



SASA EAST DISTRICT AGE GROUPS 2025/26

Meet Information

17th & 18th January 2026

31st January & 1st February 2026

7th & 8th March 2026

L1/807/SS/JAN26

L1/808/SS/JAN26

L1/809/SS/MAR26



About the East District Age Group Championships	The East District is holding their 2025/26 Championships across 6 days commencing with a weekend event in January 2026, followed by weekends in February and March 2026. Level 1 licence: L1/807/SS/JAN26; L1/808/SS/JAN26; L1/809/SS/MAR26 ➤ Relays, 200m Individual Medley, 400m Individual Medley & 400m Freestyle will be Heat Declared Winners for all year groups. ➤ 800m & 1500m Freestyle will be HDW Winners Group 2 – 6 only. ➤ The 200m events (all 4 strokes) will be Heat Declared Winners for the youngest two age groups. For seeding purposes, the fastest 8 athletes from Group 1 and Group 2 will be seeded, with the fastest entry times, after withdrawals, swimming against each other as a fastest heat for each group. ➤ All other individual events will be swum on pure time with group finals in the 50m, 100m events. Events are as outlined in Appendix 1. Relays will be single gender and mixed events. Electronic timing will be in operation.
Dates & Venues	17th & 18th January 2026 – Michael Woods Centre, Glenrothes 31st January & 1st February 2026 – Royal Commonwealth Pool, Edinburgh 7th & 8th March 2026 – Royal Commonwealth Pool, Edinburgh
Age Groups	Group 1 – those born in 2014 & 2015 Group 2 – those born in 2013 Group 3 – those born in 2012 Group 4 – those born in 2011 Group 5 – those born in 2010 Group 6 – those born in 2009 or earlier For relay events, groupings are: Mixed Relays (should comprise 2 Male & Open and 2 Female) • those born in 2014 & 2015 • those born in 2012 & 2013 • those born in 2010 & 2011 • those born in 2009 or earlier Single gender Relays • those born in 2014 & 2015 • those born in 2012 & 2013 • those born in 2010 & 2011 • those born in 2009 or earlier Age as at 31st December 2026
Events	50m all strokes 100m all strokes 200m all strokes 200 Individual Medley 400m Individual Medley & Freestyle 800m/1500m Freestyle (Groups 2 – 6 only) 4 x 50m Male & Open Medley Relay & 4 x 50m Female Medley Relay 4 x 50m Male & Open Freestyle Relay & 4 x 50m Female Freestyle Relay 4 x 50m Mixed Medley Relay & 4 x 50m Mixed Freestyle Relay



East District Contact	Colin Matthews, East District Championship Manager Email: sasaeastdistricteventplanning@gmail.com
Entry deadline	Closing dates for entries are: 17th & 18th January 2026: Noon Wednesday 31st December 2025 31st January & 1st February 2026: Noon Wednesday 14th January 2026 7th & 8th March 2026: Noon Wednesday 18th February 2026
Eligibility	All athletes must be registered members of SASA, training with a club affiliated to Scottish Swimming at the time of the competition. Athletes who are first claim members of the East District club entering them are eligible to swim in the meet. Should the athlete be a member of more than one East District club and opts to swim for their second claim club then written permission from the first claim club must be provided at the time of entry. Athletes can only compete and score points for their selected first or second club at the start of the meet throughout the duration of the championships, three weekends as per R5.1.4.d. Athletes may only compete in their own year groups. Athlete numbers for events will be agreed by the Swim Committee and the facility after entries are received. If it is necessary to reject entries, this will be done at the complete discretion of the Swim Committee. Qualification times and consideration times are outlined in Appendix 2.
Entry Guide	This information regarding entry is a guide and is subject to change. Entry into the competition will be made by clubs on official entry files. It is likely that the competition as a whole will be oversubscribed and clubs should only enter athletes with coach approval. Athletes not accepted to the event will have their entry fee refunded in full. Once the draft programme is issued no refunds will be given. The East District Swim Committee reserve the right to make decisions on oversubscriptions in any way that is necessary to meet the conditions for the competition. Facility policies may restrict the numbers of athletes for the time available. This means that any athlete accepted into the meet, may not be able to swim all events they enter, to make best use of the time available. Times must be submitted for all events entered. Times submitted should be achieved on or after 1st June 2024. Only Hy-Tek conversions for 50m times may be used. The following types of events will be accepted: SASA accredited meets and time trials (L1 & L2) Equivalent (L1 and L2) meets organised by ASA affiliated counties or clubs or other World Aquatics affiliated organisations. Proof of time <u>MUST BE SUBMITTED</u> for the meet; random checks will be undertaken, and clubs may be asked pre and post event to provide additional information. If no proof of time is submitted, then <u>all</u> entries will be rejected.



