



L3 Last Chance County Qualifier

20th & 21st December 2025

Licence No. – **3SE25XXXX**

QUALIFYING TIMES - FEMALE

Age of swimmers as of 23:59 21st December 2025. Minimum Age - 9 years

Stroke	Distance	Female (LOWER LIMITS)							
Short Course		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
Freestyle	50m	1:00.00	45.50	42.50	39.90	37.70	36.20	35.20	34.50
Freestyle	100m	1:49.10	1:40.10	1:31.80	1:25.70	1:21.10	1:17.80	1:15.90	1:14.20
Freestyle	200m	3:52.80	3:34.00	3:18.20	3:04.70	2:54.30	2:47.60	2:43.20	2:39.80
Freestyle	400m	8:59.92	8:19.63	7:12.87	6:43.66	6:15.35	5:53.22	5:41.14	5:32.39
Breaststroke	50m	1:15.00	58.80	54.30	50.60	47.60	45.50	44.20	43.40
Breaststroke	100m	2:20.30	2:08.00	1:56.40	1:48.50	1:41.60	1:36.70	1:34.50	1:32.90
Breaststroke	200m	4:54.90	4:32.70	4:09.80	3:52.90	3:38.20	3:28.80	3:23.70	3:20.30
Backstroke	50m	1:00.00	51.70	48.10	45.10	42.60	40.80	39.80	38.90
Backstroke	100m	2:02.90	1:52.20	1:42.50	1:35.20	1:29.70	1:26.10	1:23.60	1:22.10
Backstroke	200m	4:16.60	3:58.30	3:37.20	3:23.00	3:12.20	3:04.50	2:58.90	2:55.10
Butterfly	50m	1:15.00	49.90	46.50	43.50	41.00	39.30	38.10	37.40
Butterfly	100m	2:08.80	1:52.60	1:42.10	1:34.60	1:29.30	1:25.20	1:23.30	1:21.60
Butterfly	200m	4:41.50	4:09.30	3:45.00	3:27.80	3:15.10	3:06.40	3:01.00	2:57.70
Medley	100m	1:59.38	1:50.10	1:41.35	1:34.37	1:29.30	1:25.58	1:23.36	1:21.57
Medley	200m	4:23.50	4:03.01	3:43.70	3:28.30	3:17.10	3:08.90	3:04.00	3:00.06
Medley	400m	10:18.10	9:31.95	8:48.52	8:14.79	7:40.11	6:57.86	6:37.80	6:17.96

Stroke	Distance	Female (UPPER LIMITS)
Short Course		9 - 16+yrs
Freestyle	50m	22.83
Freestyle	100m	50.25
Freestyle	200m	1:50.31
Freestyle	400m	3:50.25
Breaststroke	50m	28.37
Breaststroke	100m	1:02.36
Breaststroke	200m	2:12.50
Backstroke	50m	25.23
Backstroke	100m	54.02
Backstroke	200m	1:58.04
Butterfly	50m	23.94
Butterfly	100m	52.71
Butterfly	200m	1:59.32
Medley	100m	55.11
Medley	200m	2:01.63
Medley	400m	4:15.48

No-Time Entries will only be considered after all other entries have been processed.

The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the Female category, a swimmer confirms that their birth sex is female.