



London Swimming Qualifying Times  
Long Course Winter Championships  
December 2011  
Crystal Palace



25 m (short course times)

Men			Women	
Junior	17 and over		Junior	17 and over
28.6	27.6	50m Freestyle	31.3	30.5
1.00.8	59.0	100m Freestyle	1.06.3	1.04.7
2.12.2	2.08.3	200m Freestyle	2.22.2	2.19.3
4.39.7	4.30.9	400m Freestyle	4.56.6	4.50.9
		800m Freestyle	10.16.9	10.03.1
18.41.4	18.09.5	1500m Freestyle		
1.08.7	1.06.1	100m Backstroke	1.14.4	1.12.6
2.27.6	2.22.3	200m Backstroke	2.39.1	2.35.4
1.08.0	1.05.3	100m Butterfly	1.14.3	1.12.0
2.30.7	2.23.5	200m Butterfly	2.42.2	2.37.3
1.17.8	1.14.8	100m Breaststroke	1.24.4	1.21.5
2.48.2	2.42.3	200m Breaststroke	3.00.9	2.56.0
2.31.0	2.25.9	200m IM	2.43.0	2.38.9
5.19.8	5.08.4	400m IM	5.41.2	5.33.3

Note - although this is a LONG course meet the qualifying times are SHORT Course