	ENTRY FEES: Individual events £9.50 Team events £12.00 per team
Multi Classification	Entries from Para-swimmers are welcome into the designated events for their classification. Athletes must have achieved the qualifying standards for their class as outlined below. Para-swimmers can compete in the appropriate year group finals based on absolute time. There are no separate finals for Para-swimmers. Clubs should include in their email with entries that their files include Para-swimmers. These supplementary conditions apply in conjunction with the general conditions for the East District Age Group Championships. The following events will be included in the heats where an athlete meets the eligibility criteria and consideration standards for their classification: • 50m Freestyle – S1-S14 • 100m Freestyle – S1-S14 • 200m Freestyle – S1-S5 & S14 • 400m Freestyle – S6-S14 • 50m Backstroke – S1-S5 • 100m Backstroke – S6-S14 • 50m Butterfly – S1-S7 • 100m Butterfly – S8-S14 • 50m Breaststroke – SB1-SB3 • 100m Breaststroke – SB4-SB14 • 200m IM – SM5-SM14 Eligibility Physical (S1-S10, SB1-SB9, SM1-SM10) • All competitors must have an authorised Aquatics GB or WPS Swimming classification, which is held on the Aquatics GB or WPS Swimming classification database at the time of entry. Visual (S11-S13, SB11-SB13, SM11-SM13) • All competitors must have an authorised British Blind Sport, Aquatics GB or WPS Swimming classification, which is held on the Aquatics GB or WPS Swimming classification database at the time of entry. Intellectual (S14, SB14, SM14) • All competitors must have an authorised SportExcel, Virtus or WPS classification which is held on the Aquatics GB or WPS Swimming database at the time of entry. General Consideration times must have been achieved since 1st June 2024 and may be achieved in either long or short course events as per the EDAG criteria. Consideration times are outlined in Appendix 3. All athletes qualifying will be integrated into the heats seeded by absolute time. The competition shall take place under the relevant WPS Swimming Rules.



Spectating	Spectating will be available at the venues on a first come first served basis. This is subject to facility guidelines in place at the time of the event.														
Team and Individual Rewards	The top three finishers in each individual and relay events will receive medals. These will be available for collection once results are published. Medals will not be presented. The Solripe Trophy will be awarded to the club with the highest number of points in the East District Age Group Championships. Solripe Trophy points will be awarded for individual and 'A' team relay events only as follows: <table data-bbox="331 622 526 728"> <tr> <td>1st</td> <td>5 points</td> </tr> <tr> <td>2nd</td> <td>3 points</td> </tr> <tr> <td>3rd</td> <td>1 point.</td> </tr> </table> See Section B.1.g-1-g in the East District handbook for more information. Telfer Cup. Clubs competing in the mixed relays at the EDAG Championships will automatically compete for the Telfer Cup (awarded to the club gaining the highest number of points from these mixed relay events, that is 200m freestyle and 200m medley; for the 4 composite year groups during the championships). Only 'A' teams score points, with points awarded in each mixed relay event from 8 points for first place, 7 points for second place, down to zero points. A disqualified team earns zero points. Clubs do not have to enter each mixed relay event to be eligible to compete for the Telfer Cup. The Telfer Cup will be presented in March at the Royal Commonwealth Pool. Top age group male & open and top female competitors. An award will be made to the male and female competitor in each year group. Points will be awarded for individual events as follows: <table data-bbox="331 1272 718 1406"> <tr> <td>1st</td> <td>8 points</td> </tr> <tr> <td>2nd</td> <td>7 points</td> </tr> <tr> <td>3rd</td> <td>6 points</td> </tr> <tr> <td>4th – 8th</td> <td>5 points down to 1 point</td> </tr> </table> Andrew Taylor Award The Andrew Taylor trophy will be awarded to the male & open athlete and female athlete in Group 1 (born in 2014 or 2015) who achieves the highest World Aquatics points for an individual swim (across all events in the EDAGs programme). The Bob Greenlees Trophy The Bob Greenlees Trophy will be awarded to the coach(s) of the winners of the Andrew Taylor Trophy.	1 st	5 points	2 nd	3 points	3 rd	1 point.	1 st	8 points	2 nd	7 points	3 rd	6 points	4 th – 8 th	5 points down to 1 point
1 st	5 points														
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2 nd	7 points														
3 rd	6 points														
4 th – 8 th	5 points down to 1 point														
Controlling the Use of Photographic Equipment	The meet organisers are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.														



	Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms. The meet organisers are committed to ensuring that all children who participate in this meet are able to take part in an enjoyable, safe environment and be safeguarded from harm. If there are any child safeguarding concerns at the event, please contact the Events Convenor immediately to disclose your concerns. Please scan the QR code to read the Scottish Swimming wellbeing statement.  Throughout these EDAG Championship events the East District may have authorised personnel taking static photographs and video footage. These images are intended solely for the purpose of future promotion of the event and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites. Should any competitor wish not to be photographed please complete a form, available from the meet organiser. If at any time a competitor wishes an image to be removed from our website, 7 days' notice must be given to sasaeastdistrictswimming@gmail.com after which the image will be removed.
Competition Disclaimer	In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of SASA East District. SASA East District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.
Entry Process	Entries will be by computer files only, which will be downloadable from www.swimscotland.co.uk • Entries should be sent by email to: sasaeastdistrictentries@gmail.com • The subject line MUST be Club Code/EDAG & Round Number • Please ensure that you request a read receipt if you wish confirmation of entries being received. Please complete the Electronic Summary Sheet by 12 noon as below: 17th & 18th January 2026: Wednesday 31st December 2025 31st January & 1st February 2026: Wednesday 14th January 2026 7th & 8th March 2026: Wednesday 18th February 2026 • Link to Hy-Tek website for Team Manager Lite, should you not have a copy of Team Manager https://hytek.active.com/downloads.html Select Team Manager, then Lite



	The closing dates for entries are: 17th & 18th January 2026: Noon Wednesday 31st December 2025 31st January & 1st February 2026: Noon Wednesday 14th January 2026 7th & 8th March 2026: Noon Wednesday 18th February 2026
Payment	Payment can be made by bank transfer as follows: Account name: SASA East District Bank: Bank of Scotland Branch: Musselburgh Account No: 06001834 Sort Code: 80-17-68 Your reference – please quote: Club Code/EDAG & Round Number ENTRY FEES: Individual events £9.50 Team events £12.00 per team No entries will be accepted without the correct fee, Proof of Times, Summary Sheet or with the Entry Files incorrectly completed.
Draft Programmes	- Any queries with regards to entries should be directed to sasaeastdistrictentries@gmail.com with a closing date for queries. - Any withdrawals or amendments should be notified on the electronic withdrawal form as below. 17th / 18th January 2026: prior to 12 noon Wednesday 14th January 2026 31st Jan / 1st February 2026: prior to 12 noon Wednesday 30th January 2026 7th / 8th March 2026: prior to 12 noon Wednesday 6th March 2026 - Start sheets will be issued via broadcast after 12 noon on the dates below: 17th / 18th January 2026: Noon Friday 16th January 2026 31st Jan / 1st February 2026: Noon Friday 30th January 2026 7th / 8th March 2026: Noon Friday 6th March 2026 - Any further withdrawals should be notified via the electronic withdrawal form as soon as identified. This will enable East District to identify opportunities for additional swims for athletes.
Awards	Finals are noted below: Group 1 & 2: 50m & 100m events all strokes Group 3 – 6: 50m, 100m & 200m events all strokes Group 1 & 2: 200m events all strokes will be HDW Relays, 200m Individual Medley, 400m Individual Medley, 400m Freestyle events will be HDW for all Groups. 800m & 1500m Freestyle events will be HDW for Groups 2 - 6.



