



2025 Essex Winter Short Course Championship Qualifying times (25m) pool

18th & 19th October 2025

Age at 31.12.2025.

Male/Open	Event	Female
00:26.96	50m Freestyle	00:30.21
00:59.92	100m Freestyle	01:06.40
02:11.10	200m Freestyle	02:24.90
04:43.30	400m Freestyle	05:01.70
09:32.70	800m Freestyle	10:10.40
18:59.50	1500m Freestyle	20:52.40
00:32.96	50m Backstroke	00:35.56
01:11.90	100m Backstroke	01:16.10
02:37.70	200m Backstroke	02:42.90
00:35.89	50m Breaststroke	00:40.66
01:22.80	100m Breaststroke	01:29.70
02:59.60	200m Breaststroke	03:14.00
00:30.39	50m Butterfly	00:33.91
01:12.40	100m Butterfly	01:20.40
02:56.50	200m Butterfly	03:11.50
01:19.50	100m IM	01:24.20
02:35.30	200m IM	02:44.60
05:45.60	400m IM	06:08.40

These are short course (25m) times, long course conversion times are accepted, using Sportsystems time converter only. The closing date is 30th September 2025 (midnight). Ages as of midnight on 31st December 2025. Times to be achieved from 21.10.2024 and before 30.09.2025. Times can be achieved at license levels 1, 2, 3 and 4. Entry will be via an online entry system. Para Swimming qualifying times given in the main conditions document. Queries to swimmingmanager@essexswimming.org.