

Swim England Suffolk County
Championship Qualifying Times 2026

Female							Event	Open/Male						
10 & 11	12	13	14	15	16	17+		10 & 11	12	13	14	15	16	17+
00:43.2	00:37.7	00:34.2	00:32.7	00:31.4	00:30.3	00:29.4	50 Free	00:43.2	00:36.8	00:32.4	00:30.9	00:29.2	00:28.5	00:28.0
01:36.8	01:22.6	01:15.1	01:11.7	01:08.8	01:06.3	01:04.4	100 Free	01:36.8	01:20.9	01:12.2	01:08.1	01:05.0	01:03.4	01:02.2
03:34.1	03:01.4	02:44.8	02:37.3	02:31.0	02:27.0	02:21.5	200 Free	03:34.1	02:59.4	02:39.9	02:32.0	02:23.8	02:19.7	02:16.6
07:37.3	06:40.1	05:51.2	05:37.5	05:16.6	05:10.0	05:05.0	400 Free	07:37.3	06:40.1	05:41.5	05:24.5	05:07.1	04:59.0	04:51.8
	13:57.9	12:32.9	11:50.0	11:05.0	10:48.0	10:42.7	800 Free		13:56.3	12:31.7	11:50.0	11:00.8	10:12.0	09:52.3
	27:03.8	24:46.9	22:50.0	21:41.3	21:05.1	20:53.9	1500 Free		27:00.0	24:46.9	22:50.0	21:28.6	19:53.3	19:12.2
00:48.1	00:42.8	00:39.3	00:37.3	00:36.5	00:36.0	00:35.5	50 Back	00:48.1	00:42.8	00:38.4	00:36.6	00:34.6	00:33.2	00:32.0
01:44.5	01:33.1	01:27.6	01:21.3	01:17.5	01:14.5	01:12.2	100 Back	01:44.5	01:33.1	01:24.1	01:22.2	01:15.7	01:12.6	01:10.0
03:54.3	03:28.2	03:12.7	02:55.7	02:48.0	02:41.4	02:36.4	200 Back	03:54.3	03:25.7	03:08.0	02:58.7	02:45.5	02:38.6	02:33.0
00:56.8	00:50.2	00:45.6	00:43.1	00:42.0	00:41.0	00:40.0	50 Breast	00:56.8	00:50.2	00:45.0	00:42.5	00:40.4	00:38.1	00:35.7
01:59.1	01:50.0	01:40.4	01:34.8	01:32.5	01:30.5	01:28.5	100 Breast	01:59.1	01:50.0	01:39.8	01:36.2	01:29.6	01:26.5	01:19.2
04:18.9	03:57.6	03:40.1	03:24.5	03:20.5	03:16.5	03:12.5	200 Breast	04:18.9	03:57.2	03:36.9	03:29.0	03:14.7	03:08.9	02:52.2
00:54.4	00:45.4	00:40.4	00:37.7	00:35.6	00:34.3	00:33.2	50 Fly	00:54.4	00:45.4	00:39.8	00:36.6	00:33.7	00:31.0	00:30.0
02:00.6	01:41.8	01:34.7	01:25.3	01:21.5	01:19.5	01:17.5	100 Fly	02:00.6	01:40.2	01:34.0	01:24.6	01:20.0	01:15.8	01:12.6
04:26.9	03:50.0	03:23.0	03:12.5	03:02.6	03:00.0	02:58.5	200 Fly	04:26.9	03:47.0	03:23.0	03:10.4	02:58.4	02:49.6	02:42.4
01:51.5	01:36.6	01:27.4	01:22.2	01:18.0	01:15.6	01:12.9	100 IM	01:51.1	01:37.2	01:27.4	01:21.6	01:15.8	01:11.7	01:06.9
04:01.4	03:35.8	03:16.8	02:58.0	02:48.2	02:42.1	02:37.3	200 IM	04:01.4	03:35.8	03:14.2	03:01.6	02:48.7	02:39.6	02:28.9
	07:30.9	06:50.0	06:31.6	06:07.0	05:57.7	05:38.7	400 IM		07:30.9	06:50.0	06:28.9	06:01.5	05:41.9	05:21.8

Times should have been swum since 1st January 2025

Age for the Championships is as at 31st December 2026

Final

05 August 2025