2026 British Master Championships
Female Long Course Qualifying times

(long course times or short course times converted are accepted)

Phase 1

	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:30.0	01:04.5	02:24.7	05:15.0	10:50.0	20:15.4	00:34.0	01:14.0	02:40.0	00:38.0	01:25.0	03:00.0	00:33.2	01:12.0	02:47.5	02:38.0	05:45.0
25-29	00:30.2	01:05.5	02:25.8	05:15.0	11:00.0	20:40.0	00:34.5	01:15.5	02:42.5	00:38.5	01:25.0	03:00.0	00:33.5	01:13.0	02:51.0	02:40.0	05:55.0
30-34	00:30.4	01:06.0	02:26.5	05:15.0	11:10.0	21:20.0	00:35.5	01:17.0	02:44.0	00:39.2	01:26.0	03:05.0	00:33.8	01:15.0	02:57.0	02:46.0	06:00.0
35-39	00:30.6	01:07.5	02:30.0	05:20.0	11:40.0	22:00.0	00:36.5	01:19.5	02:55.0	00:40.0	01:27.0	03:11.0	00:34.0	01:17.0	03:03.0	02:50.0	06:10.0
40-44	00:30.8	01:09.0	02:36.0	05:30.0	12:00.0	22:45.0	00:38.0	01:22.0	03:05.0	00:40.8	01:28.0	03:13.0	00:34.2	01:19.0	03:09.0	02:54.0	06:20.0
45-49	00:31.5	01:11.0	02:40.0	05:40.0	12:20.0	23:20.0	00:39.0	01:25.5	03:07.5	00:42.0	01:30.5	03:18.0	00:35.0	01:25.0	03:17.0	02:58.0	06:30.0
50-54	00:32.5	01:14.0	02:45.0	05:50.0	12:40.0	24:00.0	00:40.0	01:27.5	03:10.0	00:43.5	01:33.5	03:26.0	00:36.0	01:28.0	03:25.0	03:05.0	06:50.0
55-59	00:34.5	01:20.0	02:53.0	06:05.0	13:00.0	24:40.0	00:43.0	01:31.5	03:15.0	00:45.0	01:38.0	03:35.0	00:37.5	01:31.0	03:35.1	03:20.0	07:10.0
60-64	00:36.5	01:25.0	03:00.0	06:15.0	13:15.0	25:20.0	00:45.0	01:34.0	03:20.0	00:46.5	01:41.5	03:45.0	00:40.0	01:34.0	03:45.0	03:25.0	07:35.0
65-69	00:38.5	01:30.0	03:10.0	06:40.0	13:30.0	26:00.0	00:47.0	01:40.0	03:30.0	00:49.5	01:45.0	04:00.0	00:46.0	01:40.0	03:55.0	03:40.0	08.00.0
70-74	00:43.0	01:35.0	03:25.0	07:05.0	14:30.0	27:00.0	00:55.0	01:52.2	03:45.0	00:57.5	02:00.0	04:20.0	00:52.3	02:00.0	04:10.0	04:15.0	08:50.0
75-79	00:48.0	01:45.0	03:45.0	08:10.0	16:00.0	28:40.0	01:00.0	02:00.0	04:20.0	01:02.5	02:05.0	04:40.0	00:59.6	02:10.0	04:25.0	04:40.0	09.40.0
80+	No Qualification Times required																

2026 British Master Championships
Female Long Course Qualifying times

(long course times or short course times converted are accepted)

