



Affiliated to Swim England South East
www.aruntridents.co.uk

SEPTEMBER SIZZLER 2025

Sunday 28th September

UPPER LIMIT QUALIFYING TIMES

Updated January 2025

Male/Open	9	10	11	12	13	14	15	16
50m Freestyle	32.00	30.00	27.00	26.00	25.00	24.00	23.00	22.00
100m Freestyle	1:12.00	1:08.00	1:05.00	1:01.00	58.00	55.00	54.00	52.00
200m Freestyle	2:32.00	2:22.00	2:17.00	2:14.00	2:09.00	2:04.00	1:59.00	1:52.00
50m Breaststroke	45.00	41.00	37.00	34.00	33.00	32.00	31.00	29.00
100m Breaststroke	1:40.00	1:30.00	1:25.00	1:15.00	1:12.00	1:07.00	1:05.00	1:02.00
200m Breaststroke	3:20.00	3:15.00	3:00.00	2:50.00	2:41.00	2:35.00	2:28.00	2:20.00
50m Butterfly	38.00	34.00	31.00	29.00	28.00	27.00	26.00	24.00
100m Butterfly	1:25.00	1:16.00	1:14.00	1:10.00	1:07.00	1:01.00	58.00	56.00
200m Butterfly	3:00.00	2:50.00	2:45.00	2:40.00	2:30.00	2:22.00	2:17.00	2:12.00
50m Backstroke	37.00	34.00	31.00	30.00	29.00	28.00	27.00	26.00
100m Backstroke	1:23.00	1:15.00	1:12.00	1:08.00	1:04.00	1:02.00	1:00.00	57.00
200m Backstroke	3:00.00	2:48.00	2:35.00	2:28.00	2:19.00	2:15.00	2:10.00	2:05.00
100m IM	1:25.00	1:16.00	1:12.00	1:09.00	1:05.00	1:02.00	1:00.00	58.00

Female	9	10	11	12	13	14	15	16 +
50m Freestyle	32.00	31.00	30.00	28.00	28.00	27.00	26.00	25.00
100m Freestyle	1:15.00	1:09.00	1:04.00	1:02.00	1:01.00	59.00	58.00	57.00
200m Freestyle	2:30.00	2:25.00	2:20.00	2:15.00	2:13.00	2:08.00	2:05.00	2:00.00
50m Breaststroke	46.00	41.00	38.00	36.00	35.00	34.00	32.00	31.00
100m Breaststroke	1:35.00	1:30.00	1:25.00	1:20.00	1:16.00	1:12.00	1:10.00	1:06.00
200m Breaststroke	3:20.00	3:15.00	3:02.00	2:55.00	2:48.00	2:44.00	2:40.00	2:38.00
50m Butterfly	38.00	34.00	32.00	30.00	29.00	28.00	27.00	26.00
100m Butterfly	1:25.00	1:17.00	1:13.00	1:10.00	1:07.00	1:04.00	1:02.00	1:00.00
200m Butterfly	3:12.00	3:00.00	2:50.00	2:40.00	2:32.00	2:30.00	2:29.00	2:28.00
50m Backstroke	37.00	34.00	33.00	32.00	31.00	30.00	29.00	28.00
100m Backstroke	1:25.00	1:15.00	1:12.00	1:10.00	1:08.00	1:07.00	1:06.00	1:04.00
200m Backstroke	2:58.00	2:48.00	2:40.00	2:36.00	2:33.00	2:27.00	2:25.00	2:20.00
100m IM	1:23.00	1:17.00	1:14.00	1:10.00	1:08.00	1:07.00	1:05.00	1:03.00

These are Upper Limit times, that is swimmers must not be faster than the times shown above.

All times are Short Course (25m), long course conversions are acceptable.

Age at Day - Promoters Conditions Apply

