

**SE LONDON SUMMER CHAMPIONSHIPS 2025  
QUALIFYING AND CONSIDERATION TIMES**

**LONG COURSE**

	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>	31.60	33.10	29.20	30.70	27.40	28.70	26.30	27.70	26.10	27.40	25.40	26.70	24.20	25.40
<b>100m Freestyle</b>	1:09.60	1:13.10	1:02.60	1:05.70	1:00.00	1:03.00	56.90	59.70	56.70	59.50	55.60	58.40	53.30	56.00
<b>200m Freestyle</b>	2:28.90	2:36.30	2:18.80	2:25.70	2:11.60	2:18.10	2:05.70	2:12.00	2:03.20	2:09.40	2:02.50	2:08.60	1:59.90	2:05.90
<b>400m Freestyle</b>	5:06.00	5:21.30	4:43.80	4:58.00	4:32.80	4:46.40	4:29.70	4:43.20	4:18.80	4:31.70	4:16.60	4:29.50	4:13.60	4:26.30
<b>800m Freestyle</b>	10:36.80	11:08.60	10:03.30	10:33.50	9:30.00	9:58.50	9:25.00	9:53.20	9:20.00	9:48.00	9:05.00	9:32.30	8:55.50	9:22.30
<b>1500m Freestyle</b>	20:25.00	21:26.30	19:00.00	19:57.00	18:15.00	19:09.80	17:58.00	18:51.90	17:43.60	18:36.80	17:20.50	18:12.50	17:10.60	18:02.10
<b>50m Backstroke</b>	36.80	38.60	33.70	35.40	32.40	34.00	30.90	32.40	30.60	32.10	30.50	32.00	27.80	29.20
<b>100m Backstroke</b>	1:19.80	1:23.80	1:12.00	1:15.60	1:08.80	1:12.20	1:05.90	1:09.20	1:04.80	1:08.00	1:03.80	1:07.00	1:01.30	1:04.40
<b>200m Backstroke</b>	2:48.50	2:56.90	2:34.50	2:42.30	2:27.80	2:35.20	2:24.20	2:31.40	2:20.40	2:27.40	2:18.50	2:25.40	2:14.50	2:21.20
<b>50m Breaststroke</b>	40.60	42.60	36.20	38.00	35.70	37.40	34.10	35.80	33.00	34.60	33.00	34.60	30.00	31.50
<b>100m Breaststroke</b>	1:31.00	1:35.50	1:21.50	1:25.60	1:16.70	1:20.60	1:14.90	1:18.60	1:12.90	1:16.60	1:11.50	1:15.10	1:09.30	1:12.70
<b>200m Breaststroke</b>	3:13.90	3:23.60	2:57.10	3:06.00	2:48.00	2:56.40	2:45.10	2:53.40	2:40.40	2:48.40	2:36.50	2:44.30	2:34.40	2:42.10
<b>50m Butterfly</b>	34.40	36.10	31.80	33.40	30.10	31.60	28.50	29.90	27.90	29.30	26.10	27.40	26.50	27.80
<b>100m Butterfly</b>	1:21.00	1:25.10	1:12.60	1:16.20	1:07.70	1:11.10	1:02.90	1:06.10	1:01.50	1:04.60	1:00.00	1:03.00	56.70	1:01.50
<b>200m Butterfly</b>	3:01.70	3:10.80	2:49.50	2:58.00	2:31.00	2:38.60	2:22.70	2:29.80	2:21.50	2:28.50	2:17.70	2:24.60	2:14.40	2:21.20
<b>200m Individual Medley</b>	2:51.30	2:59.90	2:34.20	2:42.00	2:29.00	2:36.40	2:25.90	2:33.30	2:20.90	2:28.00	2:17.50	2:24.40	2:12.00	2:18.60
<b>400m Individual Medley</b>	6:11.20	6:29.70	5:32.50	5:49.20	5:14.70	5:30.50	5:08.50	5:24.00	5:01.20	5:16.30	5:00.90	5:15.90	4:44.20	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