Phase 2

	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:35.0	01:18.6	02:55.0	06:00.9	12:28.6	24:07.7	00:43.5	01:34.2	03:18.2	00:48.1	01:39.6	03:41.5	00:40.3	01:35.1	03:36.7	03:11.8	07:05.0
25-29	00:35.4	01:20.3	02:55.9	06:03.8	12:31.6	24:13.5	00:44.7	01:36.0	03:19.9	00:49.0	01:40.8	03:44.5	00:41.1	01:36.8	03:40.8	03:14.4	07:10.3
30-34	00:36.0	01:22.0	02:56.9	06:05.8	12:37.9	24:25.8	00:45.5	01:37.5	03:21.7	00:49.7	01:42.1	03:48.6	00:41.7	01:38.5	03:45.3	03:16.6	07:15.5
35-39	00:36.4	01:23.0	02:58.8	06:09.3	12:49.5	24:48.3	00:46.2	01:38.8	03:24.4	00:50.8	01:43.6	03:54.4	00:42.2	01:40.4	03:49.2	03:20.0	07:23.4
40-44	00:37.0	01:24.4	03:02.0	06:15.5	13:07.8	25:12.3	00:47.0	01:40.5	03:28.7	00:52.0	01:45.3	04:02.3	00:42.7	01:42.9	03:54.6	03:24.4	07:35.1
45-49	00:38.0	01:26.5	03:05.6	06:22.7	13:28.6	25:40.8	00:48.1	01:42.8	03:35.5	00:53.5	01:49.2	04:12.5	00:43.6	01:47.5	04:02.9	03:31.7	07:52.0
50-54	00:39.2	01:29.0	03:11.5	06:35.3	13:59.4	26:40.5	00:49.8	01:46.1	03:45.4	00:56.2	01:54.9	04:27.1	00:45.1	01:53.8	04:15.3	03:42.4	08:17.6
55-59	00:42.2	01:34.5	03:23.0	07:05.2	15:00.1	28:37.8	00:53.9	01:55.0	04:08.5	01:02.5	02:07.3	04:50.0	00:49.9	02:02.9	04:35.7	04:13.8	09:14.4
60-64	00:46.0	01:41.8	03:39.4	07:37.2	16:19.8	31:00.5	00:59.0	02:05.7	04:34.2	01:09.8	02:24.0	05:15.9	00:55.9	02:15.1	05:00.1	04:47.8	10:12.9
65-69	00:51.3	01:53.8	04:03.7	08:18.6	17:43.5	33:37.5	01:05.5	02:18.3	05:01.3	01:17.6	02:41.3	05:43.0	01:03.3	02:31.0	05:27.2	05:21.3	11:11.5
70-74	00:58.2	02:10.4	04:32.2	09:10.5	19:23.3	36:45.9	01:13.5	02:34.3	05:34.5	01:25.7	02:59.9	06:13.4	01:12.3	02:51.3	06:03.5	06:00.0	12:21.4
75-79	01:05.2	02:27.3	05:05.4	10:14.3	21:20.8	40:28.9	01:23.4	02:54.2	06:14.7	01:34.2	03:19.5	06:47.4	01:23.1	03:16.7	06:50.4	06:44.4	13:43.9
80+	No Qualification Times required																

2026 British Master Championships
Male & Open Long Course Qualifying times

(long course times or short course times converted are accepted)

Phase 1

	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:25.5	00:57.0	02:15.0	04:50.0	10:00.0	20:00.0	00:30.5	01:08.0	02:32.0	00:31.5	01:10.0	02:40.0	00:27.6	01:05.8	02:30.0	02:30.0	05:25.0
25-29	00:25.5	00:58.0	02:15.0	04:50.0	10:00.0	20:00.0	00:31.0	01:08.0	02:34.0	00:32.5	01:10.0	02:40.0	00:27.8	01:05.9	02:40.0	02:30.0	05:35.0
30-34	00:26.2	00:59.0	02:16.0	04:50.0	10:00.0	20:00.0	00:31.5	01:09.0	02:36.0	00:33.5	01:15.0	02:45.0	00:28.0	01:06.2	02:50.0	02:32.0	05:45.0
35-39	00:27.1	01:00.0	02:18.0	04:52.5	10:15.0	20:00.0	00:32.0	01:11.0	02:38.0	00:34.0	01:16.0	02:50.0	00:28.3	01:06.3	02:55.0	02:35.0	05:55.0
40-44	00:27.5	01:02.4	02:20.0	04:55.0	10:30.0	20:30.0	00:32.5	01:13.0	02:40.0	00:34.5	01:17.0	02:55.0	00:29.0	01:07.0	03:00.0	02:38.0	06:05.0
45-49	00:28.0	01:03.0	02:22.0	05:05.0	10:45.0	20:45.0	00:34.0	01:16.0	02:45.0	00:35.0	01:18.0	03:00.0	00:30.0	01:09.2	03:05.0	02:41.0	06:15.0
50-54	00:28.4	01:03.5	02:23.0	05:15.0	11:00.0	21:00.0	00:36.0	01:18.0	02:50.0	00:36.5	01:21.0	03:05.0	00:31.0	01:10.0	03:10.0	02:44.0	06:25.0
55-59	00:29.0	01:04.0	02:26.0	05:25.0	11:15.0	21:30.0	00:37.0	01:21.0	02:57.5	00:38.0	01:24.0	03:10.0	00:32.0	01:17.0	03:20.0	02:50.0	06:40.0
60-64	00:30.0	01:08.0	02:31.5	05:35.0	11:30.0	22:30.0	00:38.5	01:25.0	03:05.0	00:39.5	01:29.0	03:25.0	00:33.5	01:25.0	03:35.0	03:00.0	06:55.0
65-69	00:32.0	01:13.0	02:45.0	05:55.0	12:15.0	24:00.0	00:40.0	01:27.0	03:30.0	00:42.0	01:35.0	03:40.0	00:35.5	01:35.0	03:50.0	03:15.0	07:15.0
70-74	00:35.0	01:20.0	03:00.0	06:30.0	12:55.0	25:30.0	00:45.0	01:30.0	04:00.0	00:48.0	01:45.0	04.00.0	00:40.0	01:45.0	04:05.0	03:30.0	07:45.0
75-79	00:38.0	01:37.0	03:20.0	07:15.0	13:45.0	28:00.0	00:55.0	01:37.0	04:45.0	01:00.0	02:20.0	05:10.0	00:47.0	01:55.0	04:35.0	04:20.0	09:00.0
80+	No Qualification Times required																