Event Regulations	Entry and Entries to all events is expressly subject to World Aquatics Rules and the SASA regulations in place at the time of the meet. SASA East District reserves absolutely the right to eject from events any person failing to comply with each and all the Event Regulations. It is the club's responsibility to ensure all attendees are aware of any special requirements as documented in the club information pack for each weekend.
Accreditation Passes	There will be no accreditation passes provided; athletes will be checked in on the relevant day. All Coaches and Team Managers must hold the relevant qualification/certification for their role and have a valid PVG, CWPS and an annual (2026) Scottish Swimming District or National Pass for the club they are representing at the meet. Clubs should ensure they apply for the relevant pass in sufficient time as no temporary passes will be issued and access will be refused where no pass is provided. To ensure we are complying with safeguarding procedures, all Coaches and Team Managers must enter via the front door and have their passes verified by East District staff before proceeding to poolside. No entry to poolside will be allowed without a valid pass. All coaches and Team Managers must wait in reception until East District staff have checked passes before proceeding to the athlete areas and poolside. Access times for these areas will be advised in the Club information pack prior to each round. Passes must be worn and clearly visible at all times as we will be carrying out poolside checks. Anyone not displaying and wearing an annual (2026) Scottish Swimming District or National Pass will be asked to leave the poolside or athlete area immediately. Should anyone be found not complying with our rule more than twice will be removed from poolside and/or the athlete area immediately and not be given access for the remainder of the meet. Repeat offenders may find themselves suspended from any future East District meet/s and will only be re-instated at the discretion of the East District Executive and Swimming Convenor. The numbers of qualified coach and deck personnel allowed on poolside with each club will be restricted to a maximum of two persons for up to the first 10 athletes per session, thereafter a ratio of 1:10 should be applied. A WhatsApp broadcast will be used for start sheets in the run up to the event and coach information during the event. The broadcast code will be issued to entry secretaries and will be available to confirmed coaches and entry secretaries only. Please note coaches and entry secretaries must subscribe to the broadcast associated with each weekend by the following dates - late subscriptions will not be accepted. 17th / 18th January 2026: 18:00 Thursday 15th January 2026 31st Jan / 1st February 2026: 18:00 Thursday 29th January 2026 7th / 8th March 2026: 18:00 Thursday 5th March 2026



Swimwear	Aquatics GB and Scottish Swimming advise that World Aquatics Regulations 7.1 only applies to Olympic Games and World Aquatics events. A suit check will only be made if a World or European record is claimed. There is no requirement for officials to check that costumes are on the approved World Aquatics list. WA Regulations 7.2 cover our requirement for design and material. • SW8.0 Scottish Swimming Rules • SW8.8 Swimwear Policies SW8.8.1. For events held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming “Swimwear Policies” shall also apply. The policies are included in full in the appendices of Scottish Swimming Regulations. These can be found here. At this meet only the policy on Agreed Swimwear is relevant.
Transgender & Non-Binary Competition	The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented on 1st January 2024. The policy and FAQs can be found HERE. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.
Safeguarding	The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the Meet Organiser. The secondary point of contact is the Scottish Swimming Safeguarding Manager.



