



WINTER COMPETITION 2025

UPPER AGE GROUPS

(Licensed by Swim England 2NE250633)



Saturday 11th & Sunday 12th October 2025
 John Charles Centre for Sport, Leeds, Short Course – 25 metre.
Age at 19th October 2025

Saturday 11th October 2025

Session One – Warm Up 8am – Start 9am

Open/Male 13 & over	200m I.M.
Female 13 & over	400m Free
Open/Male 13 & over	100m Breast
Female 13 & over	100m Fly
Open/Male 13 & over	50m Fly
Female 13 & over	50m Back

Session Two – Warm Up 1pm – Start 2pm

Female 13 & over	200m Freestyle
Open/Male 13 & over	400m I.M.
Female 13 & over	100m Back
Open/Male 13 & over	100m Free
Female 13 & over	50m Free
Open/Male 13 & over	50m Breast

Sunday 12th October 2025

Session Three – Warm Up 8am – Start 9am

Female 13 & over	200m I.M.
Open/Male 13 & over	400m Freestyle
Female 13 & over	400m Breaststroke
Open/Male 13 & over	100m Fly
Female 13 & over	50m Fly
Open/Male 13 & over	50m Back

Session Four – Warm Up 1pm – Start 2pm

Open/Male 13 & over	200m Free
Female 13 & over	400m I.M.
Open/Male 13 & over	100m Back
Female 13 & over	100m Free
Open/Male 13 & over	50m Free
Female 13 & over	50m Breast

All Events are Heat Declared Winner. Medals will be awarded to swimmers placed 1st, 2nd and 3rd in each of the Age Groups 13,14,15,16 & over

QUALIFYING TIMES FOR A 25 METRE POOL

LONG COURSE CONVERTED TIMES ACCEPTED (ENTRY TIMES MUST BE RECORDED IN
 BRITISH SWIMMING RANKINGS SINCE 1ST SEPTEMBER 2024 AT ANY LEVEL)

OPEN/MALE				
EVENT	13	14	15	16 & over
50m Freestyle	30.5	29.0	27.6	25.9
100m Freestyle	1:07.3	1:03.6	1:00.7	56.0
200m Freestyle	2:26.0	2:16.7	2:10.9	2:07.7
400m Freestyle	5:13.2	4:50.0	4:42.7	4:36.8
50m Breaststroke	41.2	38.5	37.4	33.9
100m Breaststroke	1:31.2	1:25.2	1:22.5	1:17.0
50m Butterfly	34.2	32.4	30.7	28.1
100m Butterfly	1:20.2	1:16.6	1:12.0	1:02.9
50m Backstroke	35.5	34.5	33.8	30.5
100m Backstroke	1:18.6	1:14.9	1:13.3	1:06.8
200m Individual Medley	2:48.0	2:41.2	2:34.7	2:24.0
400m Individual Medley	5:39.8	5:21.6	5:13.5	5:12.5
FEMALE				
EVENT	13	14	15	16 & over
50m Freestyle	30.8	30.0	29.9	29.1
100m Freestyle	1:07.5	1:05.2	1:04.8	1:02.9
200m Freestyle	2:27.0	2:22.0	2:16.0	2:14.8
400m Freestyle	5:13.0	5:00.0	4:50.0	4:45.0
50m Breaststroke	40.5	40.1	39.8	38.5
100m Breaststroke	1:29.2	1:27.5	1:26.8	1:24.0
50m Butterfly	34.4	33.0	32.6	31.2
100m Butterfly	1:19.0	1:16.5	1:16.2	1:14.5
50m Backstroke	36.0	35.1	34.3	33.9
100m Backstroke	1:17.0	1:15.1	1:14.0	1:13.6
200m Individual Medley	2:46.0	2:42.8	2:41.2	2:39.0
400m Individual Medley	5:45.0	5:31.9	5:25.0	5:20.0

CLOSING DATE – 12 NOON – 26th SEPTEMBER 2025