2026 British Master Championships
Male & Open Long Course Qualifying times

(long course times or short course times converted are accepted)

Phase 2

Men	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	00:29.8	01:06.9	02:35.8	05:35.3	11:39.7	22:32.3	00:37.4	01:23.4	03:02.7	00:39.1	01:29.3	03:21.1	00:32.6	01:18.7	03:11.9	02:56.4	06:44.4
25-29	00:30.2	01:08.2	02:36.7	05:39.4	11:43.9	22:40.5	00:37.7	01:23.7	03:05.0	00:39.8	01:29.6	03:21.9	00:32.8	01:20.5	03:14.7	02:58.3	06:45.4
30-34	00:30.6	01:09.1	02:37.5	05:41.7	11:49.1	22:50.7	00:37.9	01:24.5	03:07.3	00:40.3	01:29.8	03:22.7	00:33.0	01:21.9	03:17.3	03:00.1	06:47.9
35-39	00:30.9	01:10.0	02:38.4	05:44.9	11:56.7	23:05.6	00:38.4	01:25.5	03:10.1	00:40.8	01:30.0	03:23.8	00:33.2	01:22.8	03:20.8	03:01.3	06:53.2
40-44	00:31.4	01:11.2	02:40.2	05:48.6	12:06.3	23:18.2	00:39.0	01:26.5	03:13.5	00:41.1	01:30.1	03:25.0	00:33.6	01:23.8	03:24.9	03:02.8	07:02.6
45-49	00:32.0	01:12.9	02:41.5	05:55.5	12:20.1	23:39.0	00:40.0	01:27.6	03:17.6	00:41.8	01:30.7	03:29.7	00:34.1	01:25.1	03:31.3	03:05.7	07:17.1
50-54	00:32.9	01:15.3	02:42.4	06:02.1	12:33.9	24:05.3	00:41.4	01:29.2	03:24.6	00:43.2	01:32.4	03:39.5	00:35.1	01:28.4	03:41.7	03:12.1	07:38.2
55-59	00:36.0	01:22.9	02:47.5	06:18.2	13:10.2	25:14.3	00:43.5	01:35.6	03:45.7	00:46.8	01:42.3	04:04.4	00:38.0	01:38.7	03:54.9	03:34.5	08:25.7
60-64	00:40.1	01:32.6	03:08.9	06:50.8	14:33.5	27:56.8	00:49.4	01:48.7	04:14.1	00:54.6	01:56.6	04:36.3	00:46.6	01:51.7	04:20.3	04:08.4	09:27.1
65-69	00:44.8	01:43.6	03:33.7	07:37.1	16:10.0	31:04.9	00:56.0	02:03.1	04:40.7	01:03.3	02:12.9	05:06.9	00:55.6	02:08.2	04:56.9	04:44.7	10:34.3
70-74	00:50.1	01:55.9	04:02.4	08:32.5	18:00.9	34:41.1	01:03.5	02:19.1	05:10.9	01:12.8	02:31.7	05:41.9	01:05.6	02:28.8	05:39.5	05:27.2	11:52.7
75-79	00:56.0	02:10.0	04:35.5	09:38.0	20:07.7	38:48.4	01:11.8	02:36.6	05:45.0	01:23.2	02:53.1	06:21.6	01:16.7	02:54.3	06:28.9	06:17.0	13:23.7
80+	No Qualification Times required																