

**Swim England East Region**  
**2019 Short Course Championships (25m)**

*(Under ASA Swim England Regulations and Technical Rules)*  
**1<sup>st</sup>-3<sup>rd</sup> November 2019 at Basildon Sporting Village (2ER192086)**

**QUALIFYING STANDARDS**

Pool Length - 25m

<b><u>MEN</u></b>	<b><u>EVENT</u></b>	<b><u>WOMEN</u></b>
<b>Qualifying Time</b>		<b>Qualifying Time</b>
26:00	<b>50m Freestyle</b>	28.50
56.00	<b>100m Freestyle</b>	1:02.00
2:05.00	<b>200m Freestyle</b>	2:15.00
4:23.00	<b>400m Freestyle</b>	4:40.00
	<b>800m Freestyle</b>	09:50.00
18:00.00	<b>1500m Freestyle</b>	
30.50	<b>50m Backstroke</b>	32.50
1:04.50	<b>100m Backstroke</b>	1:09.50
2:22.00	<b>200m Backstroke</b>	2:31.00
32.75	<b>50m Breaststroke</b>	36.50
1:12.50	<b>100m Breaststroke</b>	1:19.00
2:42.00	<b>200m Breaststroke</b>	2:51.00
28.50	<b>50m Butterfly</b>	31.50
1:02.50	<b>100m Butterfly</b>	1:09.00
2:24.00	<b>200m Butterfly</b>	2:35.00
1:05.00	<b>100m I.M.</b>	1:11.00
2:22.00	<b>200m I.M.</b>	2:33.00
5:09.00	<b>400m I.M.</b>	5:23.00

- All times to be achieved between 1<sup>st</sup> November 2018 and the closing date
- Closing Date for Entries: Midday Friday 4<sup>th</sup> October 2019

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## Para-Swimming Championships Qualifying Standards

Male	Event and Category	Female
<b>50m FREESTYLE</b>		
02:22.93	<b>S1</b>	02:14.58
01:39.28	<b>S2</b>	02:05.28
01:12.96	<b>S3</b>	01:31.14
01:03.36	<b>S4</b>	01:21.14
00:55.81	<b>S5</b>	01:01.65
00:48.29	<b>S6</b>	00:55.57
00:45.44	<b>S7</b>	00:53.92
00:43.70	<b>S8</b>	00:50.64
00:42.18	<b>S9</b>	00:47.06
00:37.87	<b>S10</b>	00:44.80
00:42.93	<b>S11</b>	00:50.98
00:38.86	<b>S12</b>	00:45.26
00:38.77	<b>S13</b>	00:45.42
00:40.64	<b>S14</b>	00:45.66
<b>100m FREESTYLE</b>		
04:19.14	<b>S1</b>	06:39.41
03:55.10	<b>S2</b>	05:47.54
02:42.99	<b>S3</b>	02:49.78
02:19.09	<b>S4</b>	02:48.96
02:02.69	<b>S5</b>	02:14.42
01:48.50	<b>S6</b>	02:00.08
01:41.23	<b>S7</b>	01:56.77
01:33.57	<b>S8</b>	01:48.74
01:31.44	<b>S9</b>	01:42.43
01:25.09	<b>S10</b>	01:37.98
01:35.92	<b>S11</b>	01:54.78
01:25.23	<b>S12</b>	01:37.81
01:25.10	<b>S13</b>	01:37.47
01:28.86	<b>S14</b>	01:37.60
<b>200m FREESTYLE</b>		
12:11.84	<b>S1</b>	10:35.89
07:02.72	<b>S2</b>	10:14.24
05:44.30	<b>S3</b>	06:24.38
04:59.23	<b>S4</b>	06:15.60
04:23.70	<b>S5</b>	04:53.74
03:07.31	<b>S14</b>	03:20.98
<b>50m BREASTSTROKE</b>		
03:26.32	<b>SB1</b>	03:37.31
01:36.90	<b>SB2</b>	02:17.62
01:21.57	<b>SB3</b>	01:41.07
<b>100m BREASTSTROKE</b>		
02:37.36	<b>SB4</b>	03:13.26
02:30.93	<b>SB5</b>	03:01.28
02:12.99	<b>SB6</b>	02:39.41
02:06.13	<b>SB7</b>	02:36.16
01:55.74	<b>SB8</b>	02:11.15
01:50.37	<b>SB9</b>	02:07.25
01:59.50	<b>SB11</b>	02:28.05
01:49.57	<b>SB12</b>	02:17.98
01:49.18	<b>SB13</b>	02:08.72
01:48.78	<b>SB14</b>	02:04.85

Male	Event and Category	Female
<b>400m FREESTYLE</b>		
08:18.02	<b>S6</b>	09:13.79
07:57.76	<b>S7</b>	08:39.95
07:18.40	<b>S8</b>	08:02.70
06:59.98	<b>S9</b>	07:43.15
06:44.85	<b>S10</b>	07:27.39
07:36.72	<b>S11</b>	09:01.81
06:46.05	<b>S12</b>	07:33.60
06:45.79	<b>S13</b>	07:28.96
06:57.44	<b>S14</b>	08:05.07
<b>50m BACKSTROKE</b>		
02:15.84	<b>S1</b>	03:37.46
01:36.88	<b>S2</b>	01:47.66
01:21.84	<b>S3</b>	01:31.39
01:13.04	<b>S4</b>	01:25.97
01:03.42	<b>S5</b>	01:12.43
<b>100m BACKSTROKE</b>		
04:39.12	<b>S1</b>	07:10.90
03:29.23	<b>S2</b>	04:02.24
01:59.89	<b>S6</b>	02:20.40
01:58.35	<b>S7</b>	02:15.84
01:45.54	<b>S8</b>	02:07.66
01:44.38	<b>S9</b>	01:53.09
01:38.53	<b>S10</b>	01:49.54
01:51.34	<b>S11</b>	02:16.29
01:38.18	<b>S12</b>	01:59.15
01:37.76	<b>S13</b>	01:56.61
01:36.67	<b>S14</b>	01:46.80
<b>50m BUTTERFLY</b>		
00:00.00	<b>S1</b>	00:00.00
03:50.69	<b>S2</b>	03:43.66
02:18.56	<b>S3</b>	02:07.49
01:14.03	<b>S4</b>	02:44.30
00:58.50	<b>S5</b>	01:14.70
00:50.00	<b>S6</b>	01:01.07
00:48.82	<b>S7</b>	00:59.17
<b>100m BUTTERFLY</b>		
01:41.06	<b>S8</b>	01:58.72
01:37.18	<b>S9</b>	01:51.71
01:32.08	<b>S10</b>	01:50.94
01:41.04	<b>S11</b>	02:24.32
01:33.28	<b>S12</b>	01:49.90
01:33.46	<b>S13</b>	01:50.77
01:36.91	<b>S14</b>	01:51.95
<b>200m IM</b>		
05:39.42	<b>SM5</b>	05:53.89
04:18.94	<b>SM6</b>	05:07.71
04:16.72	<b>SM7</b>	04:59.04
03:55.02	<b>SM8</b>	04:34.34
03:46.34	<b>SM9</b>	04:14.26
03:32.00	<b>SM10</b>	04:03.23
04:01.81	<b>SM11</b>	04:42.86
03:36.62	<b>SM12</b>	04:21.30
03:36.40	<b>SM13</b>	04:03.70
03:37.30	<b>SM14</b>	03:53.25