

East Midlands Championships (50m) 2020

QUALIFYING TIMES

Male							Times Long Course (50m)	Female						
11&12	13	14	15	16	17/OV	11&12		13	14	15	16	17/OV		
32.20	30.20	28.90	28.00	27.20	26.50	50m Freestyle	32.10	30.80	30.00	29.90	29.80	29.40		
1.09.30	1.06.00	1.02.50	1.00.50	58.70	57.10	100m Freestyle	1.09.80	1.06.90	1.04.90	1.04.00	1.03.90	1.03.70		
2.31.30	2.23.60	2.16.30	2.11.70	2.07.50	2.04.30	200m Freestyle	2.31.20	2.24.90	2.18.60	2.17.70	2.17.30	2.15.30		
5.17.30	05.05.40	4.49.10	4.39.70	4.33.10	4.30.50	400m Freestyle	5.14.90	5.04.10	4.54.90	4.49.90	4.48.60	4.44.60		
10.36.80	10.14.60	9.36.40	9.12.20	9.00.90	8.44.10	800m Freestyle*	10.44.70	10.10.90	9.49.90	9.42.60	9.38.00	9.35.40		
20.25.60	19.43.20	18.26.20	17.49.80	17.36.40	17.12.80	1500m Freestyle*	20.06.40	19.44.20	18.56.0	18.42.10	18.30.90	18.22.20		
43.10	40.50	37.80	36.00	35.70	33.90	50m Breaststroke	42.60	40.20	38.90	38.10	37.60	37.50		
1.33.90	1.28.50	1.22.00	1.18.70	1.17.30	1.13.70	100m Breaststroke	1.32.20	1.26.70	1.24.50	1.23.00	1.22.00	1.21.70		
3.20.00	3.10.00	2.56.90	2.50.40	2.48.40	2.43.20	200m Breaststroke	3.15.70	3.06.60	3.03.20	3.00.00	2.58.20	2.57.50		
35.60	33.70	32.00	30.90	29.80	28.40	50m Butterfly	35.60	33.70	32.70	32.50	32.10	32.00		
1.23.00	1.16.30	1.12.50	1.08.00	1.05.40	1.03.90	100m Butterfly	1.21.90	1.16.30	1.12.40	1.12.30	1.12.10	1.11.30		
3.14.30	2.59.20	2.49.90	2.36.30	2.33.10	2.25.40	200m Butterfly	3.08.70	2.59.90	2.47.90	2.45.0	2.44.00	2.41.10		
37.40	35.40	33.30	32.70	31.20	30.70	50m Backstroke	37.10	35.50	34.40	33.80	33.70	33.60		
1.20.70	1.15.10	1.11.70	1.09.40	1.06.40	1.06.20	100m Backstroke	1.18.90	1.15.20	1.13.10	1.12.00	1.11.50	1.10.80		
2.49.10	2.42.10	2.33.10	2.27.70	2.24.00	2.20.60	200m Backstroke	2.46.90	2.41.90	2.36.10	2.34.20	2.33.80	2.33.30		
2.50.70	2.42.30	2.35.90	2.28.90	2.25.10	2.23.70	200m Ind Medley	2.50.20	2.43.30	2.38.00	2.35.90	2.35.60	2.35.40		
6.11.60	5.51.50	5.30.20	5.20.80	5.16.50	5.06.60	400m Ind Medley	6.05.20	5.48.70	5.39.30	5.35.40	5.34.80	5.34.50		

Age as at 31st December 2020

All times to be achieved in licensed meets L1, 2 or 3 between 1st March 2019 and the event closing date

Initial Championship closing date for all weekends: Thursday 16th April 2020 (midnight)

Please be aware that if events are oversubscribed then it will be necessary to reject entries

*The 800m and 1500m freestyle events will be capped at 4 heats

<https://emswimchamps.org.uk/>