

**SE LONDON SUMMER CHAMPIONSHIPS 2023  
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
50m Freestyle	31.60	33.18	29.20	30.66	28.10	29.51	27.10	28.46	26.50	27.83	25.40	26.67	25.20	26.46
100m Freestyle	1:09.60	1:13.08	1:06.30	1:09.62	1:01.90	1:05.00	58.20	1:01.11	57.90	1:00.80	56.10	58.91	54.50	57.23
200m Freestyle	2:31.10	2:38.66	2:22.10	2:29.21	2:13.20	2:19.86	2:09.30	2:15.77	2:06.80	2:13.14	2:03.00	2:09.15	1:59.90	2:05.89
400m Freestyle	5:18.10	5:34.00	4:58.20	5:13.11	4:45.20	4:59.46	4:34.10	4:47.81	4:29.60	4:43.08	4:17.90	4:30.79	4:13.60	4:26.28
800m Freestyle	10:43.20	11:15.36	10:23.30	10:54.47	9:51.60	10:21.18	9:35.10	10:03.86	9:24.60	9:52.83	9:10.60	9:38.13	8:55.50	9:22.28
1500m Freestyle	20:25.00	21:26.25	19:21.90	20:20.00	19:02.20	19:59.31	18:11.10	19:05.66	17:43.60	18:36.78	17:20.50	18:12.52	17:10.60	18:02.13
50m Backstroke	36.80	38.64	34.60	36.33	32.60	34.23	31.80	33.39	31.10	32.66	30.50	32.03	29.50	30.98
100m Backstroke	1:20.10	1:24.10	1:14.80	1:18.54	1:10.20	1:13.71	1:05.90	1:09.19	1:05.60	1:08.88	1:03.80	1:06.99	1:01.30	1:04.36
200m Backstroke	2:48.50	2:56.93	2:40.10	2:48.11	2:32.10	2:39.71	2:26.80	2:34.14	2:23.30	2:30.46	2:18.50	2:25.43	2:14.50	2:21.22
50m Breaststroke	40.60	42.63	36.20	38.01	36.20	38.01	34.10	35.81	33.80	35.49	33.50	35.18	32.80	34.44
100m Breaststroke	1:33.10	1:37.75	1:21.50	1:25.58	1:17.30	1:21.17	1:14.90	1:18.65	1:13.50	1:17.18	1:11.50	1:15.08	1:09.30	1:12.77
200m Breaststroke	3:13.90	3:23.59	2:57.10	3:05.95	2:53.10	3:01.75	2:45.10	2:53.36	2:43.10	2:51.26	2:36.50	2:44.33	2:35.40	2:43.17
50m Butterfly	34.40	36.12	31.80	33.39	30.10	31.61	28.50	29.93	27.90	29.30	26.10	27.41	26.50	27.83
100m Butterfly	1:23.40	1:27.57	1:14.10	1:17.80	1:10.50	1:14.03	1:07.00	1:10.35	1:05.10	1:08.36	1:02.50	1:05.63	59.80	1:01.59
200m Butterfly	3:01.70	3:10.78	2:49.50	2:57.97	2:36.80	2:44.64	2:32.10	2:39.71	2:30.10	2:37.61	2:22.20	2:29.31	2:14.40	2:21.12
200m Individual Medley	2:51.30	2:59.87	2:41.30	2:49.37	2:33.60	2:41.28	2:27.50	2:34.88	2:23.50	2:30.67	2:17.50	2:24.38	2:12.00	2:18.60
400m Individual Medley	6:11.20	6:29.76	5:45.00	6:02.25	5:23.50	5:39.68	5:09.70	5:25.19	5:08.00	5:23.40	5:00.90	5:15.94	4:44.20	4:58.41

	FEMALE													
	11y/12y		13y		14y		15y		16y		17y		18y+	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Freestyle	31.80	33.39	30.80	32.34	29.40	30.87	29.30	30.77	28.80	30.24	28.30	29.72	28.10	29.51
100m Freestyle	1:10.20	1:13.71	1:07.20	1:10.56	1:04.10	1:07.31	1:03.10	1:06.26	1:02.20	1:05.31	1:00.60	1:03.63	1:00.20	1:03.21
200m Freestyle	2:31.30	2:38.86	2:25.10	2:32.36	2:19.10	2:26.05	2:16.10	2:22.90	2:14.90	2:21.65	2:13.10	2:19.75	2:10.50	2:17.03