Appendix 1 - Schedule of Events

Distance Weekend – MWC, Glenrothes		17 th & 18 th January 2026	
	Sat 17 th January	Sun 18 th January	
	All Groups		
Morning Warm Up: 9.00am (tbc)	Male & Open 400m Free HDW Female 1500m Free HDW	Female 400m Free HDW Male & Open 1500m Free HDW	
	All Groups		
Afternoon Warm Up: 1.30pm (tbc)	Female 400m Individual Medley HDW Male & Open 800m Free HDW	Male & Open 400m Individual Medley HDW Female & Open 800m Free HDW	
200m & Sprint Events – Royal Commonwealth Pool		31 st January & 1 st February 2026	
	Sat 31 st January	Sun 1 st February	
	All Groups		
Morning Warm Up: 9.00am (tbc)	Male & Open 50m Fly Female 50m Free Male & Open 200m Back Female 200m Breast Group 1 & 2 HDW Finals 50m Fly and 50m Free starting with Group 1 for each event.	Female 50m Back Male & Open 50m Breast Female 200m Fly Male & Open 200m Free Group 1 & 2 HDW Finals 50m Back and 50m Breast starting with Group 1 for each event.	
	All Groups		
Afternoon Warm Up: 1.30 pm (tbc)	Male & Open 50m Back Female 50m Breast Male & Open 200m Fly Female 200m Free Group 1 & 2 HDW Finals 50 Back and 50 Breast starting with Group 1 for each event. Relays 4 x 50m Free Relay Male & Open HDW born 2014 & 2015 born 2012 & 2013 4 x 50m Medley Relay Female HDW born 2014 & 2015 born 2012 & 2013	Female 50m Fly Male & Open 50m Free Female 200m Back Male & Open 200m Breast Group 1 & 2 HDW Finals 50 Fly and 50 Free starting with Group 1 for each event. Relays 4 x 50m Free Relay Female HDW born 2014 & 2015 born 2012 & 2013 4 x 50m Medley Relay Male & Open HDW born 2014 & 2015 born 2012 & 2013	
	Short 20 mins break		
	Finals Groups 3, 4, 5, 6 Male & Open 200m Back Female 200m Breast Male & Open 200m Fly Female 200m Free Relays 4 x 50m Free Relay Male & Open HDW born 2011 & 2010 born 2009 or earlier 4 x 50m Medley Relay Female HDW born 2011 & 2010 born 2009 or earlier	Finals Groups 3, 4, 5, 6 Female 200m Fly Male & Open 200m Free Female 200m Back Male & Open 200m Breast Relays 4 x 50m Free Relay Female HDW born 2011 & 2010 born 2009 or earlier 4 x 50m Medley Relay Male & Open HDW born 2011 & 2010 born 2009 or earlier	



Final weekend – Royal Commonwealth Pool		7 th & 8 th March 2026
	Sat 7 th March	Sun 8 th March
	All Groups	
Morning Warm Up: 9.00am (tbc)	Heats Groups 4, 5, 6 Female 100m Fly Male & Open 100m Free Female 100m Back Male & Open 100m Breast Female 200m IM HDW Groups 4, 5, 6	Heats Groups 4, 5, 6 Male & Open 100m Fly Female 100m Free Male & Open 100m Back Female 100m Breast Male & Open 200m IM HDW Groups 4, 5, 6
Afternoon Warm Up: 1.30pm (tbc)	Heats Groups 1, 2, 3 Female 100m Breast Male & Open 100m Back Female 100m Free Male & Open 100m Fly Female 200m Individual Medley HDW Groups 1, 2, 3	Heats Groups 1, 2, 3 Male & Open 100m Breast Female 100m Back Male & Open 100m Free Female 100m Fly Male & Open 200m Individual Medley HDW Groups 1, 2, 3
Evening Warm Up: 4.15pm (tbc)	4 x 50m Mixed Medley Relay HDW Female / Male & Open born 2014 & 2015 Female / Male & Open born 2012 & 2013 Finals Female 100m Fly Male and Open 100m Free Female 100m Back Male & Open 100m Breast Female 100m Breast Male & Open 100 Back Female 100 Free Male & Open 100 Fly Relays 4 x 50m Mixed Medley Relay HDW Female / Male & Open born 2010 & 2011 Female / Male & Open born 2009 or earlier	4 x 50m Mixed Free Relay HDW Female / Male & Open born 2014 & 2015 Female / Male & Open born 2012 & 2013 Finals Male & Open 100m Fly Female 100m Free Male & Open 100m Back Female 100m Breast Male & Open 100m Breast Female 100m Back Male & Open 100m Free Female 100m Fly Relays 4 x 50m Mixed Free Relay HDW Female / Male & Open born 2010 & 2011 Female / Male & Open born 2009 or earlier



