. This is at the discretion of event management, who retain the right to amend seeding based on entries.
- 2.5 The age groups for individual Masters events shall be for men and women:
18-24 years, 25-29 years, 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60-64 years, 65-69 years, 70-74 years, 75-79 years, 80-84 years and in five year bands as high as necessary.
- 2.6 The age groups for team events shall be:
72 years and above, 100-119 years, 120-159 years, 160-199 years, 200-239 years, 240-279 years, 280-319 years and in 40-year increments as high as necessary.

3. ENTRIES

- 3.1 All entries shall be received by the relevant closing deadlines, accompanied by the appropriate entry fee.

Individual entry fee per event is £15.00.

Team entry fee per event is £24.00.

- 3.2. The event promoter reserves the right to close entries progressively before the published closing date should the individual event or session reach maximum capacity.

- 3.3 Individual entries will be processed in two phases:

Phase 1

Entries will be processed online with set Qualifying Times.

Entries open to London Region Club Compete swimmers only.

Entries will be open as per the timings outlined above.

Entries will be capped to five individual events, maximum, per competitor.

Entries can be made by London Region swimmers who meet Consideration Times, these entries will be processed after entries close and are dependent upon space being available.

Phase 2

Entries will be processed online with set Qualifying Times.

Entries open to all Club Compete (or equivalent) swimmers.

Entries will be open as per the timings outlined above.

Entries are open to all competitors (up to eight individual events maximum), including Phase 1 competitors.

Entries can be made by swimmers who meet Consideration Times, these entries will be processed after entries close and are dependent upon space being available.

3.4 A confirmed list of entries will be available online. Competitors must check their entries and notify the event management of any errors.

3.5 A competitor entering an event will need to have a time recorded in the British rankings (except for International and Para competitors), faster than or equal to the qualifying time set for that event, for that phase. The qualification time must have been achieved on or after the 1st January 2022, prior to the closing date of entries to the competition.

3.6 Competitors from other swimming federations affiliated to World Aquatics must have achieved the set qualifying times for the events they wish to enter and, if requested, should provide evidence from national rankings, international rankings or official results sheets within the qualifying period. The spaces available to international competitors may be capped. Please contact the event team on Masters.Chairman@LondonSwimming.org

3.7 Qualifying times will be taken from British Rankings and can be long course or short course times.

3.8 Start lists will be produced using competitor's entry times.

3.9 Para Competitors with swimming classification which is held on the British Swimming Classification Database and registered with Swim England, Scottish Swimming or Swim Wales may enter the number of events stated in 3.3 and must have a time listed in the rankings database achieved during the qualifying period. International Para Competitors shall supply classification details during the entry process. Para swimmers must enter as individuals (not via their club) in the entry process.

3.10 Competitors whose entries have been accepted are expected to swim unless they have formally withdrawn in accordance with the withdrawal procedure that will be published in the Confirmation Pack.

3.11 Team Entries is via email only. Please do not use the Online Entry Portal. Please download the spreadsheet and input your team details. Email the spreadsheet to: alan.thurlow@londonswimming.org Payment instructions are by bank transfer. The account details are contained in the spreadsheet. Team Events will open on Wednesday 15 May 2024.

3.12 Individual swimmers can only swim in one team in each event.

3.13 The mixed teams shall consist of two competitors of each sex swimming in any order.

4. WITHDRAWALS

4.1. Information about how to withdraw and the associated deadlines will be published on the entry portal. A refund of entry fees will be given where the withdrawal is due to a medical reason and a medical certificate or other proof is provided.

5. COMPETITORS WITH A PERMANENT DISABILITY

5.1 A competitor who has a permanent disability shall not be disqualified where the disability prevents them from complying with the rules of a particular stroke, provided that the disability has been notified to the referee by the competitor or their representative before the race takes place, supported by a Certificate of Exception or similar document issued by their federation or a copy of their entry on the British Swimming database identifying their disability.

6. AWARDS

6.1 Results will be decided on heat times, there will be no finals.

6.2 Medals shall be awarded to the first three placed individual competitors and teams in each age group.

6.3 Swimmers and clubs will be ranked for the competition according to their accumulated points as set out below.

7. SAFETY

7.1 All competitors must ensure that they observe all safety announcements and conduct themselves with safety in mind at all times. Competitors must follow the instructions of the warm up marshals, failure to do so may exclude them from the competition.

