

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION
COUNTY CHAMPIONSHIPS 2025 Inclusive of Multi-Classification Events

8th, 9th, 15th & 16th February 2025 @ London Aquatic Centre

Under Swim England Laws and Swim England Technical Rules at Level 1 under no: 1LR25 & 1LR25

2025 County auto and consideration times

Male/Open - Long course times

Events	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	Long
50 Free	37.14	40.18	32.53	34.54	31.79	34.06	29.51	31.35	27.46	29.67	26.36	27.88	26.19	27.82	50 Free
100 Free	01:25.27	01:33.51	01:15.08	01:22.09	01:11.31	01:20.05	01:03.85	01:08.04	01:00.43	01:07.29	57.98	01:00.68	57.68	00:59.99	100 Free
200 Free	03:12.20	03:35.39	02:46.81	02:56.59	02:37.11	02:48.35	02:19.12	02:30.22	02:14.44	02:28.87	02:06.29	02:17.41	02:04.09	02:13.65	200 Free
400 Free	06:46.96	07:06.99	05:33.88	06:11.05	05:17.30	05:51.16	04:43.99	05:24.99	04:37.12	05:16.03	04:27.49	05:02.70	04:24.03	04:51.48	400 Free
800 Free			11:36.67	12:18.90	11:17.64	11:58.71	10:38.05	11:16.71	10:08.64	10:45.53	09:34.19	10:08.99	09:02.98	09:35.88	800 Free
1500 Free			21:33.73	22:52.14	20:34.93	21:49.77	19:45.23	20:57.07	18:48.95	19:57.37	18:32.28	19:39.69	18:03.44	19:09.10	1500 Free
50 Back	44.69	46.65	39.89	45.27	36.93	42.06	32.62	37.41	31.48	35.62	30.65	33.93	30.58	33.38	50 Back
100 Back	01:37.62	01:46.33	01:25.83	01:31.69	01:20.11	01:30.64	01:14.57	01:20.61	01:11.05	01:19.51	01:07.72	01:15.50	01:05.09	01:13.13	100 Back
200 Back	03:50.91	04:12.25	03:01.76	03:30.46	02:52.67	03:20.32	02:36.79	02:56.09	02:34.23	02:55.15	02:26.13	02:45.66	02:23.48	02:39.60	200 Back
50 BR	51.46	55.43	47.25	55.34	41.29	46.99	36.48	43.07	35.35	39.77	33.43	38.04	33.97	36.56	50 BR
100 BR	01:52.61	01:58.55	01:39.38	01:48.96	01:34.19	01:46.23	01:22.70	01:35.34	01:17.66	01:28.22	01:15.41	01:27.74	01:16.49	01:25.43	100 BR
200 BR	04:08.16	04:39.01	03:38.17	03:57.40	03:23.79	03:34.52	03:00.42	03:24.67	02:52.60	03:14.98	02:45.30	03:03.67	02:42.31	02:58.04	200 BR
50 Fly	47.34	55.20	42.82	51.23	36.43	41.45	31.62	35.32	30.54	33.04	29.14	32.17	27.44	29.64	50 Fly
100 Fly	01:55.95	02:10.16	01:38.30	01:51.68	01:27.39	01:38.53	01:13.94	01:25.69	01:11.37	01:20.44	01:06.74	01:16.69	01:01.52	01:04.75	100 Fly
200 Fly	03:31.54	03:51.49	03:20.83	03:42.61	03:15.56	03:37.49	02:56.86	03:33.77	02:48.22	03:13.55	02:34.46	03:06.81	02:22.18	02:52.42	200 Fly
200 IM	03:23.57	03:53.26	03:06.73	03:29.47	02:56.68	03:13.54	02:40.20	02:59.10	02:20.93	02:53.73	02:28.35	02:46.76	02:24.20	02:39.60	200 IM
400 IM			06:43.73	07:28.65	05:57.38	06:52.57	05:32.03	06:11.55	05:18.90	05:53.62	05:10.44	05:51.92	04:46.98	05:43.97	400 IM

