



KINGSTON ROYALS SWIMMING CLUB

THE ROYALS NEW YEAR MEET 2026

LEVEL 3 – LICENCE NO: 3LR260046

At Elmbridge Xcel Leisure Complex
Waterside Drive, Walton-on-Thames, Surrey KT12 2JG
On 10th & 11th January 2026

QUALIFYING TIMES

OPEN/BOYS – LOWER LIMIT

	9	10	11	12	13	14	15	16 & Over
50m Free	58.01	53.35	49.40	45.38	41.64	40.07	38.80	37.50
100 Free	1:50.00	1:44.30	1:40.00	1:27.00	1:19.87	1:14.59	1:12.30	1:09.20
200m Free	4:30.00	4:00.00	3:35.00	3:15.00	3:00.00	2:42.00	2:38.00	2:24.40
400m Free		6:45.00	6:30.00	5:47.50	5:35.00	5:15.00	5:05.00	4:50.00
50m Breast	1:10.46	1:04.84	59.79	54.98	50.12	48.10	46.41	44.70
100 Breast	2:15.10	2:10.90	2:02.00	1:47.34	1:38.05	1:31.70	1:29.10	1:28.90
200m Breast	5:15.00	4:49.00	4:21.00	3:56.00	3:36.00	3:16.00	3:14.00	3:06.70
50m Fly	1:03.20	57.71	53.03	49.01	44.78	42.97	41.36	39.70
100m Fly	2:03.50	1:59.30	1:51.35	1:35.69	1:27.60	1:22.00	1:19.30	1:16.30
200m Fly	5:13.00	4:33.00	4:00.00	3:41.00	3:24.00	3:04.00	2:55.00	2:39.30
50m Back	1:04.24	58.94	54.55	50.44	45.98	44.40	42.80	40.50
100m Back	2:02.90	1:57.10	1:51.22	1:36.22	1:28.21	1:22.50	1:20.20	1:15.80
200m Back	4:40.00	4:20.00	3:52.00	3:29.00	3:15.00	2:55.00	2:53.00	2:45.70
100m IM	2:12.10	1:59.68	1:49.56	1:43.20	1:37.15	1:28.95	1:24.40	1:16.22
200m IM	4:18.30	4:01.78	3:38.07	3:17.53	3:07.95	2:58.69	2:52.48	2:42.10
400m IM		7:05.00	7:00.00	6:50.00	6:27.50	6:12.00	5:55.00	5:45.00

GIRLS – LOWER LIMIT

	9	10	11	12	13	14	15	16 & Over
50m Free	58.51	53.91	49.40	46.19	43.00	42.30	41.80	40.50
100m Free	1:51.00	1:47.00	1:37.46	1:28.18	1:22.56	1:19.50	1:18.04	1:16.10
200m Free	4:18.00	3:55.00	3:30.00	3:14.00	3:01.00	2:50.00	2:49.00	2:39.00
400m Free		6:45.00	6:30.00	6:00.00	5:40.00	5:27.50	5:22.50	5:18.00
50m Breast	1:11.37	1:05.22	1:00.02	55.39	51.50	50.30	49.36	48.50
100m Breast	2:14.10	2:09.00	1:53.40	1:48.05	1:40.61	1:35.60	1:34.80	1:34.60
200m Breast	5:18.00	4:45.00	4:15.00	3:56.00	3:40.00	3:28.00	3:27.00	3:19.00
50m Fly	1:07.70	57.77	53.49	49.40	46.00	44.90	44.40	43.50
100m Fly	2:02.50	1:58.00	1:46.75	1:36.25	1:30.03	1:26.00	1:25.50	1:23.80
200m Fly	5:17.00	4:30.00	4:00.00	3:36.00	3:27.00	3:11.00	3:06.00	2:55.10
50m Back	1:04.61	59.17	54.74	50.70	47.40	46.50	45.90	44.00
100m Back	2:01.30	1:56.00	1:46.68	1:36.54	1:30.18	1:26.80	1:25.20	1:23.70
200m Back	4:45.00	4:18.00	3:46.00	3:30.00	3:17.00	3:05.00	3:04.00	3:02.90
100m IM	2:13.68	1:58.53	1:49.82	1:45.40	1:39.16	1:33.20	1:30.30	1:23.40
200m IM	4:20.35	4:02.13	3:38.42	3:17.97	3:11.43	3:06.57	3:03.55	2:56.30
400m IM		7:05.00	7:00.00	6:52.00	6:38.00	6:25.00	6:01.00	5:48.50

Entry times submitted must be Short Course times. Converted Long Course times will be accepted.