Appendix 2 – Qualification and Consideration times

QUALIFYING TIMES

EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2025/26

Year of birth	2015 & 2014	2013	2012	2011	2010	2009 or earlier
MALE & OPEN	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:37.80	00:34.00	00:32.00	00:30.20	00:28.50	00:26.00
100m Freestyle	01:27.00	01:15.00	01:11.00	01:06.50	01:03.50	00:58.50
200m Freestyle	02:58.00	02:41.50	02:31.00	02:21.50	02:12.50	02:08.50
400m Freestyle	06:10.00	05:45.00	05:15.00	04:55.00	04:45.00	04:30.00
800m Freestyle	NA	11:25.00	10:50.00	10:20.00	09:40.00	09:20.00
1500 Freestyle	NA	21:00.00	20:30.00	19:40.00	18:50.00	18:00.00
50m Backstroke	00:44.80	00:40.50	00:36.70	00:36.00	00:34.00	00:32.00
100m Backstroke	01:39.00	01:29.00	01:23.00	01:17.00	01:13.00	01:10.00
200m Backstroke	03:15.00	03:03.00	02:55.50	02:46.00	02:39.00	02:28.50
50m Butterfly	00:46.40	00:42.00	00:36.00	00:34.30	00:32.70	00:28.80
100m Butterfly	01:45.50	01:31.50	01:25.50	01:18.50	01:14.50	01:06.00
200m Butterfly	03:25.00	03:20.00	03:06.50	02:58.00	02:48.00	02:32.50
50m Breaststroke	00:51.50	00:47.80	00:42.30	00:40.00	00:38.00	00:34.50
100m Breaststroke	01:52.00	01:42.00	01:33.00	01:28.00	01:23.00	01:19.00
200m Breaststroke	03:44.00	03:33.00	03:15.00	03:05.00	03:00.00	02:49.00
200m IM	03:33.00	03:11.00	03:00.00	02:52.00	02:40.00	02:30.00
400m IM	06:50.00	06:25.00	06:05.00	05:45.00	05:35.00	05:10.00
Year of birth	2015 & 2014	2013	2012	2011	2010	2009 or earlier
FEMALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:35.00	00:33.00	00:32.00	00:31.00	00:30.50	00:29.70
100m Freestyle	01:19.00	01:13.50	01:09.50	01:08.50	01:07.50	01:05.50
200m Freestyle	02:50.00	02:40.00	02:30.00	02:25.00	02:22.00	02:18.50
400m Freestyle	05:58.00	05:30.00	05:15.00	05:05.00	05:00.00	04:55.00
800m Freestyle	NA	11:00.00	10:30.00	10:10.00	10:00.00	09:53.00
1500m Freestyle	NA	21:30.00	20:40.00	20:10.00	19:40.00	18:50.00
50m Backstroke	00:41.50	00:38.50	00:36.60	00:35.60	00:35.40	00:33.50
100m Backstroke	01:31.00	01:26.00	01:21.00	01:20.00	01:18.50	01:15.50
200m Backstroke	03:03.00	02:56.00	02:50.00	02:43.00	02:40.50	02:37.50
50m Butterfly	00:41.00	00:37.50	00:35.50	00:34.60	00:33.60	00:32.00
100m Butterfly	01:46.00	01:32.00	01:24.00	01:23.00	01:21.00	01:15.00
200m Butterfly	03:45.00	03:25.00	03:10.00	03:04.00	02:55.00	02:44.00
50m Breaststroke	00:48.00	00:44.70	00:41.00	00:40.20	00:39.50	00:38.60
100m Breaststroke	01:47.00	01:38.00	01:34.70	01:31.00	01:29.00	01:23.50
200m Breaststroke	03:35.00	03:17.00	03:10.00	03:05.00	03:03.00	02:57.00
200m IM	03:09.00	03:06.00	03:00.00	02:55.00	02:51.00	02:41.00
400m IM	06:20.00	06:10.00	06:04.00	05:54.00	05:48.00	05:32.00