8. EVENT CANCELLATION

8.1 In the instance that the event is cancelled by the event Promoter:

8.1.2 Full refunds of entry fees to the Championships will be offered to all competitors. The promoter accepts no responsibility for any consequential costs.

8.1.3 We advise attendees to book flexible/refundable travel and/or accommodation arrangements. Swim England are not responsible for accommodation/travel and other related costs incurred as a result of event cancellation/venue changes

9. SUPPLEMENTARY CONDITIONS FOR MULTI-CLASSIFICATION PARA CHAMPIONSHIPS

These supplementary conditions are to be adhered to together with the conditions above for British Masters Championships.

9.1 Events

9.1.2 Events open to all classified competitors S1 to S14:

- 50m Freestyle
- 100m Freestyle
- 100m Backstroke
- 100m Breaststroke
- 100m Butterfly
- 200m Individual Medley

9.2 Eligibility

9.2.1 S1-S10 - All competitors must have an authorised British Swimming or WPS Classification, which is held on the British Swimming or WPS Classification Database at the time of entry.

9.2.2 S11-S13 - All competitors must have an authorised British Blind Sport (BBS), British Swimming or WPS Classification, which is held on the British Swimming or WPS Classification Database at the time of entry.

9.2.3 S14 - All competitors must have an authorised Virtus or WPS Classification, which is held on the British Swimming or WPS Classification Database at the time of entry.

9.3 Support Staff

9.3.1 A competitor may have support staff in attendance, in the call room and on poolside, only if their code of exception has A, Y or T.

9.4.4 Medals

9.4.1 Medals shall be awarded on a multi-class timed final basis, to 1st, 2nd and 3rd placed competitors, based on the age adjusted time and British Para-Swimming Points System. Medals – WPS Rule 10.15.2 does not apply to this competition.

10. OTHER

10.1 Any matters not provided for in these conditions shall be decided by the Promoter.

10.2 If you break a record, please complete the application form available from the medal table as soon as possible after the swim and hand it to the promoter so that the appropriate signatures can be obtained. Claiming a record after the meet may not be possible if the paperwork is not completed at the time.

10.3 Please comply with the warm up arrangements and with any instructions given by the warm up marshals. DIVING is only permitted in the sprint lanes; YOU MAY BE ASKED TO LEAVE THE WATER IF YOU DIVE INTO ANY OTHER LANE DURING THE WARM UP.

10.4 By entering this event, you agree to be bound by the Swim England Anti-doping Rules from the commencement of the event. You also agree to abide by the Swim England and UKAD Anti-Doping Rules. For further information, see [Swim England Anti-Doping](#).