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QUALIFYING TIMES

OPEN/BOYS – UPPER LIMIT

	9	10	11	12	13	14	15	16 & Over
50m Free	32.90	31.00	28.00	27.00	26.00	25.00	24.00	23.00
100 Free	1.12.70	1.10.00	1.05.00	1.00.00	54.00	53.00	52.00	51.00
200m Free	2.43.40	2.30.00	2.20.00	2.10.00	2.05.00	2.00.00	1.55.00	1.52.00
400m Free		5.30.00	5.20.00	5.00.00	4.45.50	4.30.00	4.17.50	4.08.00
50m Breast	45.80	44.00	40.00	35.00	33.00	31.00	29.00	29.00
100 Breast	1.38.40	1.30.00	1.20.00	1.15.00	1.10.00	1.05.00	1.02.00	1.02.00
200m Breast	3.20.00	3.10.00	2.55.00	2.40.00	2.30.00	2.20.00	2.15.00	2.15.00
50m Fly	38.10	34.00	30.00	28.00	27.00	26.00	25.00	25.00
100m Fly	1.25.00	1.20.00	1.15.00	1.10.00	1.05.00	59.00	56.00	56.00
200m Fly	3.00.00	2.50.00	2.30.00	2.20.00	2.15.00	2.10.00	2.00.00	2.00.00
50m Back	39.60	34.00	30.00	29.00	28.00	27.00	26.00	26.00
100m Back	1.23.40	1.20.00	1.15.00	1.10.00	1.05.00	59.00	56.00	56.00
200m Back	3.00.00	2.50.00	2.30.00	2.20.00	2.15.00	2.10.00	2.00.00	2.00.00
100m IM	1:25.00	1:22.00	1:17.50	1:12.50	1:09.50	1:06.50	1:03.50	58.50
200m IM	3.04.90	3.04.90	2.40.00	2.30.00	2.20.00	2.10.00	2.00.00	2.00.00
400m IM		6.12.50	6.00.00	5.45.00	5.30.00	5.10.00	5.00.00	4:45.00

GIRLS – UPPER LIMIT

	9	10	11	12	13	14	15	16 & Over
50m Free	33.00	31.00	30.00	29.00	28.00	27.00	26.00	26.00
100m Free	1.14.50	1.10.00	1.05.00	1.02.00	1.01.00	1.00.00	58.00	58.00
200m Free	2.43.30	2.30.00	2.20.00	2.15.00	2.10.00	2.05.00	2.00.00	2.00.00
400m Free		5.30.00	5.15.00	5.05.00	4.50.00	4.40.80	4.35.00	4.25.00
50m Breast	44.60	44.00	40.00	36.00	35.00	34.00	33.00	33.00
100m Breast	1.38.70	1.30.00	1.20.00	1.17.00	1.12.00	1.07.00	1.04.00	1.04.00
200m Breast	3.20.00	3.10.00	2.55.00	2.45.00	2.35.00	2.25.00	2.20.00	2.20.00
50m Fly	35.20	34.00	31.00	30.00	29.00	28.00	27.00	27.00
100m Fly	1.21.00	1.20.00	1.15.00	1.12.00	1.07.00	1.02.00	1.00.00	1.00.00
200m Fly	3.00.00	2.50.00	2.30.00	2.25.00	2.20.00	2.15.00	2.10.00	2.10.00
50m Back	38.90	34.00	32.00	31.00	30.00	29.00	28.00	28.00
100m Back	1.24.10	1.20.00	1.15.00	1.10.00	1.05.00	1.02.00	1.00.00	1.00.00
200m Back	3.00.00	2.50.00	2.35.00	2.25.00	2.15.00	2.10.00	2.05.00	2.05.00
100m IM	1:25.00	1:22.00	1:17.50	1:13.50	1:10.50	1:07.50	1:05.00	1:01.50
200m IM	3.15.00	3.05.00	2.40.00	2.35.00	2.25.00	2.15.00	2.10.00	2.10.00
400m IM		6:12.50	6.00.00	5.45.00	5.30.00	5.17.50	5.10.00	4.50.00

Entry times submitted must be Short Course times. Converted Long Course times will be accepted.