

LONDON SWIMMING OPEN MEET 2019
GIRLS LONG COURSE QUALIFYING TIMES

Distance	Stroke	10/11	12	13	14	15	16	17&Over
50m	Freestyle	35.62	33.81	32.47	31.42	30.75	30.46	30.37
100m	Freestyle	1:15.73	1:11.82	1:09.43	1:07.52	1:06.47	1:05.70	1:05.04
200m	Freestyle	2:43.59	2:35.19	2:29.17	2:25.26	2:22.39	2:20.86	2:19.24
400m	Freestyle	5:30.81	5:23.55	5:11.62	5:03.69	4:58.72	4:55.29	4:52.52
800m	Freestyle	11:46.32	11:07.54	10:40.61	10:26.48	10:16.45	10:07.38	10:00.03
1500m	Freestyle	21:29.06	20:48.44	20:28.14	20:26.00	20:24.00	20:14.76	20:00.06
50m	Breaststroke	45.65	42.98	41.16	39.63	38.77	38.30	38.01
100m	Breaststroke	1:37.03	1:30.92	1:26.71	1:24.52	1:23.56	1:22.51	1:21.37
200m	Breaststroke	3:26.85	3:15.68	3:06.70	3:00.97	2:58.30	2:57.44	2:55.72
50m	Butterfly	38.87	36.86	35.05	34.09	33.23	32.66	32.66
100m	Butterfly	1:23.94	1:18.88	1:15.54	1:13.73	1:12.10	1:11.43	1:10.67
200m	Butterfly	3:03.93	2:53.52	2:50.47	2:40.44	2:38.24	2:35.95	2:34.04
50m	Backstroke	41.16	39.06	37.63	36.29	35.34	34.95	34.67
100m	Backstroke	1:25.85	1:20.70	1:18.02	1:16.02	1:14.39	1:13.54	1:12.87
200m	Backstroke	3:02.40	2:52.47	2:46.46	2:42.16	2:38.34	2:36.52	2:35.47
200m	IM	3:05.56	2:55.05	2:48.84	2:44.55	2:41.30	2:39.39	2:38.05
400m	IM	6:28.97	6:07.58	5:53.92	5:45.71	5:39.22	5:35.01	5:33.01

BOYS LONG COURSE QUALIFYING TIMES

Distance	Stroke	10/11	12	13	14	15	16	17&Over
50m	Freestyle	35.34	33.33	31.52	29.89	28.36	27.41	27.12
100m	Freestyle	1:15.25	1:10.38	1:06.66	1:03.89	1:01.50	59.78	58.73
200m	Freestyle	2:43.59	2:33.56	2:25.73	2:19.05	2:14.37	2:10.17	2:07.68
400m	Freestyle	5:39.98	5:22.89	5:07.32	4:53.18	4:44.21	4:36.09	4:31.79
800m	Freestyle	10:53.36	10:26.30	10:11.58	9:59.69	9:42.63	9:25.98	9:17.17
1500m	Freestyle	23:37.89	21:20.18	20:19.15	19:24.14	18:44.13	18:16.05	17:52.75
50m	Breaststroke	46.03	42.59	39.92	37.91	36.10	35.14	34.19
100m	Breaststroke	1:36.93	1:30.44	1:24.80	1:20.79	1:17.74	1:15.35	1:13.54
200m	Breaststroke	3:29.24	3:15.97	3:03.84	2:54.29	2:47.51	2:43.88	2:39.48
50m	Butterfly	38.96	36.39	33.90	32.47	30.75	29.99	29.22
100m	Butterfly	1:23.75	1:17.83	1:13.34	1:09.52	1:06.66	1:04.75	1:03.51
200m	Butterfly	3:03.84	2:51.80	2:42.25	2:33.66	2:27.45	2:23.63	2:20.96
50m	Backstroke	41.26	38.68	36.48	34.76	32.95	31.99	31.23
100m	Backstroke	1:25.76	1:17.45	1:15.64	1:11.62	1:08.95	1:07.14	1:06.18
200m	Backstroke	3:03.36	2:52.57	2:42.64	2:35.00	2:28.98	2:24.59	2:21.91
200m	IM	3:05.56	2:54.57	2:44.93	2:37.38	2:31.27	2:26.97	2:24.21
400m	IM	6:32.31	6:09.30	5:49.91	5:33.58	5:21.07	5:12.86	5:08.08

