

Consideration Times (25m Pool)

Junior - swimmers age 15 & under
 Senior - swimmers age 16 & over
 Age on 31st December 2022

Senior Men	Junior Men	Event	Junior Women	Senior Women
25.90	27.30	50m FREESTYLE	29.60	28.60
55.50	59.80	100m FREESTYLE	1.04.30	1.01.00
1.59.40	2.09.80	200m FREESTYLE	2.16.80	2.11.00
4.16.20	4.33.50	400m FREESTYLE	4.41.20	4.32.90
8.36.50	9.24.40	800m FREESTYLE*	9.58.80	9.39.80
17.29.60	18.08.50	1500m FREESTYLE*	18.38.70	18.07.90
32.90	35.10	50m BREASTROKE	38.00	36.80
1.11.00	1.17.30	100m BREASTROKE	1.22.10	1.19.20
2.35.20	2.45.90	200m BREASTROKE	2.54.50	2.48.60
28.60	30.50	50m BUTTERFLY	32.50	31.20
1.02.50	1.06.80	100m BUTTERFLY	1.12.00	1.09.40
2.18.70	2.29.20	200m BUTTERFLY	2.38.10	2.29.50
29.60	31.60	50m BACKSTROKE	33.70	32.50
1.03.00	1.08.40	100m BACKSTROKE	1.12.30	1.09.40
2.16.20	2.26.20	200m BACKSTROKE	2.34.40	2.27.20
1.05.70	1.09.80	100m IND MEDLEY	1.14.70	1.11.90
2.16.30	2.25.40	200m IND MEDLEY	2.34.00	2.28.30
4.51.90	5.03.60	400m IND MEDLEY	5.23.80	5.12.60

*Heats limited as detailed in the conditions, fastest heat to swim in the finals session

**Times to be achieved from 1st September 2021 at licensed meets 1-3,
 conversions accepted**

Entry to the meet must be made via the competitor's club using the Online Entry System

ENTRIES CLOSE – MIDNIGHT WEDNESDAY 26TH OCTOBER 2022

Should the meet be oversubscribed rejections may take place as detailed in the conditions