



L3 Regional Qualifier

28th & 29th March 2026

Licence No. – 3SE260561

QUALIFYING TIMES – OPEN / MALE

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

Stroke	Distance	Open / Male (LOWER LIMITS)							
		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
Freestyle	50m	1:00.00	45.30	42.30	39.70	37.00	34.40	32.40	31.20
	100m	1:49.00	1:39.30	1:31.90	1:25.70	1:19.60	1:14.10	1:10.10	1:07.50
	200m	3:54.00	3:35.40	3:19.90	3:06.90	2:53.90	2:41.60	2:33.30	2:27.10
Breaststroke	50m	1:15.00	58.80	54.50	50.80	46.80	43.50	40.90	39.20
	100m	2:21.30	2:08.50	1:57.50	1:49.40	1:40.70	1:33.50	1:28.00	1:24.40
	200m	4:56.10	4:35.40	4:13.10	3:56.40	3:38.30	3:22.20	3:10.70	3:03.80
Backstroke	50m	1:00.00	51.80	48.20	45.40	41.90	39.20	36.70	35.10
	100m	2:02.20	1:52.50	1:42.80	1:36.20	1:28.90	1:22.40	1:17.60	1:14.60
	200m	4:17.50	3:58.10	3:40.40	3:26.40	3:11.40	2:57.50	2:47.50	2:41.40
Butterfly	50m	1:15.00	50.30	46.50	43.80	40.60	37.60	35.20	33.90
	100m	2:08.90	1:53.40	1:42.70	1:35.50	1:28.30	1:21.70	1:16.70	1:14.00
	200m	4:42.60	4:09.10	3:45.80	3:30.80	3:15.10	3:01.00	2:48.80	2:43.30
Medley	200m	4:24.00	4:04.70	3:45.80	3:31.40	3:16.80	3:02.00	2:51.90	2:45.60

Stroke	Distance	Open / Male (UPPER LIMITS)							
		9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16+ yrs
Freestyle	50m	30.10	30.10	30.10	28.90	27.90	26.20	25.50	24.20
	100m	1:06.40	1:06.40	1:06.40	1:02.90	1:00.10	56.40	55.00	52.60
	200m	2:24.10	2:24.10	2:24.10	2:16.70	2:11.30	2:05.50	2:01.00	1:56.60
Breaststroke	50m	40.10	40.10	40.10	38.50	36.50	34.30	32.10	31.30
	100m	1:28.40	1:28.40	1:28.40	1:25.20	1:18.40	1:15.10	1:09.60	1:08.90
	200m	3:08.30	3:08.30	3:08.30	3:01.60	2:49.70	2:42.40	2:34.30	2:32.60
Backstroke	50m	35.00	35.00	35.00	33.70	32.50	30.50	29.20	28.80
	100m	1:15.80	1:15.80	1:15.80	1:12.40	1:09.70	1:04.90	1:02.90	1:01.60
	200m	2:40.70	2:40.70	2:40.70	2:34.00	2:28.40	2:20.70	2:16.80	2:13.10
Butterfly	50m	33.50	33.50	33.50	32.60	31.00	29.20	27.60	26.70
	100m	1:16.40	1:16.40	1:16.40	1:15.30	1:09.60	1:04.10	1:00.90	59.30
	200m	2:54.60	2:54.60	2:54.60	2:54.60	2:35.50	2:26.00	2:19.70	2:17.90
Medley	200m	2:38.20	2:38.20	2:38.20	2:35.70	2:30.30	2:19.60	2:13.90	2:12.00