

# SPEEDO OPEN MEET 2026

LEVEL 3, LONG COURSE (Licence 3SE260040)

## Qualifying Times (Updated 25.09.25)

Entry times should be Long Course Times or converted to Long Course Times

|            |             | OPEN/MALE |         |          |          |          |          |          |          |          |
|------------|-------------|-----------|---------|----------|----------|----------|----------|----------|----------|----------|
|            |             | 9yrs      | 10yrs   | 11yrs    | 12yrs    | 13yrs    | 14yrs    | 15yrs    | 16yrs    | 17+ yrs  |
| 50 FREE    | Slower Than | 34.00     | 32.00   | 30.00    | 27.00    | 26.00    | 25.00    | 24.00    | 23.00    | 22.00    |
| 100 FREE   | Slower Than | 1:15.00   | 1:11.00 | 1:06.00  | 1:01.00  | 58.00    | 56.00    | 54.00    | 52.00    | 50.00    |
| 200 FREE   | Slower Than | 2:36.00   | 2:34.00 | 2:23.00  | 2:14.00  | 2:07.00  | 2:03.00  | 1:57.00  | 1:54.00  | 1:51.00  |
| 400 FREE   | Slower Than |           | 5:24.00 | 5:05.00  | 4:42.00  | 4:22.00  | 4:20.00  | 4:03.00  | 4:02.00  | 4:00.00  |
| 800 FREE   | Slower Than |           |         | 10:42.00 | 9:41.00  | 9:13.00  | 8:57.00  | 8:30.00  | 8:27.00  | 8:13.00  |
| 1500 FREE  | Slower Than |           |         | 19:18.00 | 18:09.00 | 17:24.00 | 17:19.00 | 15:53.00 | 15:50.00 | 15:43.00 |
| 50 BREAST  | Slower Than | 48.00     | 40.00   | 38.00    | 33.00    | 32.00    | 31.00    | 30.00    | 29.00    | 27.00    |
| 100 BREAST | Slower Than | 1:50.00   | 1:31.00 | 1:24.00  | 1:15.00  | 1:14.00  | 1:09.00  | 1:07.00  | 1:05.00  | 1:00.00  |
| 200 BREAST | Slower Than | 3:20.00   | 3:12.00 | 3:01.00  | 2:38.00  | 2:30.00  | 2:24.00  | 2:18.00  | 2:10.00  | 2:05.00  |
| 50 FLY     | Slower Than | 40.00     | 34.00   | 33.00    | 30.00    | 29.00    | 27.00    | 26.00    | 25.00    | 24.00    |
| 100 FLY    | Slower Than | 1:35.00   | 1:24.00 | 1:15.00  | 1:06.00  | 1:03.00  | 59.00    | 57.00    | 56.00    | 54.00    |
| 200 FLY    | Slower Than | 3:30.00   | 3:25.00 | 2:47.00  | 2:35.00  | 2:21.00  | 2:14.00  | 2:12.00  | 2:08.00  | 2:01.00  |
| 50 BACK    | Slower Than | 41.00     | 37.00   | 35.00    | 32.00    | 31.00    | 29.00    | 26.00    | 26.00    | 25.00    |
| 100 BACK   | Slower Than | 1:30.00   | 1:21.00 | 1:16.00  | 1:10.00  | 1:06.00  | 1:01.00  | 58.00    | 57.00    | 55.00    |
| 200 BACK   | Slower Than | 3:10.00   | 3:00.00 | 2:44.00  | 2:30.00  | 2:21.00  | 2:13.00  | 2:10.00  | 2:07.00  | 2:05.00  |
| 200 IM     | Slower Than | 3:10.00   | 3:01.00 | 2:42.00  | 2:29.00  | 2:23.00  | 2:15.00  | 2:09.00  | 2:06.00  | 2:05.00  |
| 400 IM     | Slower Than |           | 6:00.00 | 5:48.00  | 5:25.00  | 4:58.00  | 4:51.00  | 4:33.00  | 4:30.00  | 4:29.00  |