APPENDIX 1: LONG AND SHORT COURSE QUALIFYING TIMES AND CONSIDERATION TIMES

Long Course Phase 1 and 2 Qualification Times: Women

Women	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:35.0	01:18.6	02:55.0	06:00.9	12:28.6	00:43.5	01:34.2	03:18.2	00:48.1	01:39.6	03:41.5	00:40.3	01:35.1	03:36.7	03:11.8	07:05.0
25-29	00:35.4	01:20.3	02:55.9	06:03.8	12:31.6	00:44.7	01:36.0	03:19.9	00:49.0	01:40.8	03:44.5	00:41.1	01:36.8	03:40.8	03:14.4	07:10.3
30-34	00:36.0	01:22.0	02:56.9	06:05.8	12:37.9	00:45.5	01:37.5	03:21.7	00:49.7	01:42.1	03:48.6	00:41.7	01:38.5	03:45.3	03:16.6	07:15.5
35-39	00:36.4	01:23.0	02:58.8	06:09.3	12:49.5	00:46.2	01:38.8	03:24.4	00:50.8	01:43.6	03:54.4	00:42.2	01:40.4	03:49.2	03:20.0	07:23.4
40-44	00:37.0	01:24.4	03:02.0	06:15.5	13:07.8	00:47.0	01:40.5	03:28.7	00:52.0	01:45.3	04:02.3	00:42.7	01:42.9	03:54.6	03:24.4	07:35.1
45-49	00:38.0	01:26.5	03:05.6	06:22.7	13:28.6	00:48.1	01:42.8	03:35.5	00:53.5	01:49.2	04:12.5	00:43.6	01:47.5	04:02.9	03:31.7	07:52.0
50-54	00:39.2	01:29.0	03:11.5	06:35.3	13:59.4	00:49.8	01:46.1	03:45.4	00:56.2	01:54.9	04:27.1	00:45.1	01:53.8	04:15.3	03:42.4	08:17.6
55-59	00:42.2	01:34.5	03:23.0	07:05.2	15:00.1	00:53.9	01:55.0	04:08.5	01:02.5	02:07.3	04:50.0	00:49.9	02:02.9	04:35.7	04:13.8	09:14.4
60-64	00:46.0	01:41.8	03:39.4	07:37.2	16:19.8	00:59.0	02:05.7	04:34.2	01:09.8	02:24.0	05:15.9	00:55.9	02:15.1	05:00.1	04:47.8	10:12.9
65-69	00:51.3	01:53.8	04:03.7	08:18.6	17:43.5	01:05.5	02:18.3	05:01.3	01:17.6	02:41.3	05:43.0	01:03.3	02:31.0	05:27.2	05:21.3	11:11.5
70-74	00:58.2	02:10.4	04:32.2	09:10.5	19:23.3	01:13.5	02:34.3	05:34.5	01:25.7	02:59.9	06:13.4	01:12.3	02:51.3	06:03.5	06:00.0	12:21.4
75-79	01:05.2	02:27.3	05:05.4	10:14.3	21:20.8	01:23.4	02:54.2	06:14.7	01:34.2	03:19.5	06:47.4	01:23.1	03:16.7	06:50.4	06:44.4	13:43.9
80-84	01:13.1	02:45.7	05:31.5	11:02.9	22:14.8	01:35.3	03:18.4	07:02.5	01:43.0	03:40.3	07:25.1	01:36.1	03:47.8	07:48.9	07:17.2	14:34.4
85+	No Qualification Times required															

Long Course Phase 1 and 2 Qualification Times: Men

Men	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:29.8	01:06.9	02:35.8	05:35.3	11:39.7	00:37.4	01:23.4	03:02.7	00:39.1	01:29.3	03:21.1	00:32.6	01:18.7	03:11.9	02:56.4	06:44.4
25-29	00:30.2	01:08.2	02:36.7	05:39.4	11:43.9	00:37.7	01:23.7	03:05.0	00:39.8	01:29.6	03:21.9	00:32.8	01:20.5	03:14.7	02:58.3	06:45.4
30-34	00:30.6	01:09.1	02:37.5	05:41.7	11:49.1	00:37.9	01:24.5	03:07.3	00:40.3	01:29.8	03:22.7	00:33.0	01:21.9	03:17.3	03:00.1	06:47.9
35-39	00:30.9	01:10.0	02:38.4	05:44.9	11:56.7	00:38.4	01:25.5	03:10.1	00:40.8	01:30.0	03:23.8	00:33.2	01:22.8	03:20.8	03:01.3	06:53.2
40-44	00:31.4	01:11.2	02:40.2	05:48.6	12:06.3	00:39.0	01:26.5	03:13.5	00:41.1	01:30.1	03:25.0	00:33.6	01:23.8	03:24.9	03:02.8	07:02.6
45-49	00:32.0	01:12.9	02:41.5	05:55.5	12:20.1	00:40.0	01:27.6	03:17.6	00:41.8	01:30.7	03:29.7	00:34.1	01:25.1	03:31.3	03:05.7	07:17.1
50-54	00:32.9	01:15.3	02:42.4	06:02.1	12:33.9	00:41.4	01:29.2	03:24.6	00:43.2	01:32.4	03:39.5	00:35.1	01:28.4	03:41.7	03:12.1	07:38.2
55-59	00:36.0	01:22.9	02:47.5	06:18.2	13:10.2	00:43.5	01:35.6	03:45.7	00:46.8	01:42.3	04:04.4	00:38.0	01:38.7	03:54.9	03:34.5	08:25.7
60-64	00:40.1	01:32.6	03:08.9	06:50.8	14:33.5	00:49.4	01:48.7	04:14.1	00:54.6	01:56.6	04:36.3	00:46.6	01:51.7	04:20.3	04:08.4	09:27.1
65-69	00:44.8	01:43.6	03:33.7	07:37.1	16:10.0	00:56.0	02:03.1	04:40.7	01:03.3	02:12.9	05:06.9	00:55.6	02:08.2	04:56.9	04:44.7	10:34.3
70-74	00:50.1	01:55.9	04:02.4	08:32.5	18:00.9	01:03.5	02:19.1	05:10.9	01:12.8	02:31.7	05:41.9	01:05.6	02:28.8	05:39.5	05:27.2	11:52.7
75-79	00:56.0	02:10.0	04:35.5	09:38.0	20:07.7	01:11.8	02:36.6	05:45.0	01:23.2	02:53.1	06:21.6	01:16.7	02:54.3	06:28.9	06:17.0	13:23.7
80-84	01:02.7	02:25.8	05:13.6	10:30.8	21:23.4	01:21.1	02:55.9	06:23.4	01:34.6	03:17.4	07:06.4	01:29.1	03:25.5	07:25.7	07:15.4	14:30.8
85+	No Qualification Times required															