Male/Open Short course times

Events	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	Short
50 Free	36.56	39.70	31.95	33.96	31.17	33.46	28.81	30.69	26.76	29.01	25.58	27.13	25.38	27.03	50 Free
100 Free	01:24.29	01:32.66	01:14.00	01:21.08	01:10.18	01:19.10	01:02.63	01:06.82	00:59.10	01:06.13	56.55	59.301	56.25	58.6	100 Free
200 Free	03:10.43	03:33.84	02:44.75	02:54.64	02:34.95	02:46.32	02:16.63	02:27.91	02:11.92	02:26.62	02:03.69	02:14.94	02:01.34	02:11.08	200 Free
400 Free	06:43.61	07:03.72	05:29.80	06:07.29	05:12.95	05:47.19	04:39.23	05:20.76	04:32.17	05:11.65	04:22.38	04:56.10	04:18.82	04:46.61	400 Free
800 Free			11:28.62	12:10.35	11:09.41	11:49.98	10:29.22	11:07.36	09:59.43	10:35.76	09:24.44	09:58.65	08:52.68	09:24.97	800 Free
1500 Free			21:18.25	22:35.72	20:18.75	21:32.62	19:28.38	20:39.19	18:31.24	19:38.59	18:14.28	19:20.60	17:44.98	18:49.52	1500 Free
50 Back	44.20	47.22	39.40	44.85	36.36	41.58	31.95	36.83	30.87	35.05	30.48	33.36	29.89	32.77	50 Back
100 Back	01:36.83	01:45.53	01:24.97	01:30.78	01:19.09	01:29.79	01:13.51	01:19.60	01:09.98	01:18.51	01:06.55	01:14.45	01:03.90	01:12.07	100 Back
200 Back	03:49.54	04:10.96	02:59.95	03:28.89	02:50.83	03:18.59	02:34.76	02:54.24	02:32.21	02:53.25	02:23.88	02:43.65	02:21.23	02:37.51	200 Back
50 BR	50.87	54.85	46.65	54.75	40.58	46.33	35.68	42.37	34.50	39.01	32.54	37.22	33.03	35.74	50 BR
100 BR	01:51.54	01:57.41	01:38.11	01:47.81	01:32.91	01:45.04	01:21.25	01:34.05	01:16.06	01:26.82	01:13.70	01:26.33	01:14.88	01:23.95	100 BR
200 BR	04:06.10	04:37.10	03:35.82	03:55.22	03:21.21	03:32.06	02:57.59	03:22.06	02:49.66	03:12.26	02:42.21	03:00.87	02:39.17	02:55.13	200 BR
50 Fly	46.95	54.85	42.44	50.89	35.97	40.99	31.07	34.75	29.89	32.47	28.52	31.58	26.76	29.01	50 Fly
100 Fly	01:55.36	02:09.59	01:37.52	01:50.98	01:26.54	01:37.81	01:12.92	01:24.84	01:10.37	01:19.50	01:05.67	01:15.73	01:00.37	01:03.56	100 Fly
200 Fly	03:30.13	03:50.18	03:19.35	03:41.17	03:13.96	03:36.02	02:55.14	03:32.35	02:46.42	03:11.96	02:32.50	03:05.13	02:20.06	02:50.58	200 Fly
200 IM	03:21.70	03:51.56	03:04.65	03:27.60	02:54.56	03:11.56	02:37.80	02:56.91	02:18.19	02:51.47	02:25.74	02:44.44	02:21.53	02:37.11	200 IM
400 IM			06:39.49	07:24.81	05:52.64	06:48.38	05:26.86	06:06.89	05:13.53	05:48.68	05:04.91	05:46.99	04:40.99	05:38.88	400 IM

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COUNTY CHAMPIONSHIPS 2025 Inclusive of Multi-Classification Events

