

Swim England Suffolk County  
Championship Qualifying Times 2025

Female							Event	Open						
10 & 11	12	13	14	15	16	17+		10 & 11	12	13	14	15	16	17+
00:43.2	00:35.6	00:32.4	00:31.7	00:30.5	00:30.3	00:28.7	50 Free	00:39.1	00:36.8	00:32.3	00:31.9	00:29.1	00:27.0	00:26.6
01:36.8	01:19.7	01:12.6	01:09.7	01:05.9	01:05.4	01:02.0	100 Free	01:27.6	01:24.2	01:11.7	01:09.9	01:05.0	00:59.5	00:57.2
03:25.1	02:58.6	02:42.6	02:33.4	02:22.3	02:20.1	02:17.6	200 Free	03:16.2	03:06.0	02:39.2	02:32.0	02:21.7	02:11.0	02:05.8
07:39.5	06:40.1	05:51.2	05:37.5	05:07.4	04:59.7	04:57.3	400 Free	07:24.0	06:40.1	05:38.6	05:28.2	05:05.0	04:41.8	04:26.5
	13:56.3	12:31.0	11:50.0	11:03.9	10:47.4	10:42.1	800 Free		13:56.3	12:31.7	11:50.0	11:00.8	10:12.0	09:52.3
	27:00.0	24:46.9	22:50.0	21:34.6	21:02.4	20:52.1	1500 Free		27:00.0	24:46.9	22:50.0	21:28.6	19:53.3	19:12.2
00:46.7	00:41.5	00:39.1	00:37.3	00:35.8	00:35.3	00:33.3	50 Back	00:46.9	00:43.4	00:37.8	00:36.6	00:33.6	00:32.6	00:31.7
01:44.6	01:33.0	01:27.6	01:21.3	01:17.3	01:16.2	01:11.9	100 Back	01:35.6	01:33.9	01:21.0	01:19.5	01:12.6	01:10.9	01:07.5
03:54.3	03:28.2	03:12.7	02:54.0	02:47.0	02:44.7	02:35.4	200 Back	03:34.0	03:25.7	03:08.0	02:52.7	02:42.0	02:30.7	02:27.6
00:54.5	00:49.1	00:45.6	00:42.2	00:41.3	00:40.9	00:38.5	50 Breast	00:56.8	00:50.2	00:45.8	00:44.0	00:41.4	00:36.5	00:34.9
02:02.1	01:50.0	01:40.4	01:32.8	01:29.3	01:28.3	01:24.7	100 Breast	01:58.7	01:52.4	01:38.8	01:35.0	01:25.0	01:18.9	01:16.0
04:04.2	03:57.6	03:44.9	03:24.2	03:12.8	03:10.8	03:06.3	200 Breast	04:05.0	03:54.8	03:36.9	03:25.3	03:04.7	03:01.7	02:52.1
00:55.1	00:43.3	00:38.2	00:35.9	00:33.9	00:32.9	00:31.5	50 Fly	00:52.9	00:46.3	00:39.8	00:36.6	00:33.7	00:31.0	00:29.5
02:09.6	01:41.8	01:34.7	01:25.3	01:16.9	01:14.6	01:12.6	100 Fly	01:55.0	01:40.2	01:34.0	01:32.1	01:20.0	01:14.0	01:05.6
04:15.1	03:50.0	03:23.0	03:06.0	03:02.6	03:00.0	02:58.5	200 Fly	04:05.0	03:47.0	03:36.3	03:23.0	02:53.4	02:43.0	02:35.3
01:49.7	01:33.2	01:26.2	01:20.9	01:17.8	01:16.7	01:12.6	100 IM	01:48.5	01:37.2	01:25.6	01:23.0	01:15.8	01:11.7	01:06.7
04:01.4	03:28.8	03:16.8	02:58.0	02:48.1	02:45.6	02:36.8	200 IM	04:01.4	03:35.8	03:10.1	03:07.5	02:43.8	02:34.8	02:28.5
	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	06:31.6	06:07.0	05:48.4	05:21.8

Times should have been swum since 1st January 2024  
Age for the Championships is as at 31st December 2025

Final Version

08 May 2024