NB. 400m, 800m and 1500m times are SC, all others are LC



CONSIDERATION TIMES

EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2025/26

Year of birth	2015 & 2014	2013	2012	2011	2010	2009 or earlier
MALE & OPEN	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:40.30	00:36.80	00:34.20	00:31.80	00:30.80	00:27.70
100m Freestyle	01:31.00	01:20.00	01:14.00	01:10.00	01:06.00	01:01.00
200m Freestyle	03:07.00	02:45.20	02:34.50	02:25.60	02:17.60	02:13.00
400m Freestyle	06:20.00	06:00.00	05:55.00	05:45.00	05:30.00	05:15.00
800m Freestyle	NA	11:40.00	11:00.00	10:50.00	10:30.00	10:10.00
1500 Freestyle	NA	21:30.00	21:00.00	20:30.00	19:50.00	19:00.00
50m Backstroke	00:47.00	00:42.60	00:39.30	00:38.50	00:37.00	00:36.00
100m Backstroke	01:43.00	01:34.00	01:27.00	01:19.00	01:16.00	01:13.00
200m Backstroke	03:16.80	03:07.00	03:02.00	02:50.50	02:42.20	02:32.20
50m Butterfly	00:50.60	00:44.00	00:39.00	00:38.00	00:36.10	00:32.50
100m Butterfly	01:51.00	01:33.00	01:27.00	01:21.00	01:17.00	01:09.00
200m Butterfly	03:31.80	03:21.80	03:09.30	03:04.80	02:50.00	02:34.20
50m Breaststroke	00:54.20	00:50.70	00:45.80	00:44.80	00:43.20	00:38.20
100m Breaststroke	01:56.00	01:45.00	01:36.00	01:31.00	01:26.00	01:22.00
200m Breaststroke	03:46.60	03:35.70	03:17.80	03:08.00	03:03.00	02:53.20
200m IM	03:36.00	03:15.00	03:06.00	02:54.00	02:46.00	02:33.00
400m IM	07:10.00	06:35.00	06:15.00	06:00.00	05:45.00	05:30.00
Year of birth	2015 & 2014	2013	2012	2011	2010	2009 or earlier
FEMALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:36.20	00:34.80	00:33.20	00:32.70	00:32.30	00:31.30
100m Freestyle	01:21.00	01:17.00	01:12.00	01:11.50	01:10.50	01:08.00
200m Freestyle	02:52.20	02:42.30	02:34.40	02:30.40	02:25.50	02:22.60
400m Freestyle	06:20.00	06:10.00	06:00.00	05:50.00	05:40.00	05:30.00
800m Freestyle	NA	11:20.00	11:10.00	11:00.00	10:50.00	10:30.00
1500m Freestyle	NA	21:50.00	21:00.00	20:45.00	20:20.00	20:00.00
50m Backstroke	00:43.00	00:41.00	00:39.00	00:38.20	00:37.80	00:36.70
100m Backstroke	01:33.00	01:30.00	01:26.00	01:23.00	01:22.00	01:20.00
200m Backstroke	03:06.90	03:03.00	02:57.00	02:47.20	02:45.20	02:42.20
50m Butterfly	00:43.50	00:41.60	00:37.60	00:36.60	00:36.60	00:34.70
100m Butterfly	01:49.00	01:35.00	01:28.00	01:25.00	01:24.00	01:19.00
200m Butterfly	03:46.50	03:26.60	03:15.70	03:07.80	02:57.90	02:46.00
50m Breaststroke	00:49.80	00:47.80	00:44.80	00:43.90	00:43.80	00:41.80
100m Breaststroke	01:49.00	01:40.00	01:36.00	01:33.00	01:31.00	01:27.00
200m Breaststroke	03:37.50	03:19.80	03:12.90	03:07.90	03:06.00	03:01.00
200m IM	03:11.00	03:09.00	03:03.00	02:58.00	02:55.00	02:46.00
400m IM	06:45.00	06:30.00	06:10.00	06:00.00	05:55.00	05:50.00

