



# L3 Regional Qualifier

## 28<sup>th</sup> & 29<sup>th</sup> March 2026

### Licence No. – 3SE260561

## QUALIFYING TIMES – FEMALE

Age of swimmers as of 23:59 29<sup>th</sup> March 2026. Minimum Age - 9 years

Stroke	Distance	Female (LOWER LIMITS)							
Short Course		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
Freestyle	50m	1:00.00	45.50	42.50	39.90	37.70	36.20	35.20	34.50
	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
	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
Breaststroke	50m	1:15.00	58.80	54.30	50.60	47.60	45.50	44.20	43.40
	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
	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
	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
	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
	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
	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	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

Stroke	Distance	Female (UPPER LIMITS)							
Short Course		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
Freestyle	50m	30.40	30.40	30.40	29.90	29.20	28.50	27.60	27.50
	100m	1:06.50	1:06.50	1:06.50	1:04.60	1:02.70	1:01.30	59.90	59.80
	200m	2:25.00	2:25.00	2:25.00	2:19.90	2:16.30	2:12.10	2:10.20	2:07.40
Breaststroke	50m	39.40	39.40	39.40	38.50	37.70	36.50	35.50	35.50
	100m	1:26.60	1:26.60	1:26.60	1:23.00	1:22.30	1:19.80	1:16.90	1:16.80
	200m	3:07.20	3:07.20	3:07.20	2:58.80	2:56.60	2:50.30	2:46.30	2:46.20
Backstroke	50m	34.80	34.80	34.80	33.40	33.20	32.70	31.20	31.10
	100m	1:15.10	1:15.10	1:15.10	1:13.70	1:12.10	1:09.60	1:07.70	1:06.60
	200m	2:39.70	2:39.70	2:39.70	2:35.30	2:31.80	2:28.49	2:26.10	2:24.80
Butterfly	50m	33.30	33.30	33.30	33.10	32.10	30.80	30.00	29.80
	100m	1:15.60	1:15.60	1:15.60	1:15.60	1:10.90	1:08.80	1:06.20	1:06.10
	200m	2:54.10	2:54.10	2:54.10	2:54.10	2:39.50	2:34.70	2:29.40	2:28.20
Medley	200m	2:45.60	2:45.60	2:45.60	2:38.80	2:35.00	2:32.40	2:28.10	2:28.10

*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.*