



SPLASH INTO 2026

Sunday 11th January

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

UPPER LIMIT QUALIFYING TIMES

Male/Open	9	10	11	12	13	14	15	16 +
50m Freestyle	33.00	31.00	28.00	27.00	26.00	25.00	24.00	23.00
100m Freestyle	1:15.00	1:10.00	1:07.00	1:03.00	1:00.00	58.00	56.00	54.00
50m Breaststroke	46.00	43.00	38.00	36.00	35.00	34.00	33.00	32.00
100m Breaststroke	1:46.00	1:38.00	1:30.00	1:24.00	1:16.00	1:12.00	1:08.00	1:06.00
50m Butterfly	39.00	36.00	32.00	31.00	29.00	28.00	27.00	26.00
100m Butterfly	1:33.00	1:26.00	1:18.00	1:12.00	1:08.00	1:03.00	1:01.00	1:00.00
50m Backstroke	39.00	38.00	34.00	32.00	31.00	30.00	29.00	28.00
100m Backstroke	1:30.00	1:25.00	1:20.00	1:16.00	1:12.00	1:06.00	1:03.00	1:00.00

Female	9	10	11	12	13	14	15	16 +
50m Freestyle	32.00	31.00	30.00	29.00	28.00	28.00	27.00	26.00
100m Freestyle	1:15.00	1:10.00	1:07.00	1:04.00	1:03.00	1:01.00	1:00.00	57.00
50m Breaststroke	46.00	43.00	39.00	37.00	36.00	35.00	35.00	34.00
100m Breaststroke	1:40.00	1:35.00	1:30.00	1:27.00	1:20.00	1:16.00	1:14.00	1:10.00
50m Butterfly	39.00	36.00	32.00	31.00	30.00	29.00	28.00	27.00
100m Butterfly	1:35.00	1:25.00	1:19.00	1:14.00	1:09.00	1:07.00	1:05.00	1:02.00
50m Backstroke	39.00	38.00	34.00	33.00	32.00	31.00	30.00	29.00
100m Backstroke	1:30.00	1:25.00	1:20.00	1:16.00	1:14.00	1:08.00	1:06.00	1:04.00

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