NB. 400m, 800m and 1500m times are SC, all others are LC



Appendix 3 – Multi Classification Consideration times

MC CONSIDERATION TIMES

50m FREE	Females	Male & Open	100m FREE	Females	Male & Open	200m FREE	Females	Male & Open	400m FREE	Females	Male & Open
S1	01:27.26	01:48.46	S1	03:07.82	03:50.91	S1	06:46.33	07:54.83	S6	08:37.77	08:17.11
S2	01:31.70	01:26.11	S2	03:18.07	03:01.27	S2	07:58.48	06:46.40	S7	08:20.28	07:48.45
S3	01:08.54	01:15.92	S3	02:28.95	02:37.57	S3	05:32.32	05:39.03	S8	08:01.80	07:30.77
S4	01:02.76	01:01.63	S4	02:14.78	02:14.20	S4	04:51.60	04:40.23	S9	07:50.36	07:06.33
S5	00:57.87	00:50.63	S5	02:14.78	01:53.93	S5	04:44.09	04:09.49	S10	07:28.94	06:44.11
S6	00:55.34	00:48.57	S6	02:00.46	01:47.07	S14	03:30.31	03:11.08	S11	08:20.63	07:36.40
S7	00:53.79	00:46.55	S7	01:57.66	01:42.15				S12	07:25.98	06:58.12
S8	00:50.85	00:43.04	S8	01:48.22	01:38.07				S13	07:28.66	06:44.91
S9	00:46.44	00:40.73	S9	01:42.34	01:28.79				S14	07:34.04	06:57.30
S10	00:46.61	00:39.46	S10	01:38.84	01:26.09						
S11	00:49.64	00:44.01	S11	01:51.78	01:35.46						
S12	00:45.31	00:39.08	S12	01:39.98	01:29.57						
S13	00:45.15	00:39.46	S13	01:37.48	01:26.11						
S14	00:44.64	00:39.25	S14	01:36.19	01:27.18						
50m BACK	Females	Male & Open	100m BACK	Females	Male & Open	50m BREAST	Females	Male & Open	100m BREAST	Females	Male & Open
S1	01:53.10	01:46.73	S1	04:07.57	03:45.76	SB1	02:17.87	02:13.31	SB4	02:57.50	02:36.33
S2	01:40.95	01:30.51	S2	03:46.24	03:16.08	SB2	01:49.36	01:35.06	SB5	02:51.00	02:24.72
S3	01:27.28	01:16.09	S6	02:15.27	02:03.62	SB3	01:33.93	01:19.03	SB6	02:35.28	02:12.87
S4	01:21.57	01:09.68	S7	02:15.10	01:55.84				SB7	02:35.45	01:59.54
S5	01:03.07	00:53.41	S8	02:02.59	01:46.34				SB8	02:15.88	01:54.31
			S9	01:56.86	01:41.52				SB9	02:00.68	01:51.10
			S10	01:53.39	01:37.22				SB11	02:15.63	01:59.53
			S11	02:04.88	01:52.22				SB12	02:04.32	01:48.92
			S12	01:56.35	01:42.02				SB13	02:05.97	01:47.05
			S13	01:49.89	01:35.81				SB14	02:02.43	01:46.68
			S14	01:51.86	01:36.70						
50m FLY	Females	Male & Open	100m FLY	Females	Male & Open	200m IM	Females	Male & Open			
S1	01:26.92	03:20.84	S8	01:58.78	01:45.45	SM5	05:32.98	04:43.14			
S2	01:39.06	01:30.03	S9	01:53.14	01:39.03	SM6	05:00.36	04:27.80			
S3	01:18.32	01:19.08	S10	01:51.32	01:32.06	SM7	04:56.23	04:11.92			
S4	01:08.37	01:08.82	S11	02:07.79	01:43.12	SM8	04:34.53	03:58.97			
S5	01:05.91	00:52.05	S12	01:47.29	01:36.56	SM9	04:19.64	03:44.50			
S6	00:58.74	00:51.87	S13	01:46.44	01:31.46	SM10	04:06.25	03:33.66			
S7	00:56.08	00:49.16	S14	01:47.66	01:32.11	SM11	04:29.33	03:54.87			
						SM12	04:05.75	03:42.48			
						SM13	04:00.45	03:28.59			
						SM14	03:59.68	03:36.75			