

South West Regional Qualifying Time 2026

		Age Group											
		11/12				13				14			
		Male/Open		Female		Male/Open		Female		Male/Open		Female	
		CQT	QT	CQT	QT	CQT	QT	CQT	QT	CQT	QT	CQT	QT
50 FC	LC	33.60	33.10	33.30	32.90	32.20	32.00	32.20	32.00	29.00	28.90	30.20	30.10
	SC	32.90	32.40	32.70	32.30	31.50	31.30	31.50	31.30	28.30	28.20	29.50	29.40
100 FC	LC	1:14.00	1:13.10	1:14.40	1:13.50	1:10.20	1:09.70	1:10.80	1:10.20	1:04.00	1:03.10	1:06.60	1:05.50
	SC	1:12.80	1:11.90	1:13.30	1:12.40	1:09.00	1:08.50	1:09.60	1:09.00	1:02.70	1:01.80	1:05.30	1:04.20
200 FC	LC	2:39.20	2:36.50	2:42.30	2:38.50	2:34.20	2:29.90	2:31.50	2:30.30	2:19.00	2:17.30	2:24.60	2:23.40
	SC	2:37.00	2:34.20	2:40.10	2:36.30	2:31.90	2:27.60	2:29.20	2:28.00	2:16.60	2:14.70	2:22.20	2:21.00
400 FC	LC	5:41.60	5:37.20	5:46.30	5:42.90	5:24.40	5:18.20	5:22.60	5:17.70	4:54.30	4:51.80	5:03.40	5:00.20
	SC	5:37.40	5:33.00	5:42.20	5:38.80	5:20.00	5:13.70	5:18.90	5:13.20	4:49.50	4:47.00	4:58.70	4:55.50
800 FC	LC	11.45.30		12.04.00		11.21.80		11.00.80		10.24.80		10.28.30	
	SC	Long Course - Consideration Times											
1500 FC	LC	24.00.00		24.00.00		22.00.00		22.00.00		20.00.00		20.00.00	
	SC	Long Course - Consideration Times											
50 Back	LC	38.80	37.80	39.00	38.60	37.50	36.90	36.80	36.50	34.10	33.80	34.60	34.10
	SC	38.30	37.30	38.50	38.10	36.90	36.30	36.20	35.90	33.50	33.20	34.00	33.50
100 Back	LC	1:24.20	1:23.20	1:25.20	1:24.20	1:21.00	1:19.30	1:18.90	1:17.70	1:13.30	1:12.60	1:15.20	1:14.20
	SC	1:23.20	1:22.20	1:24.20	1:23.20	1:20.00	1:18.30	1:17.80	1:16.60	1:12.20	1:11.50	1:14.10	1:13.10
200 Back	LC	2:58.90	2:55.70	3:04.30	2:53.70	2:52.60	2:48.00	2:49.10	2:45.10	2:35.80	2:34.80	2:40.50	2:37.70
	SC	2:57.00	2:53.70	3:02.40	2:51.70	2:50.60	2:46.00	2:47.10	2:43.00	2:33.60	2:32.60	2:38.40	2:35.50
50 Fly	LC	37.70	37.00	37.20	36.90	36.10	35.60	35.50	35.20	32.30	32.00	33.00	32.60
	SC	37.20	36.50	36.70	36.40	35.60	35.10	35.00	34.70	31.70	31.40	32.35	32.00
100 Fly	LC	1:29.50	1:26.80	1:30.00	1:28.10	1:26.70	1:22.50	1:23.20	1:21.90	1:14.80	1:13.90	1:16.50	1:14.40
	SC	1:28.60	1:25.90	1:29.10	1:27.20	1:25.80	1:21.60	1:22.30	1:21.00	1:13.80	1:12.90	1:15.50	1:13.40
200 Fly	LC	3:22.00	3:17.30	3:38.00	3:27.50	3:21.60	3:13.10	3:12.20	3:03.50	2:51.90	2:44.60	2:56.80	2:54.40
	SC	3:20.40	3:15.70	3:36.50	3:26.00	3:20.00	3:11.50	3:10.50	3:01.80	2:50.10	2:42.70	2:55.00	2:52.60
50 Breast	LC	44.90	44.20	44.30	43.80	42.30	41.40	41.90	41.30	38.20	38.00	39.10	38.30
	SC	44.20	43.50	43.60	43.10	41.50	40.60	41.10	40.50	37.40	37.20	38.30	37.50
100 Breast	LC	1:41.70	1:38.60	1:37.20	1:35.80	1:32.60	1:31.70	1:31.90	1:30.00	1:24.30	1:22.50	1:24.80	1:23.40
	SC	1:40.50	1:37.30	1:35.90	1:34.50	1:31.20	1:30.30	1:30.50	1:28.60	1:22.80	1:21.00	1:23.30	1:21.90
200 Breast	LC	3:28.50	3:23.40	3:25.30	3:22.70	3:17.60	3:14.70	3:16.90	3:12.80	3:03.10	2:59.80	3:01.70	2:57.20
	SC	3:25.90	3:20.80	3:22.70	3:20.10	3:14.90	3:12.00	3:14.20	3:10.00	3:00.20	2:56.80	2:58.80	2:54.20
200 IM	LC	3:01.10	2:59.50	3:01.30	2:58.00	2:53.90	2:51.90	2:53.50	2:52.20	2:38.80	2:36.40	2:43.60	2:40.90
	SC	2:58.90	2:57.30	2:59.10	2:55.80	2:51.60	2:49.60	2:51.20	2:49.90	2:36.30	2:33.90	2:41.20	2:38.40
400 IM	LC	7:19.00	7:04.20	6:37.50	6:26.30	6:28.90	6:13.50	6:11.00	6:03.90	5:48.60	5:43.50	5:49.40	5:45.40
	SC	7:15.00	7:00.00	6:33.00	6:21.70	6:24.30	6:08.80	6:06.20	5:59.00	5:43.50	5:38.30	5:44.30	5:40.30