<b>50m Freestyle</b>	30.90	32.50	30.30	31.90	29.40	30.90	29.30	30.80	28.80	30.20	28.30	29.70	28.10	29.50
<b>100m Freestyle</b>	1:08.10	1:11.50	1:06.10	1:09.40	1:04.10	1:07.40	1:03.10	1:06.30	1:02.20	1:05.30	1:00.60	1:03.60	1:00.20	1:03.20
<b>200m Freestyle</b>	2:24.30	2:31.50	2:22.60	2:29.70	2:19.10	2:26.10	2:14.10	2:20.80	2:13.10	2:19.70	2:12.10	2:18.70	2:10.50	2:17.10
<b>400m Freestyle</b>	5:05.90	5:21.20	5:04.10	5:19.30	4:50.20	5:04.70	4:36.50	4:50.30	4:44.00	4:58.20	4:40.50	4:54.50	4:27.70	4:41.10
<b>800m Freestyle</b>	10:44.50	11:16.70	10:24.10	10:55.30	9:57.10	10:27.00	9:49.00	10:18.40	9:45.50	10:14.80	9:42.20	10:11.30	9:41.20	10:10.20
<b>1500m Freestyle</b>	20:36.80	21:38.60	19:44.60	20:43.80	18:47.30	19:43.70	18:10.10	19:04.60	18:04.20	18:58.40	17:54.90	18:48.60	17:44.30	18:37.50
<b>50m Backstroke</b>	36.60	38.40	35.60	37.30	34.20	35.90	33.60	35.30	33.20	34.90	32.90	34.60	32.40	34.00
<b>100m Backstroke</b>	1:19.10	1:23.10	1:14.10	1:17.80	1:10.90	1:14.50	1:10.10	1:13.60	1:08.70	1:12.10	1:07.50	1:10.80	1:07.20	1:10.50
<b>200m Backstroke</b>	2:48.00	2:56.40	2:40.10	2:48.10	2:35.20	2:43.00	2:31.20	2:38.70	2:28.30	2:35.80	2:27.00	2:34.40	2:25.30	2:32.60
<b>50m Breaststroke</b>	41.50	43.60	39.50	41.50	38.40	40.30	37.60	39.50	36.40	38.20	36.10	37.90	35.80	37.50
<b>100m Breaststroke</b>	1:30.80	1:35.30	1:25.30	1:29.50	1:21.20	1:25.30	1:20.50	1:24.50	1:20.10	1:24.10	1:19.50	1:23.50	1:18.10	1:22.10
<b>200m Breaststroke</b>	3:14.10	3:23.80	3:01.30	3:10.40	2:56.20	3:05.00	2:55.40	3:04.20	2:52.40	3:01.00	2:53.20	3:01.80	2:52.10	3:00.70
<b>50m Butterfly</b>	34.30	36.00	32.90	34.60	32.10	33.70	31.60	33.20	30.10	31.60	29.80	31.30	29.70	31.20
<b>100m Butterfly</b>	1:18.40	1:22.30	1:16.00	1:19.80	1:12.10	1:15.70	1:10.60	1:14.10	1:09.60	1:13.00	1:08.40	1:11.90	1:07.10	1:10.50
<b>200m Butterfly</b>	3:03.10	3:12.30	2:53.20	3:01.80	2:41.30	2:49.40	2:38.20	2:46.10	2:36.10	2:43.90	2:34.80	2:42.60	2:34.10	2:41.80
<b>200m Individual Medley</b>	2:50.00	2:58.50	2:43.40	2:51.60	2:38.10	2:46.00	2:34.50	2:42.30	2:32.40	2:40.00	2:29.10	2:36.50	2:26.70	2:34.00
<b>400m Individual Medley</b>	5:51.50	6:09.10	5:47.10	6:04.50	5:32.00	5:48.60	5:26.00	5:42.30	5:15.60	5:31.30	5:15.60	5:31.30	5:13.60	5:29.30