Long Course Phase 1 and 2 Consideration Times: Women

Women	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:38.5	01:26.5	03:12.5	06:37.0	13:43.5	00:47.8	01:43.6	03:38.0	00:52.9	01:49.6	04:03.6	00:44.3	01:44.6	03:58.4	03:31.0	07:47.5
25-29	00:38.9	01:28.3	03:13.5	06:40.2	13:46.8	00:49.2	01:45.6	03:39.9	00:53.9	01:50.9	04:06.9	00:45.2	01:46.5	04:02.9	03:33.8	07:53.3
30-34	00:39.6	01:30.2	03:14.6	06:42.4	13:53.7	00:50.0	01:47.3	03:41.9	00:54.7	01:52.3	04:11.5	00:45.9	01:48.4	04:07.8	03:36.3	07:59.0
35-39	00:40.0	01:31.3	03:16.7	06:46.2	14:06.5	00:50.8	01:48.7	03:44.8	00:55.9	01:54.0	04:17.8	00:46.4	01:50.4	04:12.1	03:40.0	08:07.7
40-44	00:40.7	01:32.8	03:20.2	06:53.1	14:26.6	00:51.7	01:50.6	03:49.6	00:57.2	01:55.8	04:26.5	00:47.0	01:53.2	04:18.1	03:44.8	08:20.6
45-49	00:41.8	01:35.2	03:24.2	07:01.0	14:49.5	00:52.9	01:53.1	03:57.1	00:58.9	02:00.1	04:37.7	00:48.0	01:58.3	04:27.2	03:52.9	08:39.2
50-54	00:43.1	01:37.9	03:30.7	07:14.8	15:23.3	00:54.8	01:56.7	04:07.9	01:01.8	02:06.4	04:53.8	00:49.6	02:05.2	04:40.8	04:04.6	09:07.4
55-59	00:46.4	01:44.0	03:43.3	07:47.7	16:30.1	00:59.3	02:06.5	04:33.4	01:08.8	02:20.0	05:19.0	00:54.9	02:15.2	05:03.3	04:39.2	10:09.8
60-64	00:50.6	01:52.0	04:01.3	08:22.9	17:57.8	01:04.9	02:18.3	05:01.6	01:16.8	02:38.4	05:47.5	01:01.5	02:28.6	05:30.1	05:16.6	11:14.2
65-69	00:56.4	02:05.2	04:28.1	09:08.5	19:29.9	01:12.1	02:32.1	05:31.4	01:25.4	02:57.4	06:17.3	01:09.6	02:46.1	05:59.9	05:53.4	12:18.7
70-74	01:04.0	02:23.4	04:59.4	10:05.6	21:19.6	01:20.8	02:49.7	06:08.0	01:34.3	03:17.9	06:50.7	01:19.5	03:08.4	06:39.9	06:36.0	13:35.5
75-79	01:11.7	02:42.0	05:35.9	11:15.7	23:28.9	01:31.7	03:11.6	06:52.2	01:43.6	03:39.4	07:28.1	01:31.4	03:36.4	07:31.4	07:24.8	15:06.3
80-84	01:20.4	03:02.3	06:04.7	12:09.2	24:28.3	01:44.8	03:38.2	07:44.8	01:53.3	04:02.3	08:09.6	01:45.7	04:10.6	08:35.8	08:00.9	16:01.8
85+	No Qualification Times required															