Qualifying Window will be 1st June 2025 - 8th April 2026

South West Regional Qualifying Time 2026

		Youth															
		15				16				17				18+			
		Male/Open		Female		Male/Open		Female		Male/Open		Female		Male/Open		Female	
		CQT	QT	CQT	QT	CQT	QT	CQT	QT	CQT	QT	CQT	QT	CQT	QT	CQT	QT
50 FC	LC	28.00	27.70	29.80	29.50	27.20	26.80	29.10	28.90	26.30	25.80	28.80	28.60	25.50	25.30	28.60	28.50
	SC	27.20	26.90	29.10	28.80	26.40	26.00	28.40	28.20	25.50	25.00	28.10	27.90	24.70	24.50	27.90	27.80
100 FC	LC	1.00.90	1.00.50	1.04.50	1.03.80	58.10	57.50	1.03.60	1.02.90	56.70	55.60	1.02.80	1.01.90	55.50	55.00	1.02.10	1.01.60
	SC	59.50	59.10	1.03.20	1.02.50	56.60	56.00	1.02.30	1.01.60	55.20	54.10	1.01.40	1.00.50	54.00	53.50	1.00.70	1.00.20
200 FC	LC	2.13.20	2.10.20	2.20.50	2.18.60	2.07.40	2.03.80	2.17.40	2.15.80	2.04.40	2.02.50	2.12.70	2.10.40	2.01.30	1.58.50	2.12.70	2.10.40
	SC	2.10.60	2.07.50	2.18.00	2.16.10	2.04.70	2.01.00	2.14.90	2.13.20	2.01.60	1.59.60	2.10.10	2.07.70	1.58.40	1.55.50	2.10.10	2.07.70
400 FC	LC	4.43.00	4.37.90	4.55.80	4.53.40	4.33.20	4.28.50	4.50.90	4.47.80	4.26.70	4.25.10	4.44.00	4.38.00	4.22.40	4.19.00	4.44.00	4.38.00
	SC	4.38.00	4.32.80	4.51.00	4.48.60	4.28.00	4.23.20	4.46.00	4.42.90	4.21.40	4.19.80	4.39.00	4.32.90	4.17.00	4.13.50	4.39.00	4.32.90
800 FC	LC	9.47.40		10.14.50		9.30.70		10.08.80		9.16.30		9.39.50		9.10.60		9.39.50	
	SC	Long Course - Consideration Times															
1500 FC	LC	18.30.00		19.15.00		17.50.00		19.15.00		17.40.00		19.15.00		17.40.00		19.15.00	
	SC	Long Course - Consideration Times															
50 Back	LC	32.00	31.50	34.00	33.50	31.10	30.50	33.40	32.90	30.50	30.10	32.90	32.60	30.00	29.40	32.30	32.00
	SC	31.30	30.80	33.40	32.90	30.40	29.80	32.80	32.30	29.80	29.40	32.30	32.00	29.30	28.70	31.70	31.30
100 Back	LC	1.08.70	1.07.80	1.12.60	1.12.00	1.06.60	1.05.70	1.11.20	1.10.80	1.05.90	1.05.00	1.10.20	1.09.30	1.03.40	1.01.90	1.10.20	1.09.30
	SC	1.07.50	1.06.60	1.11.50	1.10.80	1.05.40	1.04.40	1.10.00	1.09.60	1.04.60	1.03.70	1.09.00	1.08.10	1.02.10	1.00.60	1.09.00	1.08.10
200 Back	LC	2.26.40	2.23.40	2.36.90	2.35.30	2.23.80	2.21.80	2.32.80	2.28.20	2.23.30	2.21.90	2.31.00	2.28.30	2.23.30	2.21.90	2.31.00	2.28.30
