

SANDWELL AQUATICS CLUB TRIDENT OPEN MEET, October 2026

Affiliated to SE West Midlands Region, under Swim England Regulations & Swim England Technical Rules

Licence number - 3WM261257

SHORT COURSE UPPER CUT OFF TIMES

Please note : There are NO lower cut off times, these are the short course upper cut off times, entry times submitted that are faster than those shown below will not be accepted

Male/Open								Event	Female							
9	10	11	12	13	14	15	Open		9	10	11	12	13	14	15	Open
32.90	30.80	29.80	28.80	27.80	26.60	25.21	24.00	50m Freestyle	32.80	30.70	29.70	28.60	28.10	27.80	27.68	27.10
1:10.90	1:08.90	1:03.90	59.80	57.80	55.70	54.58	53.10	100m Freestyle	1:10.50	1:08.10	1:03.30	1:03.00	1:02.90	1:01.00	1:00.08	59.60
2:32.30	2:28.1	2:18.00	2:09.60	2:07.40	2:04.00	1:59.50	1:56.00	200m Freestyle	2:31.10	2:24.50	2:18.00	2:13.20	2:12.6	2:10.90	2:09.00	2:06.20
		4:46.00	4:28.00	4:17.00	4:12.00	4:06.00	4:02.00	400m Freestyle			4:46.80	4:38.00	4:35.20	4:31.80	4:27.40	4:19.40
44.20	42.50	36.10	33.80	32.50	31.40	30.80	30.14	50m breaststoke	42.70	42.50	37.50	36.40	35.20	34.50	34.33	33.90
1:32.80	1:31.90	1:22.7	1:17.90	1:12.30	1:10.00	1:07.50	1:05.10	100m Breaststroke	1:32.30	1:30.30	1:22.50	1:20.00	1:19.10	1:17.30	1:14.33	1:11.90
3:18.1	3:08.90	2:55.00	2:46.0	2:36.70	2:34.20	2:24.40	2:21.40	200m Breaststroke	3:16.30	3:07.30	2:56.90	2:50.20	2:47.50	2:43.70	2:39.76	2:35.20
36.40	35.00	32.80	31.00	29.00	27.70	26.70	25.02	50m Butterfly	36.10	34.80	32.10	31.40	30.50	29.90	28.93	27.50
1:22.6	1:20.0	1:15.0	1:07.60	1:03.60	1:00.80	59.39	58.20	100m Butterfly	1:21.90	1:19.50	1:12.60	1:08.60	1:07.20	1:06.00	1:03.15	1:02.00
3:07.30	3:00.8	2:38.3	2:28.80	2:20.50	2:14.60	2:13.80	2:04.80	200m Butterfly	3:05.60	2:59.10	2:39.80	2:33.40	2:31.40	2:22.40	2:15.10	2:13.20
37.40	36.50	34.10	30.40	29.40	28.40	27.20	26.50	50m Backstroke	37.90	36.40	34.00	32.50	31.60	30.75	30.00	29.25
1:21.40	1:18.00	1:12.3	1:08.00	1:06.10	1:03.00	1:01.40	59.00	100m Backstroke	1:20.50	1:17.40	1:12.30	1:10.20	1:09.20	1:07.10	1:05.87	1:04.20
2:50.8	2:49.7	2:33.6	2:25.00	2:24.20	2:16.7	2:13.50	2:06.80	200m Backstroke	2:48.50	2:44.20	2:32.50	2:30.00	2:28.40	2:22.60	2:17.45	2:12.30
1:25.50	1:17.00	1:13.00	1:10.00	1:08.50	1:05.50	1:02.90	1:01.40	100m Individual Medley	1:25.70	1:17.40	1:15.00	1:13.10	1:11.70	1:09.80	1:07.20	1:05.40
2:58.90	2:54.90	2:43.40	2:36.20	2:28.60	2:20.90	2:15.20	2:12.00	200m Individual Medley	2:54.80	2:52.50	2:43.20	2:37.80	2:32.70	2:27.70	2:23.40	2:19.10
			5:22.00	5:06.00	4:51.00	4:42.00	4:31.00	400m Individual Medley				5:24.00	5:10.00	5:01.50	4:56.80	4:47.60