



London Legacy Swimming Meet 2026 (Long Course) - Consideration Times

Consideration Times are Long Course (50m), swimmers must be faster than these times to enter. Both Long Course and converted Short Course (25m) times will be acceptable.

Open / Male					
Event	10	11	12/13	14/15	16+ Over
50m Free	37.50	36.00	34.50	31.50	29.00
100m Free	1:21.00	1:20.00	1:15.00	1:07.00	1:03.00
200m Free	2:55.00	2:50.00	2:40.00	2:27.00	2:17.00
400m Free	5:58.00	5:44.00	5:30.00	5:10.00	4:50.00
800m Free			11:30.00	10:30.00	9:50.00
1500m Free			21:30.00	20:20.00	19:15.00
50m Breaststroke	49.00	47.00	44.50	40.00	37.00
100m Breaststroke	1:45.00	1:40.00	1:35.00	1:28.00	1:19.00
200m Breaststroke	4:00.00	3:40.00	3:25.00	3:05.00	2:52.00
50m Butterfly	43.00	40.00	38.00	35.00	32.00
100m Butterfly	1:45.00	1:35.00	1:23.00	1:14.00	1:08.00
200m Butterfly	4:00.00	3:40.00	3:20.00	2:41.00	2:31.00
50m Backstroke	45.00	43.00	41.00	37.00	34.00
100m Backstroke	1:35.00	1:30.00	1:24.00	1:18.00	1:11.00
200m Backstroke	3:20.00	3:10.00	3:00.00	2:45.00	2:32.00
200m Medley	3:30.00	3:16.00	3:02.00	2:48.00	2:35.00
400m Medley	7:30.00	7:10.00	6:40.00	5:52.00	5:28.00
Female					
Event	10	11	12/13	14/15	16+ Over
50m Free	38.00	37.00	35.00	33.50	32.00
100m Free	1:22.00	1:19.00	1:15.00	1:12.00	1:09.00
200m Free	2:57.00	2:47.00	2:40.00	2:34.00	2:29.00
400m Free	6:15.00	5:45.00	5:30.00	5:20.00	5:10.00
800m Free			11:45.00	11:00.00	10:40.00
1500m Free			21:45.00	21:05.00	20:20.00
50m Breaststroke	49.00	47.00	44.00	42.50	41.00
100m Breaststroke	1:47.50	1:38.00	1:34.00	1:30.00	1:27.00
200m Breaststroke	4:00.00	3:40.00	3:25.00	3:12.00	3:07.00
50m Butterfly	44.00	41.00	38.00	36.50	35.00
100m Butterfly	1:45.00	1:35.00	1:25.00	1:19.00	1:16.00
200m Butterfly	4:00.00	3:40.00	3:25.00	2:52.00	2:45.00
50m Backstroke	45.00	43.00	41.00	38.50	37.00
100m Backstroke	1:35.00	1:30.00	1:24.00	1:21.00	1:18.00
200m Backstroke	3:24.00	3:15.00	3:05.00	2:51.00	2:45.00
200m Medley	3:30.00	3:16.00	3:02.00	2:54.00	2:48.00
400m Medley	7:30.00	7:10.00	6:40.00	6:05.00	5:52.00