

EALING SWIMMING CLUB

2026 Regional Qualifier

Under Swim England Laws and Swim England Technical Rules at Level 3 under no: 3LR260052

Saturday 28 February & Sunday 1 March 2026

The Northolt Leisure Centre, Eastcote Lane North, Northolt, Middx UB5 4AB

***Qualifying times should be equal to or slower than times shown**

OPEN/MALE

EVENT	9/10	11	12	13	14	15	16+
50m Freestyle	29.26	28.42	26.88	25.40	24.52	23.00	21.15
100m Freestyle	1.05.48	1.01.71	58.76	55.29	53.50	52.00	50.25
200m Freestyle	2.20.17	2.11.43	2.08.40	2.00.60	1.55.07	1.52.10	1.48.90
400m Freestyle	4.57.17	4.37.89	4.35.23	4.15.12	4.01.46	3.58.31	3.56.31
50m Breaststroke	38.79	36.90	33.54	32.46	31.62	29.64	27.11
100m Breaststroke	1.26.45	1.21.09	1.13.66	1.08.62	1.06.89	1.04.70	1.00.00
200m Breaststroke	3.08.41	2.56.30	2.42.03	2.31.59	2.26.55	2.18.59	2.08.59
50m Butterfly	31.64	31.14	28.80	27.69	25.96	24.86	22.51
100m Butterfly	1.11.71	1.08.54	1.04.49	1.00.09	58.85	55.54	50.31
200m Butterfly	2.42.47	2.23.81	2.26.50	2.13.32	2.04.81	2.02.97	1.58.80
50m Backstroke	33.15	32.57	29.46	28.58	27.73	26.78	24.35
100m Backstroke	1.12.01	1.09.96	1.05.66	1.01.78	58.58	56.94	52.21
200m Backstroke	2.37.44	2.30.57	2.17.77	2.15.59	2.04.10	2.03.07	1.53.95
100IM	1.14.33	1.10.79	1.06.97	1.03.24	1.01.65	58.22	55.37
200IM	2.38.74	2.28.11	2.25.61	2.16.65	2.07.92	2.05.64	1.57.32
400IM	5.14.65	5.01.86	4.42.10	4.31.50	4.20.50	4.18.23	4.11.96

FEMALE

EVENT	9/10	11	12	13	14	15	16+
50m Freestyle	30.25	28.29	27.80	27.20	26.19	25.39	23.00
100m Freestyle	1.10.16	1.05.20	1.00.07	58.35	57.41	56.20	52.00
200m Freestyle	2.28.44	2.14.97	2.09.98	2.03.02	2.02.58	2.00.72	1.56.09
400m Freestyle	5.14.57	4.43.90	4.33.36	4.19.47	4.13.70	4.12.22	4.04.40
50m Breaststroke	39.13	35.09	34.79	33.33	33.06	31.96	30.03
100m Breaststroke	1.26.35	1.20.41	1.17.96	1.12.48	1.10.56	1.09.23	1.07.40
200m Breaststroke	3.04.96	2.48.13	2.42.78	2.38.66	2.34.07	2.30.79	2.23.69
50m Butterfly	33.67	32.13	30.70	28.92	27.95	27.54	25.00
100m Butterfly	1.17.21	1.12.13	1.06.39	1.03.86	1.02.41	59.70	58.69
200m Butterfly	2.52.55	2.41.79	2.32.71	2.18.54	2.16.88	2.12.51	2.08.00
50 Backstroke	35.09	31.44	30.39	29.68	29.56	28.11	27.00
100m Backstroke	1.16.83	1.10.98	1.06.41	1.03.00	1.02.27	1.00.56	57.00
200m Backstroke	2.39.95	2.25.21	2.22.25	2.16.76	2.13.37	2.12.08	2.05.00
100m IM	1.20.21	1.12.30	1.09.20	1.06.12	1.05.94	1.03.40	1.02.18
200m IM	2.48.26	2.30.35	2.25.58	2.20.26	2.19.40	2.16.32	2.09.51
400IM	5.18.49	5.02.69	4.53.69	4.46.36	4.38.91	4.35.65	4.32.30