8th, 9th, 15th & 16th February 2025 @ London Aquatic Centre

Under Swim England Laws and Swim England Technical Rules at Level 1 under no: 1LR25 & 1LR25

2025 County auto and consideration times

Female Long Course times

Event	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	long
50 Free	36.13	43.79	32.95	35.54	31.25	32.96	30.13	32.91	29.19	31.21	29.11	31.05	28.29	30.12	50 Free
100 Free	01:19.65	01:32.31	01:13.50	01:21.41	01:09.67	01:14.57	01:05.46	01:12.18	01:04.19	01:07.48	01:04.05	01:06.47	01:02.12	01:03.99	100 Free
200 Free	02:56.44	03:15.41	02:43.65	03:01.44	02:30.91	02:43.38	02:23.69	02:37.37	02:19.74	02:35.19	02:12.38	02:23.81	02:07.52	02:20.60	200 Free
400 Free	06:04.85	07:17.95	05:34.81	06:42.27	05:11.45	05:50.56	04:58.36	05:45.26	04:47.09	05:20.26	04:38.33	05:06.50	04:21.82	05:03.03	400 Free
800 Free			12:55.55	13:42.56	12:08.70	12:52.87	10:49.51	11:28.88	10:12.66	10:49.79	10:12.66	10:49.79	10:07.27	10:44.07	800 Free
1500 Free			21:51.29	23:10.76	20:54.42	22:10.45	20:40.29	21:55.46	20:25.73	21:40.02	19:24.60	20:35.19	19:00.59	20:09.72	1500 Free
50 Back	44.17	48.87	38.80	42.88	36.85	39.01	34.69	38.97	33.85	36.64	32.77	35.92	31.64	33.38	50 Back
100 Back	01:34.25	01:42.78	01:24.17	01:33.99	01:19.83	01:25.11	01:19.04	01:24.52	01:15.07	01:20.82	01:12.56	01:17.49	01:11.06	01:16.09	100 Back
200 Back	03:17.20	03:41.95	02:58.64	03:16.73	02:48.95	03:05.87	02:44.24	03:02.74	02:39.63	02:58.96	02:35.12	02:56.90	02:23.67	02:38.06	200 Back
50 BR	49.47	51.87	45.42	47.73	41.69	44.08	39.52	43.67	38.50	43.41	36.60	40.60	34.41	39.45	50 BR
100 BR	01:47.37	01:55.68	01:37.64	01:46.27	01:31.90	01:38.75	01:25.57	01:37.58	01:24.52	01:35.96	01:21.41	01:30.40	01:17.43	01:26.62	100 BR
200 BR	03:52.18	04:27.29	03:31.98	03:45.16	03:14.88	03:25.68	03:08.77	03:21.70	02:59.67	03:20.28	02:56.11	03:16.18	02:45.64	02:51.12	200 BR
50 Fly	42.95	47.45	36.67	40.07	34.60	37.45	33.00	36.46	32.12	34.96	30.60	33.44	28.58	32.44	50 Fly
100 Fly	01:43.02	02:01.01	01:27.92	01:38.99	01:22.83	01:36.47	01:18.07	01:26.77	01:13.03	01:24.74	01:07.84	01:17.57	01:04.35	01:19.01	100 Fly
200 Fly	04:01.54	04:37.58	03:44.36	04:06.97	03:12.91	03:45.62	02:53.11	03:30.23	02:49.93	03:17.60	02:33.33	02:57.17	02:32.41	02:51.70	200 Fly
200 IM	03:28.77	03:44.06	03:01.02	03:19.82	02:51.53	03:04.77	02:47.50	02:56.48	02:44.76	02:55.98	02:38.88	02:48.83	02:31.43	02:50.10	200 IM
400 IM			07:00.24	07:44.29	06:06.46	06:51.36	05:59.27	06:50.93	05:57.83	06:44.70	05:38.73	06:17.71	05:32.74	06:13.33	400 IM

