



## Essex Winter Short Course Championship Entry times (25m) pool

*Age at 31.12.2023.*

*Times to be achieved from 1.09.2022 and before 31.10.2023.*

Male/Open	Event	Female
00:28.10	50m Freestyle	00:30.70
01:00.00	100m Freestyle	01:06.30
02:10.30	200m Freestyle	02:21.80
04:31.00	400m Freestyle	04:46.30
09:26.50	800m Freestyle	09:55.00
17:50.00	1500m Freestyle	18:36.70
00:32.38	50m Backstroke	00:35.05
01:08.80	100m Backstroke	01:15.05
02:30.50	200m Backstroke	02:40.50
00:35.00	50m Breaststroke	00:39.50
01:18.50	100m Breaststroke	01:27.40
02:52.00	200m Breaststroke	03:04.40
00:30.05	50m Butterfly	00:34.25
01:08.00	100m Butterfly	01:17.50
02:44.00	200m Butterfly	03:04.50
01:13.00	100m IM	01:18.80
02:29.00	200m IM	02:42.70
05:13.70	400m IM	05:38.30

*These qualifying times will be reviewed two months before the championships. If there are too few qualifiers, the times will be amended but not made faster.*