L1 Spring Open Meet
14th & 15th March 2026
Licence No. – 1SE260339

QUALIFYING TIMES

Long Course times. Short Course conversions will be permitted. Entry times must have been swum at a Licensed Meet (Level 1 to 4) and must be recorded in the Aquatics GB Rankings Database.

Age of swimmers as of 23:59 31st December 2026. Minimum Age - 10 years.

Stroke	Distance	Open / Male (MINIMUM QUALIFYING TIMES)					
Long Course		10-12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17+ yrs
Freestyle	50m	34.00	32.40	29.80	28.30	27.80	27.60
Freestyle	100m	01:15.10	01:09.30	1:04.10	01:01.00	59.20	58.40
Freestyle	200m	2:39.20	2:33.40	2:21.30	2:15.40	02:10.0	02:05.9
Freestyle	400m	5.40.20	5.11.70	5.02.60	4.48.50	4.48.50	4.41.70
Freestyle	800m	11.12.90	10.45.10	10.29.90	10.09.90	10.00.10	9.50.10
Freestyle	1500m	21.36.30	20.44.10	19.47.00	19.18.20	19.14.30	18.56.10
Backstroke	50m	40.20	38.40	35.00	33.60	32.30	31.60
Backstroke	100m	1:23.40	1:20.20	1.14.80	1:11.20	01:08.30	01:07.5
Backstroke	200m	2:57.90	2:48.10	2.38.80	2:33.30	2.28.50	2.25.30
Breaststroke	50m	46.50	43.80	39.70	37.50	37.10	36.10
Breaststroke	100m	1:39.50	1.31.40	1.25.50	1.22.00	1.19.60	1.16.80
Breaststroke	200m	3.30.80	3.17.70	3.06.90	2.58.00	2.50.90	2.48.30
Butterfly	50m	39.70	37.00	33.60	31.10	30.60	30.10
Butterfly	100m	1.28.00	1.33.90	1.15.00	1.10.60	1.09.30	1.06.70
Butterfly	200m	3:46.40	3:38.30	3.08.30	2.45.40	2.34.70	2.34.10
Individual Medley	200m	2.59.60	2.50.90	2.43.30	2.34.30	2.28.90	2.24.10
Individual Medley	400m	6:46.20	6.12.00	6.07.00	5.50.60	5.41.20	5.33.20

Stroke	Distance	Female (MINIMUM QUALIFYING TIMES)					
Long Course		10-12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17+ yrs
Freestyle	50m	33.80	31.80	30.80	30.20	29.70	29.70
Freestyle	100m	1.14.90	1.11.00	1.08.00	1.06.10	1.04.30	1.03.30
Freestyle	200m	2.42.20	2.32.30	2.26.00	2.22.60	2.17.40	2.17.40
Freestyle	400m	5.37.10	5.22.80	5.11.50	5.02.70	5.01.70	5.00.90
Freestyle	800m	11.28.50	11.18.60	11.08.70	10.53.90	10.39.60	10.24.80
Freestyle	1500m	22.07.00	21.25.90	20.40.40	20.38.30	20.36.20	20.35.20
Backstroke	50m	39.40	37.00	36.00	35.00	34.90	34.80
Backstroke	100m	1.26.70	1.20.00	1.17.10	1.15.10	1.13.30	1.12.70
Backstroke	200m	3.01.80	2.52.00	2.43.60	2.39.10	2.38.10	2.37.00
Breaststroke	50m	45.20	42.90	40.90	40.70	40.30	40.20
Breaststroke	100m	1.41.40	1.34.80	1.30.00	1.28.80	1.24.80	1.24.00
Breaststroke	200m	3.33.00	3.18.40	3.12.50	3.04.60	2.59.70	2.59.00
Butterfly	50m	39.20	36.20	34.80	34.10	32.80	32.60
Butterfly	100m	1.33.80	1.25.90	1.19.00	1.16.80	1.13.40	1.10.50
Butterfly	200m	3.33.50	3.17.60	3.02.70	2.59.40	2.52.30	2.44.80
Individual Medley	200m	3.01.20	2.50.30	2.47.40	2.42.40	3.36.10	2.34.20
Individual Medley	400m	6.59.20	6.15.70	6.04.90	5.59.90	5.55.00	5.50.10