

2026 SWIM ENGLAND ESSEX COUNTY AGE GROUP CHAMPIONSHIPS

Age at 31/12/2026

SHORT COURSE CONSIDERATION TIMES

All times must be recorded in British Rankings at levels 1-4 - conversions from long course times are allowed using Sportsystems converter

Times must be achieved between the **19/12/24** and the closing date **19/12/25**

Male/Open consideration times								Event	Female consideration times							
10 & 11	12	13	14	15	16	17	18+		10 & 11	12	13	14	15	16	17	18+
00:36.47	00:35.52	00:33.89	00:31.10	00:29.95	00:27.70	00:27.70	00:27.70	50m Freestyle	00:36.66	00:34.55	00:33.05	00:32.05	00:31.20	00:30.90	00:30.90	00:30.90
01:21.20	01:19.95	01:14.50	01:08.95	01:07.24	01:07.20	01:07.20	01:07.20	100m Freestyle	01:23.30	01:20.30	01:14.95	01:09.40	01:08.35	01:08.20	01:08.20	01:08.20
02:56.60	02:49.65	02:38.00	02:27.75	02:22.05	02:17.60	02:17.60	02:17.60	200m Freestyle	03:00.20	02:51.25	02:43.20	02:28.35	02:25.90	02:25.60	02:25.60	02:25.60
06:03.30	05:53.65	05:39.55	05:15.85	05:13.40	05:05.30	05:05.30	05:05.30	400m Freestyle	06:29.30	05:45.75	05:44.10	05:16.60	05:10.00	05:08.85	05:08.85	05:08.85
	12:49.50	10:58.10	10:35.10	09:57.15	09:36.60	09:36.60	09:36.60	800m Freestyle		13:51.15	13:01.50	12:25.85	11:11.60	10:53.00	10:53.00	10:53.00
	22:40.55	21:57.95	21:10.40	18:57.75	18:50.85	18:50.85	18:50.85	1500m Freestyle		24:30.20	24:26.10	20:23.95	20:20.90	19:39.80	19:39.80	19:39.80
00:42.40	00:41.85	00:38..60	00:35.90	00:35.60	00:33.45	00:33.45	00:33.45	50m Backstroke	00:43.25	00:41.20	00:39.60	00:37.15	00:36.50	00:36.10	00:36.10	00:36.10
01:33.90	01:30.45	01:27.05	01:19.30	01:17.15	01:13.35	01:13.35	01:13.35	100m Backstroke	01:33.50	01:31.75	01:25.70	01:19.35	01:18.90	01:18.60	01:18.60	01:18.60
03:20.30	03:08.05	03:02.40	02:52.75	02:43.90	02:38.90	02:38.90	02:38.90	200m Backstroke	03:41.65	03:18.00	03:06.60	02:50.15	02:49.25	02:46.20	02:46.20	02:46.20
00:48.10	00:48.05	00:46.35	00:43.25	00:40.05	00:37.21	00:37.21	00:37.21	50m Breaststroke	00:49.40	00:47.70	00:44.40	00:42.80	00:42.75	00:42.05	00:42.05	00:42.05
01:48.10	01:46.55	01:42.70	01:33.60	01:28.00	01:27.90	01:27.90	01:27.90	100m Breaststroke	01:48.90	01:46.65	01:39.85	01:35.45	01:34.95	01:33.45	01:33.45	01:33.45
04:12.80	03:43.75	03:36.80	03:17.55	03:14.50	02:55.30	02:55.30	02:55.30	200m Breaststroke	03:50.00	03:48.20	03:30.25	03:21.00	03:18.70	03:17.05	03:17.05	03:17.05
00:43.50	00:40.20	00:38.80	00:33.60	00:32.70	00:31.10	00:31.10	00:31.10	50m Butterfly	00:43.30	00:41.00	00:39.45	00:36.50	00:35.80	00:34.45	00:34.45	00:34.45
01:49.20	01:39.00	01:36.40	01:24.55	01:19.50	01:15.40	01:15.40	01:15.40	100m Butterfly	01:52.80	01:46.50	01:36.40	01:34.55	01:26.35	01:21.50	01:21.50	01:21.50
04:50.00	04:25.90	04:25.00	04:03.95	03:20.00	03:03.90	03:03.90	03:03.90	200m Butterfly	05:00.00	04:41.95	04:34.00	03:38.40	03:37.00	03:36.25	03:36.25	03:36.25
03:20.40	03:04.40	02:57.50	02:41.80	02:37.70	02:37.00	02:37.00	02:37.00	200m IM	03:23.60	03:15.90	03:00.90	02:50.70	02:49.90	02:47.20	02:47.20	02:47.20
	07:11.00	06:33.30	06:22.45	06:20.00	06:13.55	06:13.55	06:13.55	400m IM		07:00.00	06:35.10	06:33.00	06:32.00	06:31.00	06:31.00	06:31.00

The Promoter reserves the right to adjust the number of entries accepted to ensure the smooth running of the championships. If it is necessary to reject entries the slowest entries will be rejected first.