

BUCS SWIMMING: LONG COURSE CHAMPIONSHIPS 2025-26

ENTRY & CONSIDERATION TIMES

ENTRY TIMES

Long course entry times **MUST** be submitted for all events. Conversions from short course are permitted.

Times should reflect current fitness and either be an official time from the last 12 months or from a time trial within the last 6 months. Please do not enter historic PBs as this will lead to swimmers being seeded incorrectly.

Time trials may be used for relay entry times.

EVENT QUALIFYING TIMES

The following Entry Qualifying Times (EQT) that swimmers must have achieved for the events over 200m:

EVENT	OPEN	FEMALE
400m Freestyle	04Min 30Sec 00Ms	05Min 00Sec 00Ms
800m Freestyle	09Min 45Sec 00Ms	10Min 30Sec 00Ms
1500m Freestyle	18Min 15Sec 00Ms	20Min 15Sec 00Ms
400m Individual Medley	05 Min 15Sec 00Ms	05Min 45Sec 00Ms

Entry time for 400m, 800m & 1500m events **MUST** have been achieved in a competitive environment in the last **12 months** prior to the competition and may be verified against British Swimming Rankings.

ENTRY CONSIDERATION TIMES

Consideration times **MUST** have been achieved in the 12 months prior to the competition:

Event	Open	Female
50m Free	00:29.00	00:32.00
100m Free	01:05.00	01:10.00
200m Free	02:10.00	02:30.00
400m Free	<i>EQT</i>	<i>EQT</i>
800m Free	<i>EQT</i>	<i>EQT</i>

1500m Free	EQT	EQT
50m Back	00:32.50	00:38.00
100m Back	01:10.00	01:20.00
200m Back	02:20.00	02:45.00
50m Breast	00:37.00	00:40.00
100m Breast	01:17.00	01:30.00
200m Breast	02:40.00	03:00.00
50m Fly	00:30.00	00:34.00
100m Fly	01:05.00	01:15.00
200m Fly	02:25.00	02:45.00
100m Ind. Medley	01:12.00	01:22.00
200m Ind. Medley	02:25.00	02:40.00
400m Ind. Medley	EQT	EQT

Relays do not have consideration times.

OPEN PARA CONSIDERATION TIMES

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	01:42.08	01:21.04	01:11.46	00:58.00	47.65	45.71	43.81	40.51	38.34	37.14	41.42	36.78	37.14	
100m Freestyle	03:37.33	02:50.61	02:28.30	02:06.30	01:47.23	01:40.77	01:36.14	01:32.30	01:23.57	01:21.02	01:29.84	01:24.30	01:21.04	01:22.05
200m Freestyle	07:26.90	06:22.50	05:19.09	04:23.74	03:54.82									02:59.84
400m Freestyle						07:47.87	07:20.90	07:04.26	06:41.25	06:20.34	07:09.55	06:33.52	06:21.09	06:22.40
50m Backstroke	01:40.45	01:25.18	01:11.62	01:05.58	50.27									
100m Backstroke	03:32.48	03:04.54				01:56.35	01:49.02	01:40.08	01:35.55	01:31.50	01:45.62	01:36.02	01:30.18	01:31.01
50m Breaststroke	02:05.47	01:29.47	01:14.38											
100m Breaststroke				02:27.14	02:16.21	02:05.06	01:52.51	01:47.58	01:44.56		01:52.50	01:42.51	01:40.75	01:40.40
50m Butterfly		01:24.74	01:15.18	01:04.77	48.99	48.82	46.27							
100m Butterfly								01:39.25	01:33.20	01:26.64	01:37.06	01:30.88	01:26.08	01:26.69
150 IM	07:48.61	05:26.13	04:41.81	03:45.87										
200m IM					04:26.48	04:12.05	03:57.10	03:44.91	03:31.30	03:21.09	03:41.06	03:29.39	03:16.32	03:24.00

FEMALE PARA CONSIDERATION TIMES

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	01:22.13	01:26.30	01:04.51	59.07	54.46	52.08	50.62	47.86	43.71	43.87	46.72	42.64	42.50	
100m Freestyle	02:56.77	03:06.42	02:20.19	02:06.85	02:01.85	01:53.38	01:50.74	01:41.86	01:36.32	01:33.02	01:45.20	01:34.10	01:31.74	01:30.53
200m Freestyle	06:22.43	07:30.34	05:12.77	04:34.45	04:27.38									03:17.94
400m Freestyle						08:07.31	07:50.85	07:33.46	07:22.69	07:02.53	07:51.18	06:59.74	07:02.37	07:12.27
50m Backstroke	01:46.45	01:35.01	01:22.14	01:16.77	59.36									
100m Backstroke	03:53.01	03:32.93				02:07.31	02:07.15	01:55.38	01:49.98	01:46.72	01:57.54	01:49.50	01:43.42	01:45.28
50m Breaststroke	02:09.76	01:42.93	01:28.40											
100m Breaststroke				02:47.06	02:40.94	02:26.14	02:26.30	02:07.89	01:53.58		02:07.65	01:57.01	01:58.56	01:55.23
50m Butterfly		01:33.23	01:13.71	01:04.35	01:02.03	55.28	52.78							
100m Butterfly								01:51.79	01:46.48	01:44.77	02:00.27	01:40.98	01:40.18	01:41.33
150m IM	06:01.34	07:36.74	04:31.68	04:31.68										
200m IM					05:13.39	04:42.69	04:38.80	04:18.38	04:04.37	03:51.76	04:13.49	03:51.30	03:46.30	03:45.58