400m Freestyle	5:14.10	5:29.81	5:04.10	5:19.31	4:50.20	5:04.71	4:45.00	4:59.25	4:44.00	4:58.20	4:40.50	4:54.52	4:37.10	4:50.96
800m Freestyle	10:44.50	11:16.73	10:24.10	10:55.31	9:57.10	10:26.95	9:51.10	10:20.66	9:45.50	10:14.78	9:42.20	10:11.31	9:41.20	10:10.26
1500m Freestyle	20:36.80	21:38.64	19:44.60	20:43.83	18:47.30	19:43.67	18:10.10	19:04.61	18:04.20	18:58.41	17:54.90	18:48.64	17:44.30	18:37.52
50m Backstroke	36.60	38.43	35.60	37.38	34.20	35.91	33.60	35.28	33.20	34.86	32.90	34.55	32.40	34.02
100m Backstroke	1:19.10	1:23.06	1:14.10	1:17.80	1:10.90	1:14.45	1:10.10	1:13.61	1:08.70	1:12.14	1:07.50	1:10.88	1:07.20	1:10.56
200m Backstroke	2:48.00	2:56.40	2:40.10	2:48.11	2:35.20	2:42.96	2:31.20	2:38.76	2:28.30	2:35.72	2:27.00	2:34.35	2:25.30	2:32.57
50m Breaststroke	41.50	43.58	39.50	41.48	38.40	40.32	37.60	39.48	36.40	38.22	36.10	37.91	35.80	37.59
100m Breaststroke	1:30.80	1:35.34	1:25.90	1:30.19	1:21.20	1:25.26	1:20.50	1:24.53	1:20.10	1:24.10	1:19.50	1:23.48	1:18.10	1:22.01
200m Breaststroke	3:14.10	3:23.80	3:06.10	3:15.40	2:56.20	3:05.01	2:55.40	3:04.17	2:52.40	3:01.02	2:53.20	3:01.86	2:52.10	3:00.71
50m Butterfly	35.10	36.86	33.90	35.60	32.10	33.71	31.60	33.18	30.10	31.61	29.80	31.29	29.70	31.19
100m Butterfly	1:23.40	1:27.57	1:16.00	1:19.80	1:12.10	1:15.71	1:11.10	1:14.66	1:09.60	1:13.08	1:08.40	1:11.82	1:07.10	1:10.46
200m Butterfly	3:03.10	3:12.26	2:53.20	3:01.86	2:41.30	2:49.37	2:38.20	2:46.11	2:36.10	2:43.90	2:34.80	2:42.54	2:34.10	2:41.80
200m Individual Medley	2:51.30	2:59.87	2:44.20	2:52.41	2:38.10	2:46.00	2:34.50	2:42.23	2:32.40	2:40.02	2:29.10	2:36.55	2:26.70	2:34.03
400m Individual Medley	6:05.40	6:23.67	5:47.10	6:04.46	5:32.00	5:48.60	5:26.00	5:42.30	5:15.60	5:31.38	5:15.60	5:31.38	5:13.60	5:29.28

**SE LONDON SUMMER CHAMPIONSHIPS 2023  
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>	30.90	32.50	28.50	30.00	27.30	28.80	26.30	27.70	25.70	27.10	24.60	25.90	24.40	25.70
<b>100m Freestyle</b>	1:08.40	1:11.90	1:05.00	1:08.40	1:00.50	1:03.70	56.70	59.70	56.40	59.40	54.60	57.50	52.90	55.80
<b>200m Freestyle</b>	2:28.80	2:36.50	2:19.60	2:26.90	2:10.60	2:17.40	2:06.60	2:13.20	2:04.00	2:10.50	2:00.20	2:06.40	1:57.00	2:03.10
<b>400m Freestyle</b>	5:13.70	5:29.80	4:53.50	5:08.60	4:40.20	4:54.70	4:28.90	4:42.90	4:24.30	4:38.10	4:12.40	4:25.60	4:08.00	4:21.00
<b>800m Freestyle</b>	10:34.10	11:06.70	10:14.00	10:45.60	9:41.80	10:11.80	9:25.00	9:54.20	9:14.30	9:43.00	9:00.00	9:28.10	8:44.60	9:11.90
<b>1500m Freestyle</b>	20:20.20	21:21.70	19:16.90	20:15.20	18:57.10	19:54.50	18:05.80	19:00.60	17:38.10	18:31.60	17:14.90	18:07.20	17:04.90	17:56.70