|            |             | FEMALE  |         |          |          |          |          |          |          |          |
|------------|-------------|---------|---------|----------|----------|----------|----------|----------|----------|----------|
|            |             | 9yrs    | 10yrs   | 11yrs    | 12yrs    | 13yrs    | 14yrs    | 15yrs    | 16yrs    | 17+ yrs  |
| 50 FREE    | Slower Than | 35.00   | 33.00   | 29.00    | 28.00    | 27.00    | 27.00    | 26.00    | 26.00    | 25.00    |
| 100 FREE   | Slower Than | 1:18.00 | 1:15.00 | 1:07.00  | 1:03.00  | 59.00    | 58.00    | 57.00    | 56.00    | 55.00    |
| 200 FREE   | Slower Than | 2:54.00 | 2:46.00 | 2:29.00  | 2:19.00  | 2:08.00  | 2:05.00  | 2:04.00  | 2:01.00  | 2:00.00  |
| 400 FREE   | Slower Than |         | 5:53.00 | 5:03.00  | 4:48.00  | 4:31.00  | 4:25.00  | 4:22.00  | 4:18.00  | 4:17.00  |
| 800 FREE   | Slower Than |         |         | 11:15.00 | 10:05.00 | 9:20.00  | 9:18.00  | 9:13.00  | 9:08.00  | 8:55.00  |
| 1500 FREE  | Slower Than |         |         | 19:43.00 | 18:22.00 | 17:50.00 | 17:48.00 | 17:35.00 | 17:25.00 | 17:00.00 |
| 50 BREAST  | Slower Than | 47.00   | 42.00   | 39.00    | 36.00    | 35.00    | 34.00    | 33.00    | 31.00    | 30.00    |
| 100 BREAST | Slower Than | 1:44.00 | 1:30.00 | 1:28.00  | 1:21.00  | 1:17.00  | 1:14.00  | 1:13.00  | 1:10.00  | 1:10.00  |
| 200 BREAST | Slower Than | 3:38.00 | 3:34.00 | 3:13.00  | 2:56.00  | 2:47.00  | 2:35.00  | 2:32.00  | 2:28.00  | 2:27.00  |
| 50 FLY     | Slower Than | 40.00   | 36.00   | 32.00    | 31.00    | 30.00    | 29.00    | 28.00    | 28.00    | 27.00    |
| 100 FLY    | Slower Than | 1:29.00 | 1:24.00 | 1:18.00  | 1:08.00  | 1:05.00  | 1:04.00  | 1:04.00  | 1:02.00  | 1:01.00  |
| 200 FLY    | Slower Than | 3:29.00 | 3:22.00 | 3:02.00  | 2:39.00  | 2:27.00  | 2:23.00  | 2:20.00  | 2:16.00  | 2:15.00  |
| 50 BACK    | Slower Than | 40.00   | 39.00   | 33.00    | 32.00    | 31.00    | 31.00    | 29.00    | 29.00    | 28.00    |
| 100 BACK   | Slower Than | 1:28.00 | 1:25.00 | 1:16.00  | 1:12.00  | 1:07.00  | 1:05.00  | 1:03.00  | 1:02.00  | 1:02.00  |
| 200 BACK   | Slower Than | 3:06.00 | 2:58.00 | 2:43.00  | 2:34.00  | 2:23.00  | 2:19.00  | 2:14.00  | 2:14.00  | 2:13.00  |
| 200 IM     | Slower Than | 3:08.00 | 2:57.00 | 2:46.00  | 2:33.00  | 2:27.00  | 2:23.00  | 2:22.00  | 2:12.00  | 2:12.00  |
| 400 IM     | Slower Than |         | 6:08.00 | 5:56.00  | 5:33.00  | 5:12.00  | 5:05.00  | 5:02.00  | 4:37.00  | 4:37.00  |