



PROUDLY SPONSORED BY



UPPER CUT OFF TIMES

Entry times must be **equal to or slower than** the times shown below

All times are SC (25m pool) times

****You can find last year's results [here](#) ****

Please do NOT enter any 25m events you are too fast for!

Distance	Stroke	Female	Male / Open
25m	Freestyle	27:00	25:00
	Backstroke	29:00	27:00
	Breaststroke	30:00	28:00
	Butterfly	29:00	27:00
50m	Freestyle	32:00	29:00
	Backstroke	33:00	30:00
	Breaststroke	35:00	32:00
	Butterfly	33:00	30:00
100m	Freestyle	1:05.00	1:00.00
	Backstroke	1:15.00	1:10.00
	Breaststroke	1:20.00	1:15.00
	Butterfly	1:10.00	1:05.00
	Individual Medley	1:15.00	1:10.00
200m	Freestyle	2:25.00	2:20.00
	Backstroke	2:37.00	2:35.00
	Breaststroke	2:39.00	2:37.00
	Butterfly	2:40.00	2:35.00
	Individual Medley	2:35.00	2:30.00
400m	Freestyle	5:10.00	5:00.00
800m	Freestyle	11:00.00	10:00.00
1500m	Freestyle	22:00.00	20:00.00
400m	Medley	5:45.00	5:30.00