Swim England East Region
2022 Short Course Championships (25m)

(Under ASA Swim England Regulations and Technical Rules)
4 - 6 November 2022 at Inspire: Luton Sports Village

QUALIFYING STANDARDS
Pool Length - 25m

MEN	EVENT	WOMEN
Qualifying Time		**Qualifying Time**
26.25	**50m Freestyle**	28.75
57.00	**100m Freestyle**	1:02.00
2:05.00	**200m Freestyle**	2:15.00
4:20.00	**400m Freestyle**	4:40.00
	800m Freestyle	10:05.00
18:11.00	**1500m Freestyle**	
30.00	**50m Backstroke**	32.50
1:06.00	**100m Backstroke**	1:10:00
2:23.00	**200m Backstroke**	2:32.00
33.00	**50m Breaststroke**	37.00
1:14.00	**100m Breaststroke**	1:19.00
2:42.00	**200m Breaststroke**	2:53.00
28.25	**50m Butterfly**	31.50
1:03.00	**100m Butterfly**	1:10.00
2:28.00	**200m Butterfly**	2:38.00
1:06.00	**100m I.M.**	1:11.50
2:23.00	**200m I.M.**	2:34.00
5:10.00	**400m I.M.**	5:26.00

➢ **All times to be achieved between 1st January 2021 and the closing date**

➢ **Closing Date for Entries: Wednesday 19th October 2022 (Midnight)**

➢ **Long Course Conversions accepted, using Sportsystems converter only**

➢ **Times permitted from meets licensed at levels 1, 2 and 3.**

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Para-Swimming Championships Qualifying Standards

Male	Event and Category	Female	Male	Event and Category	Female
50m FREESTYLE			**400m FREESTYLE**		
02:22.93	**S1**	02:14.58	08:18.02	**S6**	09:13.79
01:39.28	**S2**	02:05.28	07:57.76	**S7**	08:39.95
01:12.96	**S3**	01:31.14	07:18.40	**S8**	08:02.70
01:03.36	**S4**	01:21.14	06:59.98	**S9**	07:43.15
00:55.81	**S5**	01:01.65	06:44.85	**S10**	07:27.39
00:48.29	**S6**	00:55.57	07:36.72	**S11**	09:01.81
00:45.44	**S7**	00:53.92	06:46.05	**S12**	07:33.60
00:43.70	**S8**	00:50.64	06:45.79	**S13**	07:28.96
00:42.18	**S9**	00:47.06	06:57.44	**S14**	08:05.07
00:37.87	**S10**	00:44.80	**50m BACKSTROKE**		
00:42.93	**S11**	00:50.98	02:15.84	**S1**	03:37.46
00:38.86	**S12**	00:45.26	01:36.88	**S2**	01:47.66
00:38.77	**S13**	00:45.42	01:21.84	**S3**	01:31.39
00:40.64	**S14**	00:45.66	01:13.04	**S4**	01:25.97
100m FREESTYLE			01:03.42	**S5**	01:12.43
04:19.14	**S1**	06:39.41	**100m BACKSTROKE**		
03:55.10	**S2**	05:47.54	04:39.12	**S1**	07:10.90
02:42.99	**S3**	02:49.78	03:29.23	**S2**	04:02.24
02:19.09	**S4**	02:48.96	01:59.89	**S6**	02:20.40
02:02.69	**S5**	02:14.42	01:58.35	**S7**	02:15.84
01:48.50	**S6**	02:00.08	01:45.54	**S8**	02:07.66
01:41.23	**S7**	01:56.77	01:44.38	**S9**	01:53.09
01:33.57	**S8**	01:48.74	01:38.53	**S10**	01:49.54
01:31.44	**S9**	01:42.43	01:51.34	**S11**	02:16.29
01:25.09	**S10**	01:37.98	01:38.18	**S12**	01:59.15
01:35.92	**S11**	01:54.78	01:37.76	**S13**	01:56.61
01:25.23	**S12**	01:37.81	01:36.67	**S14**	01:46.80
01:25.10	**S13**	01:37.47	**50m BUTTERFLY**		
01:28.86	**S14**	01:37.60	00:00.00	**S1**	00:00.00
200m FREESTYLE			03:50.69	**S2**	03:43.66
12:11.84	**S1**	10:35.89	02:18.56	**S3**	02:07.49
07:02.72	**S2**	10:14.24	01:14.03	**S4**	02:44.30
05:44.30	**S3**	06:24.38	00:58.50	**S5**	01:14.70
04:59.23	**S4**	06:15.60	00:50.00	**S6**	01:01.07
04:23.70	**S5**	04:53.74	00:48.82	**S7**	00:59.17
03:07.31	**S14**	03:20.98	**100m BUTTERFLY**		
50m BREASTSTROKE			01:41.06	**S8**	01:58.72
03:26.32	**SB1**	03:37.31	01:37.18	**S9**	01:51.71
01:36.90	**SB2**	02:17.62	01:32.08	**S10**	01:50.94
01:21.57	**SB3**	01:41.07	01:41.04	**S11**	02:24.32
100m BREASTSTROKE			01:33.28	**S12**	01:49.90
02:37.36	**SB4**	03:13.26	01:33.46	**S13**	01:50.77
02:30.93	**SB5**	03:01.28	01:36.91	**S14**	01:51.95
02:12.99	**SB6**	02:39.41	**200m IM**		
02:06.13	**SB7**	02:36.16	05:39.42	**SM5**	05:53.89
01:55.74	**SB8**	02:11.15	04:18.94	**SM6**	05:07.71
01:50.37	**SB9**	02:07.25	04:16.72	**SM7**	04:59.04
01:59.50	**SB11**	02:28.05	03:55.02	**SM8**	04:34.34
01:49.57	**SB12**	02:17.98	03:46.34	**SM9**	04:14.26
01:49.18	**SB13**	02:08.72	03:32.00	**SM10**	04:03.23
01:48.78	**SB14**	02:04.85	04:01.81	**SM11**	04:42.86
			03:36.62	**SM12**	04:21.30
			03:36.40	**SM13**	04:03.70
			03:37.30	**SM14**	03:53.25