



Age at 31/12/2024																
LONG COURSE TIMES - CONVERSIONS FROM SHORT COURSE ALLOWED USING SPORTSYSTEMS TIME CONVERTER																
ALL TIMES MUST BE RECORDED IN BRITISH RANKING AT LEVEL 1-4																
ACHIEVED BETWEEN 19/12/2022 AND THE CLOSING DATE 19/12/2023																
Male/Open entry times								Event	Female entry times							
10 & 11	12	13	14	15	16	17	18+		10 & 11	12	13	14	15	16	17	18+
00:41.00	00:37.20	00:33.90	00:31.90	00:30.00	00:29.00	00:27.20	00:27.20	50m Freestyle	00:40.40	00:35.40	00:32.50	00:32.40	00:32.15	00:32.00	00:30.20	00:30.20
01:27.80	01:18.40	01:12.50	01:08.12	01:03.70	01:01.70	00:58.70	00:58.60	100m Freestyle	01:27.80	01:20.50	01:11.14	01:10.90	01:08.30	01:07.80	01:05.80	01:05.00
03:14.00	02:52.50	02:40.10	02:28.00	02:22.00	02:15.70	02:12.00	02:11.70	200m Freestyle	03:15.80	02:53.90	02:35.70	02:33.30	02:28.10	02:24.00	02:23.90	02:23.00
06:55.80	06:15.00	05:45.80	05:13.20	05:05.00	04:56.00	04:47.90	04:46.90	400m Freestyle	06:55.00	06:05.00	05:24.00	05:12.40	05:10.00	05:06.70	05:03.70	05:01.70
	12:40.00	11:40.00	10:45.00	10:15.00	10:00.00	09:51.20	09:40.00	800m Freestyle		12:10.00	11:00.00	10:25.00	10:22.00	10:21.80	10:21.70	10:19.70
	23:30.00	21:45.00	19:55.00	19:05.00	18:40.00	18:18.90	17:59.50	1500m Freestyle		22:50.00	20:50.00	19:45.00	19:35.00	19:35.00	19:35.00	19:32.70
00:48.10	00:43.80	00:40.00	00:38.80	00:35.40	00:35.00	00:32.70	00:32.60	50m Backstroke	00:47.10	00:41.20	00:37.50	00:37.10	00:36.20	00:36.20	00:35.30	00:34.60
01:41.70	01:32.20	01:25.20	01:19.30	01:14.80	01:11.50	01:09.60	01:08.70	100m Backstroke	01:41.50	01:31.50	01:22.60	01:20.30	01:17.80	01:16.10	01:15.60	01:15.10
03:48.80	03:21.60	03:07.00	3:05.00	02:48.20	02:37.00	02:32.20	02:30.20	200m Backstroke	03:49.50	03:13.00	02:54.00	02:50.60	02:50.40	02:48.50	02:45.50	02:45.30
00:55.40	00:51.50	00:47.60	00:41.70	00:40.10	00:38.50	00:37.50	00:35.90	50m Breaststroke	00:53.70	00:47.10	00:43.70	00:42.40	00:42.40	00:40.80	00:39.60	00:39.40
01:56.20	01:48.50	01:38.60	01:31.200	01:25.70	01:20.70	01:19.50	01:18.20	100m Breaststroke	01:55.90	01:38.10	01:33.30	01:31.90	01:31.90	01:28.60	01:26.50	01:26.50
04:13.30	03:54.00	03:37.10	03:15.50	03:04.70	03:04.00	02:51.60	02:51.60	200m Breaststroke	04:13.20	03:37.50	03:20.00	03:19.00	03:15.50	03:15.00	03:14.50	03:14.20
00:53.10	00:44.80	00:39.70	00:36.70	00:33.70	00:32.70	00:31.50	00:30.50	50m Butterfly	00:49.70	00:43.50	00:38.50	00:36.00	00:33.90	00:33.88	00:33.30	00:33.10
01:58.90	01:48.70	01:36.21	01:21.40	01:15.00	01:14.60	01:09.00	01:06.60	100m Butterfly	01:58.90	01:44.70	01:37.50	01:14.90	01:14.60	01:14.60	01:14.50	01:14.00
04:39.00	03:55.40	03:50.80	03:05.00	03:00.00	02:47.00	02:32.60	02:29.10	200m Butterfly	04:33.10	04:09.10	03:49.60	03:20.10	03:13.70	03:00.80	02:47.00	02:46.90
05:40.00	03:25.00	03:00.60	02:40.60	02:39.00	02:37.20	02:32.60	02:30.60	200m IM	03:35.00	03:14.5	02:55.90	02:55.80	02:48.00	02:45.40	02:41.20	02:41.20
	07:00.50	06:24.00	05:43.30	05:33.00	05:23.20	05:15.10	05:13.20	400m IM		07:16.80	06:24.90	06:00.00	05:58.50	05:56.70	05:50.10	05:50.10