Female Short course times

Events	10+11's	10+11 Con	12's	12 Con	13's	13 Con	14's	14 Con	15's	15 Con	16's	16 Con	17+	17+Con	Short
50 Free	35.58	43.36	32.34	34.95	30.58	32.37	29.50	32.27	28.52	30.59	28.42	30.39	27.54	29.40	50 Free
100 Free	01:18.60	01:31.38	01:12.43	01:20.39	01:08.51	01:13.46	01:04.20	01:11.08	01:02.92	01:06.23	01:02.24	01:04.65	01:00.28	01:02.07	100 Free
200 Free	02:54.56	03:13.64	02:41.62	02:59.59	02:28.98	02:41.27	02:21.33	02:35.23	02:17.31	02:32.96	02:09.86	02:21.37	02:04.86	02:18.20	200 Free
400 Free	06:01.17	07:14.81	05:30.78	06:38.77	05:07.07	05:46.60	04:53.83	05:41.15	04:42.37	05:15.91	04:33.45	05:01.95	04:16.59	04:58.49	400 Free
800 Free			12:48.30	13:34.86	12:01.06	12:44.76	10:40.89	11:19.73	10:03.55	10:40.12	10:03.55	10:40.12	09:48.06	10:23.70	800 Free
1500 Free			21:36.08	22:54.63	20:38.45	21:53.51	20:24.14	21:38.34	20:09.44	21:22.74	19:07.40	20:16.94	18:43.10	19:51.16	1500 Free
50 Back	43.71	49.34	38.32	42.37	36.26	38.51	34.11	38.51	33.23	36.04	32.15	35.34	30.97	32.77	50 Back
100 Back	01:33.40	01:41.97	01:23.21	01:33.16	01:18.90	01:24.15	01:18.02	01:23.56	01:14.00	01:19.79	01:11.45	01:16.43	01:09.98	01:15.00	100 Back
200 Back	03:15.53	03:40.47	02:56.81	03:15.03	02:47.01	03:04.14	02:42.30	03:00.97	02:37.60	02:57.11	02:32.99	02:55.03	02:21.43	02:36.02	200 Back
50 BR	47.83	51.28	44.79	47.12	40.97	43.36	38.71	42.97	37.73	42.67	35.77	39.80	33.52	38.71	50 BR
100 BR	01:46.24	01:54.64	01:36.34	01:45.14	01:32.52	01:37.51	01:24.19	01:36.33	01:23.11	01:35.54	01:19.88	01:29.00	01:15.86	01:25.14	100 BR
200 BR	03:49.93	04:25.22	03:29.55	03:42.85	03:12.30	03:23.15	03:06.02	03:19.09	02:56.81	03:17.70	02:53.18	03:13.54	02:42.50	02:48.10	200 BR
50 Fly	42.54	47.03	36.17	39.60	34.11	36.93	32.44	35.94	31.56	34.45	29.99	32.87	27.93	31.88	50 Fly
100 Fly	01:42.32	02:00.38	01:27.03	01:37.91	01:21.94	01:35.34	01:17.13	01:25.93	01:12.04	01:23.85	01:06.74	01:16.63	01:03.22	01:18.01	100 Fly
200 Fly	04:00.22	04:36.51	03:42.97	04:05.72	03:11.32	03:44.24	02:51.32	03:28.79	02:48.09	03:16.02	02:31.33	02:55.43	02:30.45	02:49.88	200 Fly
200 IM	03:26.90	03:42.35	02:58.87	03:17.90	02:49.26	03:02.66	02:45.24	02:54.24	02:42.40	02:53.74	02:36.52	02:47.81	02:28.88	02:46.52	200 IM
400 IM			06:56.15	07:40.55	06:01.85	06:47.19	05:54.50	06:46.69	05:53.03	06:40.46	05:33.72	06:13.13	05:27.65	06:08.68	400 IM