GIRLS SHORT COURSE QUALIFYING TIMES

Distance	Stroke	10/11	12	13	14	15	16	17&Over
50m	Freestyle	35.00	33.20	31.80	30.70	30.10	29.80	29.70
100m	Freestyle	1:14.60	1:10.60	1:08.20	1:06.30	1:05.20	1:04.40	1:03.70
200m	Freestyle	2:41.40	2:32.90	2:26.80	2:22.80	2:19.90	2:18.40	2:16.70
400m	Freestyle	5:26.50	5:19.20	5:07.10	4:59.00	4:54.00	4:50.50	4:47.70
800m	Freestyle	11:38.10	10:58.80	10:31.50	10:17.20	10:07.00	9:57.80	9:50.30
1500m	Freestyle	21:12.90	20:31.80	20:11.20	20:09.00	20:07.00	19:55.60	19:40.60
50m	Breaststroke	45.00	42.20	40.40	38.80	37.90	37.50	37.20
100m	Breaststroke	1:35.70	1:29.50	1:25.20	1:23.00	1:22.00	1:21.00	1:19.80
200m	Breaststroke	3:34.30	3:13.00	3:03.80	2:58.00	2:55.30	2:54.40	2:52.70
50m	Butterfly	38.40	36.30	34.50	33.50	32.70	32.10	32.10
100m	Butterfly	1:23.00	1:17.90	1:14.50	1:12.70	1:11.00	1:10.40	1:09.60
200m	Butterfly	3:02.20	2:51.70	2:48.60	2:38.50	2:36.20	2:33.90	2:32.00
50m	Backstroke	40.70	38.50	37.10	35.70	34.80	34.40	34.00
100m	Backstroke	1:24.90	1:19.70	1:17.00	1:15.00	1:13.30	1:12.40	1:11.80
200m	Backstroke	3:00.60	2:50.50	2:44.40	2:40.10	2:36.20	2:34.40	2:33.30
200m	IM	3:03.40	2:52.80	2:46.50	2:42.10	2:38.80	2:36.90	2:35.50
400m	IM	6:24.40	6:02.80	5:48.90	5:40.60	5:34.00	5:29.70	5:27.70

BOYS SHORT COURSE QUALIFYING TIMES

Distance	Stroke	10/11	12	13	14	15	16	17&Over
50m	Freestyle	37.40	32.70	30.80	29.20	27.60	26.60	26.30
100m	Freestyle	1:14.10	1:09.20	1:05.40	1:02.60	1:00.10	58.40	57.30
200m	Freestyle	2:41.40	2:31.30	2:23.30	2:16.50	2:11.80	2:07.50	2:04.90
400m	Freestyle	5:38.80	5:18.50	5:02.70	4:48.40	4:39.20	4:31.00	4:26.60
800m	Freestyle	10:44.40	10:17.00	10:02.10	9:50.00	9:32.36	9:15.55	9:06.53
1500m	Freestyle	23:23.20	21:03.90	20:02.10	19:06.30	18:25.60	17:57.10	17:33.40
50m	Breaststroke	45.30	41.80	39.10	37.10	35.20	34.20	33.30
100m	Breaststroke	1:35.60	1:29.00	1:23.30	1:19.20	1:16.10	1:13.70	1:11.80
200m	Breaststroke	3:26.70	3:13.30	3:00.90	2:51.20	2:44.30	2:40.60	2:36.10
50m	Butterfly	38.50	35.90	33.30	31.90	30.10	29.40	28.60
100m	Butterfly	1:22.80	1:16.80	1:12.30	1:08.40	1:05.50	1:03.60	1:02.30
200m	Butterfly	3:02.10	2:49.90	2:40.30	2:31.60	2:25.30	2:21.40	2:18.70
50m	Backstroke	40.80	38.20	35.90	34.20	32.30	31.40	30.60
100m	Backstroke	1:24.80	1:16.40	1:14.60	1:10.50	1:07.80	1:05.90	1:05.00
200m	Backstroke	3:01.50	2:50.60	2:40.60	2:32.80	2:26.70	2:22.30	2:19.50
200m	IM	3:03.40	2:52.30	2:42.50	2:34.90	2:28.60	2:24.30	2:21.50
400m	IM	6:27.80	6:04.50	5:44.80	5:28.30	5:15.60	5:07.20	5:02.30