



## Swim England East Region Long Course Championships 2022

### Consideration Times

Short Course Times Event	Women						Men					
	11/12	13	14	15	16	17/over	11/12	13	14	15	16	17/over
50m Freestyle	33.00	30.89	29.78	29.12	28.84	28.16	33.00	29.98	28.11	27.35	26.75	26.15
100m Freestyle	1:13.50	1:07.62	1:04.47	1:03.00	1:02.50	1:02.00	1:13.50	1:07.00	1:01.50	59.15	57.59	56.15
200m Freestyle	2:39.00	2:27.87	2:22.91	2:17.17	2:16.96	2:14.00	2:39.00	2:26.76	2:16.31	2:10.09	2:06.50	2:03.00
400m Freestyle	5:35.00	5:15.38	5:00.62	4:50.13	4:46.93	4:45.00	5:35.00	5:10.00	4:50.72	4:37.41	4:25.79	4:18.03
800m Freestyle	11:45.00	11:05.00	10:35.00	10:00.00	9:55.00	9:55.00	11:45.00	11:00.00	10:25.00	9:46.00	9:30.00	9:20.00
1500m Freestyle	21:45.00	21:15.00	20:15.00	19:50.00	19:45.00	19:40.00	21:45.00	21:00.00	19:45.00	18:30.00	18:15.00	18:00.00
50m Butterfly	38.50	34.72	33.37	32.03	31.75	30.91	38.50	33.84	31.29	30.07	28.82	27.67
100m Butterfly	1:28.00	1:18.50	1:15.88	1:12.50	1:11.87	1:11.25	1:28.00	1:17.57	1:11.76	1:07.70	1:04.67	1:02.00
200m Butterfly	3:45.00	3:15.00	2:55.00	2:50.00	2:45.00	2:40.00	3:45.00	3:15.00	2:55.00	2:36.00	2:25.00	2:20.00
50m Backstroke	38.50	35.75	33.99	33.15	32.75	32.50	38.50	35.16	32.97	31.31	30.52	29.30
100m Backstroke	1:24.50	1:16.00	1:13.34	1:11.53	1:11.19	1:11.00	1:24.50	1:16.00	1:12.09	1:08.00	1:06.50	1:03.40
200m Backstroke	3:04.50	2:46.80	2:39.70	2:35.10	2:34.00	2:32.00	3:04.50	2:46.80	2:36.00	2:27.99	2:25.00	2:20.41
50m Breaststroke	44.00	40.55	38.68	38.25	37.53	36.76	44.00	40.55	36.92	35.10	33.90	32.75
100m Breaststroke	1:37.00	1:28.64	1:24.36	1:22.46	1:20.50	1:19.50	1:37.00	1:28.64	1:21.50	1:17.82	1:15.15	1:13.50
200m Breaststroke	3:25.00	3:08.00	3:04.19	2:58.42	2:56.04	2:54.25	3:25.00	3:08.00	2:57.13	2:50.54	2:44.41	2:42.00
200m Individual Medley	3:05.51	2:48.81	2:42.74	3:36.60	2:35.00	2:30.78	3:05.51	2:48.81	2:35.10	2:29.10	2:23.28	2:16.47
400m Individual Medley	6:30.00	6:15.00	5:45.00	5:38.50	5:35.00	5:30.00	6:30.00	6:15.00	5:45.00	5:25.51	5:20.00	5:10.00

These are short course (25m) consideration times, long course conversion times are accepted, using Sportsystems time converter only. Closing date is Wednesday 20<sup>th</sup> April 2022 (midnight) for all events, except for 1500m Freestyle, which shall be Wednesday 20<sup>th</sup> March (midnight). Ages as at midnight on 31<sup>st</sup> December 2022. Qualifying period is 1<sup>st</sup> January 2020 to entry closing date. Times can be achieved at licence levels 1,2 and 3. With regret, achieving the time does not guarantee entry to the championships as prevailing COVID-19 conditions may result in restrictions on the number of athletes who able to compete. Entry will be via an online entry system – there will be no entry file.

Para-Swimming consideration standards given in separate document.