<b>50m Backstroke</b>	36.20	38.10	34.00	35.80	32.00	33.60	31.20	32.80	30.40	32.00	29.80	31.40	28.80	30.30
<b>100m Backstroke</b>	1:19.10	1:23.10	1:13.70	1:17.50	1:09.00	1:12.60	1:04.70	1:08.00	1:04.40	1:07.70	1:02.50	1:05.80	1:00.00	1:03.10
<b>200m Backstroke</b>	2:46.50	2:55.00	2:38.00	2:46.10	2:29.90	2:37.60	2:24.50	2:32.00	2:21.00	2:28.20	2:16.10	2:23.10	2:12.00	2:18.80
<b>50m Breaststroke</b>	39.80	41.90	35.30	37.20	35.30	37.20	33.20	34.90	32.90	34.60	32.60	34.30	31.80	33.50
<b>100m Breaststroke</b>	1:31.70	1:36.40	1:19.90	1:24.10	1:15.70	1:19.60	1:13.20	1:17.00	1:11.80	1:15.50	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	2:50.00	2:58.80	2:41.90	2:50.30	2:39.80	2:48.10	2:33.10	2:41.10	2:32.00	2:39.90
<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>	1:22.50	1:26.70	1:13.10	1:16.80	1:09.40	1:13.00	1:05.90	1:09.30	1:03.90	1:07.20	1:01.30	1:04.50	59.80	1:00.30
<b>200m Butterfly</b>	2:59.90	3:09.10	2:47.60	2:56.20	2:34.80	2:42.70	2:30.00	2:37.70	2:28.00	2:35.60	2:20.00	2:27.20	2:12.00	2:18.90
<b>200m Individual Medley</b>	2:49.00	2:57.70	2:38.80	2:47.00	2:31.00	2:38.80	2:24.80	2:32.30	2:20.70	2:28.00	2:14.60	2:21.60	2:09.00	2:15.70
<b>400m Individual Medley</b>	6:06.40	6:25.20	5:39.90	5:57.40	5:18.00	5:34.50	5:04.00	5:19.70	5:02.20	5:17.90	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>	31.10	32.80	30.10	31.70	28.70	30.20	28.60	30.10	28.10	29.50	27.60	29.00	27.30	28.80
<b>100m Freestyle</b>	1:09.00	1:12.60	1:05.90	1:09.40	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>	2:29.00	2:36.70	2:22.70	2:30.10	2:16.60	2:23.70	2:13.50	2:20.40	2:12.30	2:19.20	2:10.50	2:17.20	2:07.80	2:14.50
<b>400m Freestyle</b>	5:09.60	5:25.50	4:59.40	5:14.90	4:45.30	5:00.10	4:40.00	4:54.50	4:39.00	4:53.50	4:35.50	4:49.70	4:32.00	4:46.10
<b>800m Freestyle</b>	10:35.50	11:08.10	10:14.80	10:46.40	9:47.30	10:17.70	9:41.20	10:11.30	9:35.50	10:05.30	9:32.20	10:01.80	9:31.20	10:00.70
<b>1500m Freestyle</b>	20:32.10	21:34.20	19:39.70	20:39.10	18:42.10	19:38.70	18:04.80	18:59.50	17:58.80	18:53.30	17:49.50	18:43.50	17:38.80	18:32.30
<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	1:24.40	1:28.80	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	3:03.20	3:12.70	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>	34.60	36.30	33.30	35.10	31.50	33.10	31.00	32.60	29.50	31.00	29.20	30.70	29.10	30.60
<b>100m Butterfly</b>	1:22.50	1:26.70	1:15.00	1:18.80	1:11.00	1:14.70	1:10.00	1:13.60	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>	2:49.00	2:57.70	2:41.80	2:50.10	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>	6:00.60	6:19.10	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