

Cumbria County Championships 2026

Short Course - Para Swimming Consideration Times

Age at 31st Dec 2026, Times to be achieved from 5th Feb 2025 until closing date (Levels 1-4), Conversions will be accepted.

DWSREFT25		Freestyle				Backstroke		Butterfly			Breaststroke			IM	
		50m	100m	200m	400m	50m	100m	50m	100m		50m	100m		100m	200m
Open/Male	S1	2:11.22	6:45.16	8:05.74		2:07.14	4:27.46			SB1	2:43.76		SM1		
Female		1:32.05	3:22.01	8:34.03		1:54.89	3:58.65				2:21.36				
Open/Male	S2	1:42.66	3:54.85	8:05.74		1:52.40	3:52.10	2:16.68		SB2	1:43.21		SM2		
Female		1:35.23	3:59.84	8:26.28		1:53.68	3:58.97	1:39.74			1:56.40				
Open/Male	S3	1:18.17	2:54.81	6:05.38		1:18.83		1:22.60		SB3	1:22.02		SM3		
Female		1:20.38	2:50.49	5:51.95		1:26.00		1:44.26			1:28.86				
Open/Male	S4	1:03.75	2:21.07	5:04.44		1:13.75		1:13.32		SB4		2:35.53	SM4		
Female		1:09.26	2:30.88	5:26.42		1:29.93		1:28.06				2:57.29			
Open/Male	S5	53.57	1:54.82	4:14.74		59.60		57.83		SB5		2:24.64	SM5	2:14.28	4:42.10
Female		1:01.95	2:13.35	4:45.11		1:12.49		1:22.50				2:42.01		2:40.43	5:43.98
Open/Male	S6	49.45	1:48.56		8:00.49		2:06.68	53.35		SB6		2:18.13	SM6	2:06.94	4:30.76
Female		58.17	2:06.36		9:08.91		2:21.98	1:01.93				2:35.52		2:27.64	5:00.02
Open/Male	S7	46.38	1:42.24		7:43.05		1:55.58	53.89		SB7		2:06.79	SM7	2:01.24	4:19.11
Female		54.69	1:56.55		8:44.50		2:07.45	58.89				2:27.64		2:21.22	4:54.22
Open/Male	S8	44.35	1:37.26		7:22.31		1:47.41		1:41.85	SB8		1:55.68	SM8	1:49.92	3:53.17
Female		51.70	1:51.52		7:54.91		2:01.36		2:02.81			2:08.42		2:02.86	4:24.91
Open/Male	S9	41.28	1:29.71		6:58.64		1:38.48		1:39.11	SB9		1:48.10	SM9	1:40.42	3:40.47
Female		47.94	1:45.31		7:52.57		1:54.53		1:54.09			2:00.22		2:01.01	4:12.50
Open/Male	S10	38.15	1:22.79		6:38.77		1:37.39		1:32.29	SB10			SM10	1:37.80	3:30.88
Female		46.27	1:41.01		7:33.37		1:53.22		1:47.32					1:50.52	4:00.46
Open/Male	S11	43.10	1:36.08		7:32.80		1:52.39		1:48.32	SB11		1:54.73	SM11	1:47.92	3:55.88
Female		50.27	1:49.75		8:34.42		2:11.27		2:10.51			2:19.59		2:09.17	4:32.46
Open/Male	S12	40.56	1:28.38		6:56.59		1:37.82		1:35.97	SB12		1:55.14	SM12	1:41.03	3:42.07
Female		45.12	1:39.62		7:37.20		1:51.83		1:50.67			2:03.42		1:57.01	4:14.34
Open/Male	S13	39.34	1:25.24		6:28.76		1:36.51		1:32.45	SB13		1:42.44	SM13	1:38.26	3:28.47
Female		46.02	1:38.33		7:40.12		1:48.10		1:48.66			2:07.16		1:55.40	4:09.15
Open/Male	S14		1:24.75	3:08.09	6:47.71		1:36.24		1:31.31	SB14		1:44.16	SM14	1:31.99	
Female			1:37.95	3:30.31	7:32.34		1:48.95		1:48.38			2:03.52		1:44.38	