	SC	2.24.00	2.21.00	2.34.70	2.33.10	2.21.40	2.19.40	2.30.60	2.25.90	2.20.90	2.19.50	2.28.70	2.26.00	2.20.90	2.19.50	2.28.70	2.26.00
50 Fly	LC	30.50	30.10	32.40	32.10	29.30	28.90	32.20	31.60	28.70	28.30	31.70	31.40	27.70	27.30	30.70	30.30
	SC	29.90	29.50	31.80	31.50	28.60	28.20	31.60	31.00	28.00	27.60	31.10	30.80	27.00	26.60	30.10	29.70
100 Fly	LC	1.09.40	1.08.60	1.13.60	1.11.90	1.06.30	1.04.80	1.11.50	1.09.70	1.05.00	1.03.80	1.12.20	1.11.40	1.01.80	1.01.00	1.09.50	1.08.10
	SC	1.08.30	1.07.50	1.12.60	1.10.80	1.05.10	1.03.60	1.10.40	1.08.60	1.03.80	1.02.60	1.11.10	1.10.30	1.00.60	59.70	1.08.40	1.07.00
200 Fly	LC	2.40.00	2.32.40	2.47.90	2.43.50	2.35.10	2.32.90	2.44.20	2.38.70	2.34.20	2.24.70	2.52.80	2.50.00	2.28.10	2.15.30	2.52.80	2.43.30
	SC	2.38.00	2.30.30	2.46.00	2.41.60	2.33.00	2.30.80	2.42.30	2.36.70	2.32.10	2.22.50	2.51.00	2.48.10	2.26.00	2.13.00	2.51.00	2.41.30
50 Breast	LC	35.90	35.10	38.60	38.00	34.70	33.60	38.40	37.30	34.60	33.60	37.50	36.60	33.10	32.90	37.41	36.50
	SC	35.00	34.20	37.80	37.20	33.80	32.70	37.60	36.40	33.70	32.70	36.70	35.70	32.10	31.90	36.60	35.60
100 Breast	LC	1.19.80	1.18.20	1.24.30	1.23.10	1.15.80	1.13.80	1.22.30	1.21.10	1.15.50	1.13.10	1.22.00	1.21.00	1.13.40	1.11.80	1.22.00	1.21.00
	SC	1.18.20	1.16.60	1.22.80	1.21.60	1.14.10	1.12.10	1.20.80	1.19.50	1.13.80	1.11.40	1.20.40	1.19.40	1.11.70	1.10.00	1.20.40	1.19.40
200 Breast	LC	2.52.40	2.45.30	3.00.80	2.55.00	2.44.20	2.41.30	3.00.80	2.55.60	2.45.30	2.38.80	2.54.00	2.49.90	2.41.70	2.36.00	2.54.00	2.49.90
	SC	2.49.30	2.42.10	2.57.80	2.52.00	2.41.00	2.38.00	2.57.80	2.52.60	2.42.10	2.35.40	2.50.90	2.46.80	2.38.40	2.32.60	2.50.90	2.46.80
200 IM	LC	2.28.40	2.27.10	2.38.50	2.35.90	2.23.40	2.20.70	2.36.10	2.34.60	2.22.00	2.20.30	2.30.10	2.28.70	2.17.60	2.14.90	2.30.10	2.28.70
	SC	2.25.70	2.24.40	2.36.00	2.33.40	2.20.60	2.17.90	2.33.60	2.32.00	2.19.20	2.17.50	2.27.50	2.26.00	2.14.70	2.12.00	2.27.50	2.26.00
400 IM	LC	5.31.10	5.26.40	5.39.30	5.37.00	5.20.00	5.09.50	5.34.30	5.26.80	5.12.70	5.02.50	5.35.00	5.26.00	5.09.70	4.51.70	5.35.00	5.26.00
	SC	5.25.70	5.21.00	5.34.10	5.31.70	5.14.50	5.03.80	5.29.00	5.21.40	5.07.00	4.56.60	5.29.70	5.20.60	5.04.00	4.45.60	5.29.70	5.20.60

Qualifying Window will be 1st June 2025 - 8th April 2026