

Male							Times based on a 50m pool conversions allowed	Female						
11/12	13	14	15	16	17/OV			11/12	13	14	15	16	17/OV	
32.6	31.0	29.2	28.0	27.2	27.0		50m Freestyle	32.5	31.6	30.4	29.9	29.8	29.7	
1.11.4	1.07.6	1.03.4	1.00.5	58.7	58.0		100m Freestyle	1.10.3	1.08.1	1.05.5	1.04.0	1.03.9	1.03.7	
2.33.5	2.25.3	2.16.3	2.11.7	2.07.5	2.06.2		200m Freestyle	2.31.5	2.26.3	2.21.4	2.17.7	2.17.3	2.15.3	
5.17.2	05.05.4	4.49.5	4.39.7	4.33.1	4.30.5		400m Freestyle	5.14.9	5.05.1	4.54.9	4.49.9	4.48.6	4.44.6	
10.32.8	10.04.6	9.20.4	9.08.2	9.00.9	8.44.1		800m Freestyle*	10.44.7	10.03.9	9.56.7	9.46.6	9.41.0	9.38.4	
20.38.2	19.43.5	18.47.5	17.49.8	17.36.4	17.22.9		1500m Freestyle*	19.58.0	19.03.6	18.46.0	18.36.1	18.24.9	18.22.2	
43.4	40.5	38.5	36.0	35.7	34.7		50m Breaststroke	42.6	40.9	39.3	38.1	37.6	37.5	
1.34.9	1.28.5	1.23.1	1.18.7	1.17.3	1.14.2		100m Breaststroke	1.32.2	1.26.7	1.25.9	1.23.0	1.22.0	1.21.7	
3.20.0	3.11.3	2.56.9	2.50.4	2.48.3	2.43.2		200m Breaststroke	3.15.7	3.06.6	3.03.2	3.00.0	2.58.1	2.57.4	
37.0	34.6	32.6	30.9	29.8	29.5		50m Butterfly	36.5	34.9	33.2	32.7	32.1	32.0	
1.25.5	1.18.3	1.12.9	1.08.0	1.05.4	1.05.0		100m Butterfly	1.22.8	1.18.4	1.15.0	1.12.3	1.12.1	1.11.3	
3.14.3	2.59.1	2.49.9	2.36.3	2.33.1	2.25.4		200m Butterfly	3.08.7	3.01.5	2.49.8	2.45.0	2.43.9	2.41.0	
37.4	35.8	33.8	32.7	31.2	31.0		50m Backstroke	37.1	35.9	34.7	33.8	33.7	33.6	
1.20.7	1.16.6	1.12.9	1.09.4	1.06.4	1.06.2		100m Backstroke	1.18.9	1.15.9	1.14.0	1.12.0	1.11.4	1.10.8	
2.49.0	2.42.1	2.34.4	2.27.6	2.23.9	2.20.6		200m Backstroke	2.46.9	2.43.0	2.37.7	2.34.2	2.33.7	2.33.3	
2.55.6	2.44.5	2.36.6	2.28.9	2.25.1	2.24.7		200m Ind Medley	2.50.2	2.45.7	2.40.0	2.35.9	2.35.6	2.35.4	
6.11.6	5.51.5	5.31.8	5.20.8	5.16.5	5.06.6		400m Ind Medley	6.05.2	5.51.5	5.39.3	5.35.4	5.34.8	5.34.5	

Age as at 31st December 2019 - All times to be achieved in licensed meets L1, 2 or 3 between 14th April 2018 and the relevant closing dates

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

*The standard 800m and 1500m freestyle events will be capped at 6 heats with the reverse events capped at 3 heats