Long Course Phase 1 and 2 Consideration Times: Men

Women	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:32.8	01:13.6	02:51.4	06:08.8	12:49.7	00:41.1	01:31.7	03:21.0	00:43.0	01:38.2	03:41.2	00:35.9	01:26.6	03:31.1	03:14.0	07:24.8
25-29	00:33.2	01:15.0	02:52.4	06:13.3	12:54.3	00:41.5	01:32.1	03:23.5	00:43.8	01:38.6	03:42.1	00:36.1	01:28.5	03:34.2	03:16.1	07:25.9
30-34	00:33.7	01:16.0	02:53.3	06:15.9	13:00.0	00:41.7	01:33.0	03:26.0	00:44.3	01:38.8	03:43.0	00:36.3	01:30.1	03:37.0	03:18.1	07:28.7
35-39	00:34.0	01:17.0	02:54.2	06:19.4	13:08.4	00:42.2	01:34.1	03:29.1	00:44.9	01:39.0	03:44.2	00:36.5	01:31.1	03:40.9	03:19.4	07:34.5
40-44	00:34.5	01:18.3	02:56.2	06:23.5	13:18.9	00:42.9	01:35.2	03:32.9	00:45.2	01:39.1	03:45.5	00:37.0	01:32.2	03:45.4	03:21.1	07:44.9
45-49	00:35.2	01:20.2	02:57.6	06:31.1	13:34.1	00:44.0	01:36.4	03:37.4	00:46.0	01:39.8	03:50.7	00:37.5	01:33.6	03:52.4	03:24.3	08:00.8
50-54	00:36.2	01:22.8	02:58.6	06:38.3	13:49.3	00:45.5	01:38.1	03:45.1	00:47.5	01:41.6	04:01.5	00:38.6	01:37.2	04:03.9	03:31.3	08:24.0
55-59	00:39.6	01:31.2	03:04.3	06:56.0	14:29.2	00:47.8	01:45.2	04:08.3	00:51.5	01:52.5	04:28.8	00:41.8	01:48.6	04:18.4	03:56.0	09:16.3
60-64	00:44.1	01:41.9	03:27.8	07:31.9	16:00.9	00:54.3	01:59.6	04:39.5	01:00.1	02:08.3	05:03.9	00:51.3	02:02.9	04:46.3	04:33.2	10:23.8
65-69	00:49.3	01:54.0	03:55.1	08:22.8	17:47.0	01:01.6	02:15.4	05:08.8	01:09.6	02:26.2	05:37.6	01:01.2	02:21.0	05:26.6	05:13.2	11:37.7
70-74	00:55.1	02:07.5	04:26.6	09:23.8	19:49.0	01:09.9	02:33.0	05:42.0	01:20.1	02:46.9	06:16.1	01:12.2	02:43.7	06:13.5	05:59.9	13:04.0
75-79	01:01.6	02:23.0	05:03.1	10:35.8	22:08.5	01:19.0	02:52.3	06:19.5	01:31.5	03:10.4	06:59.8	01:24.4	03:11.7	07:07.8	06:54.7	14:44.1
80-84	01:09.0	02:40.4	05:45.0	11:33.9	23:31.7	01:29.2	03:13.5	07:01.7	01:44.1	03:37.1	07:49.0	01:38.0	03:46.1	08:10.3	07:58.9	15:57.9
85+	No Qualification Times required															

Short Course Phase 1 and 2 Qualification Times: Women

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

Short Course Phase 1 and 2 Qualification Times: Men

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

Short Course Phase 1 and 2 Consideration Times: Women

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

Short Course Phase 1 and 2 Consideration Times: Men

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