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QUALIFYING AND CONSIDERATION TIMES**

**SHORT COURSE**

	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>	31.60	32.50	28.50	30.00	26.60	28.00	25.50	26.90	25.30	26.60	24.60	25.90	23.30	24.60
<b>100m Freestyle</b>	1:08.40	1:11.90	1:01.30	1:04.40	58.60	1:01.70	55.40	58.30	55.20	58.10	54.10	57.00	51.70	54.50
<b>200m Freestyle</b>	2:26.50	2:34.10	2:16.30	2:23.30	2:08.90	2:15.60	2:02.90	2:09.30	2:00.40	2:06.70	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	4:53.20	4:27.60	4:41.50	4:24.50	4:38.20	4:13.30	4:26.50	4:11.10	4:24.20	4:08.00	4:21.00
<b>800m Freestyle</b>	10:27.60	10:59.90	9:53.60	10:24.30	9:19.80	9:48.80	9:14.70	9:43.40	9:09.60	9:38.10	8:54.30	9:22.10	8:44.60	9:11.90
<b>1500m Freestyle</b>	20:08.00	21:10.10	18:41.80	19:39.60	17:56.00	18:51.70	17:38.70	18:33.50	17:24.00	18:18.20	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	29.80	31.40	27.10	28.50
<b>100m Backstroke</b>	1:18.80	1:22.80	1:10.90	1:14.50	1:07.60	1:11.10	1:04.70	1:08.00	1:03.60	1:06.80	1:02.50	1:05.80	1:00.00	1:03.10
<b>200m Backstroke</b>	2:46.50	2:55.00	2:32.30	2:40.20	2:25.50	2:33.00	2:21.90	2:29.20	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	34.80	36.60	33.20	34.90	32.00	33.70	32.00	33.70	28.90	30.50
<b>100m Breaststroke</b>	1:29.60	1:34.20	1:19.90	1:24.10	1:15.00	1:19.00	1:13.20	1:17.00	1:11.20	1:14.90	1:09.70	1:13.40	1:07.50	1:11.00
<b>200m Breaststroke</b>	3:11.20	3:21.00	2:54.10	3:03.10	2:44.80	2:53.40	2:41.90	2:50.30	2:37.10	2:45.20	2:33.10	2:41.10	2:30.90	2:38.80
<b>50m Butterfly</b>	33.80	35.60	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>	1:20.10	1:24.20	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	55.40	1:00.30
<b>200m Butterfly</b>	2:59.90	3:09.10	2:47.60	2:56.20	2:28.90	2:36.60	2:20.50	2:27.70	2:19.30	2:26.40	2:15.40	2:22.40	2:12.00	2:18.90
<b>200m Individual Medley</b>	2:49.00	2:57.70	2:31.60	2:39.50	2:26.30	2:33.90	2:23.20	2:30.70	2:18.10	2:25.30	2:14.60	2:21.60	2:09.00	2:15.70
<b>400m Individual Medley</b>	6:06.40	6:25.20	5:27.20	5:44.10	5:09.10	5:25.10	5:02.80	5:18.50	4:55.30	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>	30.20	31.80	29.60	31.20	28.70	30.20	28.60	30.10	28.10	29.50	27.60	29.00	27.30	28.80
<b>100m Freestyle</b>	1:06.90	1:10.30	1:04.80	1:08.20	1:02.80	1:06.10	1:01.80	1:05.00	1:00.80	1:04.00	59.20	1:02.30	58.80	1:01.90
<b>200m Freestyle</b>	2:21.90	2:29.20	2:20.10	2:27.40	2:16.60	2:23.70	2:11.50	2:18.30	2:10.50	2:17.20	2:09.40	2:16.20	2:07.80	2:14.50
<b>400m Freestyle</b>	5:01.30	5:16.80	4:59.40	5:14.90	4:45.30	5:00.10	4:31.40	4:45.40	4:39.00	4:53.50	4:35.50	4:49.70	4:22.40	4:36.10
<b>800m Freestyle</b>	10:35.50	11:08.10	10:14.80	10:46.40	9:47.30	10:17.70	9:39.10	10:09.00	9:35.50	10:05.30	9:32.20	10:01.80	9:31.20	10:00.70
<b>1500m Freestyle</b>	20:20.00	21:22.60	19:27.00	20:27.10	18:28.80	19:26.10	17:51.00	18:46.40	17:45.00	18:40.10	17:35.50	18:30.20	17:24.80	18:18.90
<b>50m Backstroke</b>	36.00	37.90	35.00	36.80	33.60	35.30	33.00	34.70	32.60	34.30	32.30	34.00	31.80	33.40
<b>100m Backstroke</b>	1:18.10	1:22.10	1:13.00	1:16.80	1:09.80	1:13.40	1:08.90	1:12.50	1:07.50	1:11.00	1:06.30	1:09.70	1:06.00	1:09.40
<b>200m Backstroke</b>	2:46.00	2:54.50	2:38.00	2:46.10	2:33.00	2:40.90	2:29.00	2:36.60	2:26.00	2:33.60	2:24.70	2:32.20	2:23.00	2:30.40
<b>50m Breaststroke</b>	40.70	42.90	38.70	40.70	37.60	39.50	36.80	38.70	35.50	37.40	35.20	37.10	34.90	36.70
<b>100m Breaststroke</b>	1:29.40	1:34.00	1:23.80	1:28.10	1:19.60	1:23.80	1:18.90	1:23.00	1:18.50	1:22.60	1:17.90	1:22.00	1:16.50	1:20.50
<b>200m Breaststroke</b>	3:11.40	3:21.20	2:58.40	3:07.60	2:53.20	3:02.10	2:52.40	3:01.30	2:49.30	2:58.10	2:50.10	2:58.90	2:49.00	2:57.80
<b>50m Butterfly</b>	33.70	35.50	32.30	34.00	31.50	33.10	31.00	32.60	29.50	31.00	29.20	30.70	29.10	30.60
<b>100m Butterfly</b>	1:17.40	1:21.40	1:15.00	1:18.80	1:11.00	1:14.70	1:09.50	1:13.10	1:08.50	1:12.00	1:07.30	1:10.80	1:06.00	1:09.40
<b>200m Butterfly</b>	3:01.40	3:10.60	2:51.40	3:00.10	2:39.30	2:47.50	2:36.20	2:44.20	2:34.10	2:42.00	2:32.70	2:40.60	2:32.00	2:39.80
<b>200m Individual Medley</b>	2:47.70	2:56.30	2:41.00	2:49.30	2:35.60	2:43.60	2:31.90	2:39.80	2:29.80	2:37.50	2:26.40	2:34.00	2:24.00	2:31.40
<b>400m Individual Medley</b>	5:46.50	6:04.30	5:42.00	5:59.60	5:26.70	5:43.50	5:20.60	5:37.10	5:10.00	5:26.00	5:10.00	5:26.00	5:08.00	5:23.90