

# SE LONDON WINTER CHAMPIONSHIPS 2026

## QUALIFYING AND CONSIDERATION TIMES

### LONG COURSE

	Open/Male				Female			
	16 & Under		17 & Over		16 & Under		17 & Over	
	QT	CT	QT	CT	QT	CT	QT	CT
<b>50m Freestyle</b>	26.38	27.70	25.43	26.70	28.67	30.10	28.29	29.70
<b>100m Freestyle</b>	56.86	59.70	55.43	58.20	1:01.90	1:05.00	1:00.57	1:03.60
<b>200m Freestyle</b>	2:04.76	2:11.00	2:02.48	2:08.60	2:13.33	2:20.00	2:12.10	2:18.70
<b>400m Freestyle</b>	4:20.00	4:33.00	4:16.67	4:29.50	4:36.48	4:50.30	4:32.38	4:46.00
<b>800m Freestyle</b>	9:13.33	9:41.00	9:05.05	9:32.30	9:48.95	10:18.40	9:42.19	10:11.30
<b>1500m Freestyle</b>	17:41.90	18:35.00	17:20.48	18:12.50	18:10.10	19:04.60	17:54.86	18:48.60
<b>50m Backstroke</b>	30.86	32.40	29.90	31.40	33.43	35.10	32.95	34.60
<b>100m Backstroke</b>	1:05.71	1:09.00	1:03.81	1:07.00	1:10.10	1:13.60	1:07.43	1:10.80
<b>200m Backstroke</b>	2:21.81	2:28.90	2:18.48	2:25.40	2:31.14	2:38.70	2:27.05	2:34.40
<b>50m Breaststroke</b>	33.52	35.20	32.95	34.60	36.67	38.50	36.10	37.90
<b>100m Breaststroke</b>	1:13.33	1:17.00	1:11.52	1:15.10	1:20.29	1:24.30	1:19.52	1:23.50
<b>200m Breaststroke</b>	2:41.90	2:50.00	2:36.48	2:44.30	2:53.33	3:02.00	2:52.38	3:01.00
<b>50m Butterfly</b>	28.48	29.90	26.10	27.40	30.95	32.50	29.81	31.30
<b>100m Butterfly</b>	1:02.95	1:06.10	1:00.00	1:03.00	1:10.57	1:14.10	1:08.48	1:11.90
<b>200m Butterfly</b>	2:22.67	2:29.80	2:17.71	2:24.60	2:38.19	2:46.10	2:34.86	2:42.60
<b>200m Individual Medley</b>	2:22.86	2:30.00	2:17.52	2:24.40	2:32.38	2:40.00	2:29.05	2:36.50
<b>400m Individual Medley</b>	5:04.76	5:20.00	5:00.86	5:15.90	5:26.00	5:42.30	5:15.52	5:31.30

# SE LONDON WINTER CHAMPIONSHIPS 2026

## QUALIFYING AND CONSIDERATION TIMES

### SHORT COURSE

	Open/Male				Female			
	16 & Under		17 & Over		16 & Under		17 & Over	
	QT	CT	QT	CT	QT	CT	QT	CT
<b>50m Freestyle</b>	25.60	26.90	24.60	25.90	27.90	29.40	27.50	29.00
<b>100m Freestyle</b>	55.40	58.30	53.90	56.70	1:00.50	1:03.70	59.20	1:02.30
<b>200m Freestyle</b>	2:02.00	2:08.30	1:59.60	2:05.90	2:10.70	2:17.50	2:09.40	2:16.20
<b>400m Freestyle</b>	4:14.60	4:27.80	4:11.20	4:24.20	4:31.40	4:45.40	4:27.20	4:41.10
<b>800m Freestyle</b>	9:02.80	9:31.00	8:54.40	9:22.10	9:39.10	10:09.00	9:32.20	10:01.80
<b>1500m Freestyle</b>	17:22.30	18:16.30	17:00.50	17:53.50	17:51.00	18:46.40	17:35.50	18:30.20
<b>50m Backstroke</b>	30.20	31.80	29.20	30.80	32.80	34.50	32.30	34.00
<b>100m Backstroke</b>	1:04.50	1:07.80	1:02.50	1:05.80	1:08.90	1:12.50	1:06.20	1:09.70
<b>200m Backstroke</b>	2:19.40	2:26.60	2:16.10	2:23.10	2:28.90	2:36.60	2:24.80	2:32.20
<b>50m Breaststroke</b>	32.60	34.30	32.00	33.70	35.80	37.70	35.20	37.10
<b>100m Breaststroke</b>	1:11.60	1:15.30	1:09.70	1:13.40	1:18.70	1:22.80	1:17.90	1:22.00
<b>200m Breaststroke</b>	2:38.60	2:46.90	2:33.10	2:41.10	2:50.30	2:59.10	2:49.30	2:58.10
<b>50m Butterfly</b>	27.80	29.30	25.40	26.70	30.30	31.90	29.20	30.70
<b>100m Butterfly</b>	1:01.70	1:04.90	58.70	1:01.80	1:09.50	1:13.10	1:07.40	1:10.80
<b>200m Butterfly</b>	2:20.40	2:27.70	2:15.40	2:22.40	2:36.20	2:44.20	2:32.80	2:40.60
<b>100m Individual Medley</b>	1:05.00	1:09.19	1:01.00	1:04.05	1:10.00	1:13.50	1:09.00	1:12.45
<b>200m Individual Medley</b>	2:20.10	2:27.30	2:14.60	2:21.60	2:29.80	2:37.50	2:26.40	2:34.00
<b>400m Individual Medley</b>	4:58.90	5:14.50	4:55.00	5:10.30	5:20.60	5:37.10	5:09.90	5:26.00