team luton

Swim England Affiliated Club

Autumn Short Course Meet 2026

Licensed by Swim England for entry into Regional Championships at Level 3 under No 3ER261451

Saturday 17 & Sunday 18 October 2026

Upper Cut-off Times

Ages as at 18 October 2026

SHORT COURSE TIMES

OPEN/MALE		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15 yrs	16yrs/ov
50m Freestyle	Upper	35.0	32.0	30.0	28.5	26.0	25.5	24.4	24.1
	Lower								
100m Freestyle	Upper	1:25.0	1:10.5	1:05.4	59.8	57.2	53.9	53.0	52.0
	Lower								
200m Freestyle	Upper	2:55.0	2:35.0	2:22.0	2:12.8	2:06.5	2:00.2	1:55.0	1:54.0
	Lower								
400m Freestyle	Upper	6:21.8	5:29.9	5:01.0	4:43.0	4:26.0	4:16.0	4:10.0	4:05.0
	Lower								
800m Freestyle	Upper		13:00.0	10.30.0	10:00.0	09:30.0	09:10.0	08.50.0	08:47.0
	Lower								
1500m Freestyle	Upper		25:00.0	20:32.0	19:00.5	17:35.2	16:35.7	16.32.0	16:29.9
	Lower								
50m Breaststroke	Upper	47.1	43.0	38.8	36.3	33.9	32.5	31.0	30.7
	Lower								
100m Breaststroke	Upper	1:50.3	1:35.3	1:25.0	1:19.3	1:14.4	1:10.0	1:07.5	1:06.2
	Lower								
200m Breaststroke	Upper	3:20.0	3.10.0	3:04.0	2:48.5	2:39.2	2:32.8	2:30.0	2:25.7
	Lower								
50m Butterfly	Upper	40.2	35.8	32.9	31.1	29.0	27.7	26.6	26.0
	Lower								
100m Butterfly	Upper	1:38.2	1:24.2	1:14.0	1:07.2	1:04.1	1:00.0	0.58.0	0.57.5
	Lower								
200m Butterfly	Upper	3:10.3	2:56.3	2:49.3	2:35.0	2:20.0	2:15.0	2:11.0	2:09.0
	Lower								
50m Backstroke	Upper	41.0	37.7	34.5	32.4	30.2	28.9	27.7	27.3
	Lower								
100m Backstroke	Upper	1:30.5	1:20.3	1:15.0	1:10.3	1:06.2	1:01.0	0:59.0	0:57.0
	Lower								
200m Backstroke	Upper	2:57.8	2:50.0	2:40.0	2:26.4	2:19.0	2:10.0	2:07.0	2:06.1
	Lower								
200m Individual Medley	Upper	3:16.6	2:58.4	2:42.6	2:32.6	2:22.3	2:16.5	2:11.5	2:09.0
	Lower								
400m Individual Medley	Upper	7:00.0	6:32.2	5:45.3	5:21.5	5:02.8	4:51.0	4:41.9	4:36.0
	Lower								

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SHORT COURSE TIMES

FEMALE		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15 yrs	16yrs/ov
50m Freestyle	Upper	35.4	32.5	30.0	29.0	28.0	27.3	27.1	26.7
	Lower								
100m Freestyle	Upper	1:15.2	1:09.0	1:05.0	1:04.3	1:03.0	1:02.0	1:00.0	58.0
	Lower								
200m Freestyle	Upper	2:37.5	2:30.8	2:24.0	2:18.9	2:15.2	2:10.5	2:06.0	2:05.6
	Lower								
400m Freestyle	Upper	6:29.7	5:28.2	5:03.0	4:50.4	4:37.5	4:30.0	4:29.5	4:25.6
	Lower								
800m Freestyle	Upper		10:45.0	10.29.0	10:00.0	9:45.0	9:35.0	9:16.0	9:12.5
	Lower								
1500m Freestyle	Upper		23:00.0	20.50.0	20:00.0	19:15.0	18:50.0	18:20.0	18:08.5
	Lower								
50m Breaststroke	Upper	47.6	42.5	38.8	36.6	35.1	34.4	34.2	33.9
	Lower								
100m Breaststroke	Upper	1:40.4	1:33.4	1:25.0	1:20.3	1:16.8	1:15.1	1:14.0	1:12.9
	Lower								
200m Breaststroke	Upper	3:20.5	3:10.5	3:02.0	2:56.4	2:49.8	2:44.9	2:40.7	2:39.6
	Lower								
50m Butterfly	Upper	40.7	35.8	33.1	31.5	30.2	29.7	28.9	28.8
	Lower								
100m Butterfly	Upper	1:23.4	1:18.4	1:15.3	1:13.0	1:10.6	1:07.8	1:05.0	1:04.0
	Lower								
200m Butterfly	Upper	3:05.0	2:54.0	2:50.0	2:42.9	2:35.8	2:30.7	2:24.0	2:21.8
	Lower								
50m Backstroke	Upper	41.02	37.3	34.0	32.7	31.5	30.6	30.2	29.6
	Lower								
100m Backstroke	Upper	1:25.3	1:18.3	1:14.4	1:09.5	1:07.9	1:05.5	1:04.0	1:03.0
	Lower								
200m Backstroke	Upper	2:54.2	2:45.7	2:39.0	2:32.5	2:28.5	2:24.4	2:20.5	2:19.0
	Lower								
200m Individual Medley	Upper	3:16.3	2:56.0	2:41.6	2:34.1	2:28.9	2:24.7	2:22.8	2:21.4
	Lower								
400m Individual Medley	Upper	7:00.0	6:23.7	5:42.6	5:28.2	5:13.8	5:07.1	5:03.4	5:02.0
	Lower								