

Northamptonshire ASA - County Championships

2026 Qualifying Times

	OPEN/MALE							FEMALE						
	10/11 Years	12 Years	13 Years	14 Years	15 Years	16+ Years		10/11 Years	12 Years	13 Years	14 Years	15 Years	16+ Years	
Event							Event							Event
50 Free	0:48.7	0:40.5	0:38.7	0:36.9	0:34.8	0:34.0	50 Free	0:49.5	0:41.7	0:40.4	0:38.5	0:37.9	0:37.5	50 Free
100 Free	1:42.3	1:26.9	1:22.3	1:18.9	1:15.1	1:13.4	100 Free	1:42.9	1:28.6	1:26.0	1:23.2	1:21.4	1:20.3	100 Free
200 Free	3:40.6	3:08.9	2:59.0	2:51.5	2:45.0	2:41.2	200 Free	3:41.7	3:10.6	3:04.4	3:02.3	2:56.3	2:54.6	200 Free
400 Free	7:31.9	6:36.0	6:17.0	6:02.9	5:48.6	5:41.1	400 Free	7:37.2	6:36.5	6:24.7	6:20.9	6:07.8	6:05.8	400 Free
800 Free		13:23.0	12:45.1	12:17.9	12:01.8	11:45.9	800 Free		13:21.2	12:59.6	12:52.0	12:45.8	12:39.9	800 Free
1500 Free		25:26.2	24:15.6	23:26.3	23:19.6	22:48.0	1500 Free		25:17.4	24:41.0	24:26.7	23:49.8	23:35.1	1500 Free
50 Breast	1:03.3	0:51.8	0:48.3	0:45.8	0:44.4	0:43.2	50 Breast	1:04.2	0:52.7	0:50.8	0:48.9	0:48.0	0:47.6	50 Breast
100 Breast	2:13.6	1:51.7	1:44.6	1:39.9	1:37.0	1:34.4	100 Breast	2:11.5	1:52.9	1:48.2	1:45.5	1:44.3	1:43.7	100 Breast
200 Breast	4:45.8	4:01.2	3:46.8	3:35.8	3:30.4	3:25.7	200 Breast	4:41.9	4:02.3	3:51.9	3:48.0	3:45.1	3:43.5	200 Breast
50 Fly	0:54.8	0:44.9	0:42.6	0:39.9	0:38.2	0:37.5	50 Fly	0:54.9	0:45.9	0:43.9	0:42.3	0:41.5	0:41.2	50 Fly
100 Fly	2:01.4	1:37.8	1:31.9	1:27.3	1:24.7	1:23.0	100 Fly	1:56.4	1:38.7	1:35.3	1:33.2	1:32.1	1:31.2	100 Fly
200 Fly	4:27.0	3:35.4	3:22.9	3:13.3	3:05.8	3:02.8	200 Fly	4:24.6	3:36.3	3:27.9	3:23.7	3:19.9	3:18.2	200 Fly
50 Back	0:56.6	0:46.8	0:44.2	0:42.0	0:40.0	0:38.7	50 Back	0:56.4	0:47.6	0:45.5	0:43.8	0:43.3	0:42.8	50 Back
100 Back	1:57.0	1:38.4	1:32.7	1:28.2	1:25.7	1:23.6	100 Back	1:55.5	1:39.0	1:35.4	1:34.1	1:32.3	1:31.6	100 Back
200 Back	4:08.1	3:30.1	3:18.5	3:09.4	3:04.5	3:00.5	200 Back	4:03.8	3:30.4	3:24.0	3:21.2	3:20.8	3:15.2	200 Back
200 IM	4:10.0	3:34.7	3:23.8	3:13.7	3:09.1	3:05.2	200 IM	4:10.3	3:35.4	3:29.0	3:25.7	3:22.6	3:20.8	200 IM
400 IM		7:32.7	7:10.5	6:50.3	6:39.8	6:31.5	400 IM		7:33.1	7:17.5	7:11.7	7:05.4	7:00.8	400 IM

All ages as at 31/12/26

All times displayed above are in 25m format. Qualifying times must be achieved at a licensed event since 1st January 2025.

Issue no 1.0 Issued 14/10/2025