

Swim England East Region 2020 Long Course Championships (50m)

Qualifying Standards (25m Times*)

ALL AGES AS AT 31 DECEMBER 2020

| EVENT | GIRLS | | | | | | BOYS | | | | | |
|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | 11/12 | 13 | 14 | 15 | 16 | 17/ov | 11/12 | 13 | 14 | 15 | 16 | 17/ov |
| 50 Freestyle | 31.05 | 29.45 | 28.98 | 28.54 | 28.18 | 27.74 | 31.25 | 28.91 | 27.35 | 26.46 | 25.78 | 25.30 |
| 100 Freestyle | 1:07.50 | 1:04.50 | 1:03.42 | 1:01.95 | 1:00.40 | 1:00.00 | 1:08.50 | 1:03.59 | 59.85 | 57.52 | 56.36 | 55.00 |
| 200 Freestyle | 2:28.87 | 2:20.80 | 2:17.04 | 2:14.40 | 2:11.77 | 2:10.10 | 2:28.30 | 2:18.30 | 2:11.66 | 2:06.78 | 2:03.97 | 2:00.00 |
| 400 Freestyle | 5:07.22 | 4:57.11 | 4:48.00 | 4:43.69 | 4:39.00 | 4:36.71 | 5:17.25 | 4:56.65 | 4:40.59 | 4:29.84 | 4:26.79 | 4:16.00 |
| 800 Freestyle | 10:39.20 | 10:15.64 | 10:00.20 | 9:45.10 | 9:43.27 | 9:40.44 | 10:40.50 | 10:14.70 | 9:52.10 | 9:32.70 | 9:16.10 | 9:03.30 |
| 1500 Freestyle | 20:25.00 | 19:49.20 | 19:10.20 | 18:51.50 | 18:35.20 | 18:30.30 | 20:30.00 | 19:39.30 | 18:27.36 | 17:53.10 | 17:35.00 | 17:11.00 |
| 50 Breaststroke | 40.23 | 37.93 | 37.04 | 36.33 | 35.93 | 35:00 | 40.50 | 38.00 | 35.18 | 34.03 | 32.74 | 31.50 |
| 100 Breaststroke | 1:27.70 | 1:23.54 | 1:20.55 | 1:18.90 | 1:18.05 | 1:17:00 | 1:29.30 | 1:24.27 | 1:17.78 | 1:14.41 | 1:12.06 | 1:10.00 |
| 200 Breaststroke | 3:10.70 | 3:00.29 | 2:55.09 | 2:51.63 | 2:49.90 | 2:48.00 | 3:09.20 | 3:01.00 | 2:48.30 | 2:45.81 | 2:38.57 | 2:35.00 |
| 50 Butterfly | 34.23 | 32.57 | 31.59 | 31.17 | 30.36 | 30:00 | 34.73 | 32.44 | 30.20 | 28.83 | 27.95 | 27.00 |
| 100 Butterfly | 1:19.32 | 1:14.61 | 1:11.14 | 1:10.17 | 1:08.13 | 1:07.50 | 1:18.98 | 1:13.30 | 1:09.04 | 1:04.64 | 1:02.44 | 1:01.00 |
| 200 Butterfly | 2:58.50 | 2:53.68 | 2:44.05 | 2:41.47 | 2:35.36 | 2:32.16 | 3:07.13 | 2:52.77 | 2:38.02 | 2:30.27 | 2:23.44 | 2:19.00 |
| 50 Backstroke | 35.51 | 34.17 | 32.84 | 32.31 | 32.01 | 31.50 | 35.61 | 32.91 | 31.20 | 30.53 | 29.44 | 28.50 |
| 100 Backstroke | 1:16.90 | 1:13.61 | 1:10.58 | 1:10.00 | 1:08.88 | 1:08.00 | 1:16.90 | 1:11.50 | 1:06.20 | 1:04.44 | 1:03.23 | 1:01.10 |
| 200 Backstroke | 2:43.07 | 2:39.04 | 2:33.18 | 2:29.59 | 2:29.00 | 2:27.50 | 2:44.40 | 2:35.00 | 2:26.02 | 2:21.08 | 2:17.93 | 2:14.00 |
| 200 Individual Medley | 2:46.42 | 2:40.80 | 2:35.59 | 2:32.03 | 2:28.15 | 2:27.00 | 2:48.50 | 2:38.50 | 2:29.46 | 2:25.25 | 2:19.10 | 2:15.00 |
| 400 Individual Medley | 5:53.60 | 5:43.77 | 5:34.97 | 5:28.88 | 5:23.30 | 5:14.77 | 6:03.04 | 5:43.40 | 5:17.30 | 5:12.87 | 5:07.68 | 4:59.00 |

*Entry times for all events must be drawn from the Swim England Rankings database and achieved between **1st September 2019** and the closing date.
Long course to short course conversion times are allowed, using SPORTSYSTEMS time converter only.