

# ***RTSC Last Chance National L1 Qualifier Meet 2026***

**(HELD UNDER SWIM ENGLAND LAWS AND SWIM ENGLAND  
TECHNICAL RULES OF SWIMMING)**

**LICENCE NUMBER 1LR260510**



**Saturday 9<sup>th</sup> May & Sunday 10<sup>th</sup> May 2026**

**K2 Leisure Centre, Pease Pottage Hill,  
Crawley RH11 9BQ**

**CLOSING DATE FOR ENTRIES Tuesday 14<sup>th</sup> April 2026**

<http://www.romfortownswimmingclub.co.uk>

# RTSC Last Chance National L1 Qualifier Meet 2026



Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026

**Under Swim England Laws & Swim England Technical Rules of Swimming**

<b>VENUE</b>	<b>K2 Leisure Centre, Pease Pottage Hill, Crawley RH11 9BQ</b>	
<b>POOL</b>	<b>50 metres, 8 Lanes with anti-wave lane ropes and secondary strobe lights and electronic timing</b>	
<b>EVENTS:</b>	<b>50m, 100m, 200m all strokes 400m, 800m &amp; 1500m Freestyle 200m &amp; 400m IM All events will be heat declared winners (HDW).</b>	
<b>AGES:</b>	<b>10, 11, 12, 13, 14, 15, 16, 17, 18Yrs+. Age as @ 31<sup>st</sup> December 2026</b>	
<b>AWARDS</b>	<b>Heat Declared Winners (HDW) with awards for Top 3 in each age group</b>	
<b>FEEES</b>	<b>Race Entry Fee</b>	<b>£10.00 for all 50m, 100m, 200m &amp; 400m events £15.00 for 800m &amp; 1500m events</b>
	<b>Coach &amp; TM Passes</b>	<b>£20 for weekend pass OR £10 per day</b>
	<b>Spectator Entry</b>	<b>£10 per day</b>
<b>CLOSING DATE</b>	<b>Tuesday 14<sup>th</sup> April 2026</b>	
<b>CONTACT</b>	<b>romfordtownsc@aol.com</b>	

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## PROMOTER'S CONDITIONS

### 1. MEET ADMINISTRATION

- 1.1. The Promoter and Meet Administrator for this meet are Faye McCarthy and Patrick McCarthy (romfordtownsc@aol.com) and
- 1.2. The Lead Referee is Angela Eguakhide (aeguakhide@hotmail.co.uk).
- 1.3. Closing deadline for entries and full payment is midnight **14<sup>th</sup> April 2026**

### 2. GENERAL CONDITIONS

- 2.1. This Meet shall be swum Long Course under Swim England Laws, Swim England Technical Rules of Swimming and these Promoter's Conditions.
- 2.2. The meet is licensed at level 1 and held under licensed number **1LR260510**.
- 2.3. The pool is 50metres, 8 Lanes with anti-wave lane ropes and electronic timing. The water depth at both the start and shallow end is 1.8m
- 2.4. In the interest of safety, to keep the event within the available time booked at the hosting facility and to ensure the smooth running of the Meet, we reserve the right to restrict the number of entries in any given event. In all cases, competitors with the fastest times, by age group; will take preference
- 2.5. Time Trials will not be permitted during this Meet.
- 2.6. Flash photography is prohibited at all times during the Meet.
- 2.7. There will be a secondary strobe available at the venue.
- 2.8. The age of each swimmer shall be as at **31 December 2026**.

### 3. DATA PROTECTION

- 3.1. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared in the form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted.
- 3.2. With respect to this meet we will process personal data for the legitimate purpose of running the gala. The items of personal data processed are name, Swim England number, date of birth, gender and para- swimming classification. During the gala we will process name, gender, competition age and para-swimming classification in reports for the legitimate purpose of running the gala efficiently. At the end of the gala we will process name, gender, Swim England number and date of birth in the electronic submission made to British Rankings. We will also make this information available to the club of the swimmer as the data controller.
- 3.3. After the gala the personal data processed will be stored securely in both paper and electronic format for 12 months and then erased. This period of storage permits the accurate response to enquiries about the gala and provides statistical information for the purpose of designing the following year's gala. No personal data will remain on any electronic timing systems used to run the gala. You have the right to have your personal data erased from our systems if you have withdrawn from the gala. You also have the right to object to the processing of your personal data. In both cases, please make your request to the promoter.

### 4. ELIGIBILITY FOR ENTRY

- 4.1. The competition is open to eligible competitors, as defined by Swim England, who are Club Compete members of clubs affiliated to Swim England, Scottish Swimming or Nofio Cymru (Swim Wales) or equivalent membership status competitors from swimming clubs affiliated to World Aquatics (WA) whose submitted entry times meet the qualifying standards.
- 4.2. A competitor in an individual event must be a registered member of the club in whose name they are entered at the closing date.
- 4.3. ALL entry times must have been achieved at licensed meets on or after 1<sup>st</sup> January 2025 and must appear on the Swim England Rankings Database. 50m (Long Course) licensed entry times should be submitted. 25m (Short Course) licensed entry times may be used calculated with Swim England Equivalent Performance Tables.
- 4.4. Entries must be equal to or faster than the published Minimum Qualifying Standards.

# RTSC Last Chance National L1 Qualifier Meet 2026



**Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026**

- 4.5. Competitors are either Female or Open/Male. These new competition categories was introduced following the launch of the Swim England Transgender and Non-binary Competition Policy on 1st September 2023.
- 4.6. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- 4.7. In the event that the meet is undersubscribed by the closing date, the promoter reserves the right to accept late entries providing that the priority has already been given to entries received before the closing date.
- 4.8. Swimmers who are not a member of a Swim England, Scottish Swimming or Swim Wales club but are members of clubs affiliated to WA are welcome to compete at this meet, provided they meet the qualifying standard above and by prior agreement with the Promoter, up to a maximum of 3 clubs Overseas club will be allowed to compete. Qualifying times must be recorded in the WA Rankings or in official results from a National Governing Body sanctioned competition in a 50m pool and be achieved from 1st January 2025.
- 4.9. By submitting an entry to this Meet, a competitor – or in the case of competitor being under the age 18 years during the meet, the competitor's legal guardians – attest to the fitness and ability of the competitor to complete the event without foreseeable injury or incident without causing delay to the event schedule.
- 4.10. Swimmers in possession of a Swim England Certificate of Swimming Disability (or international equivalent) or whose Swim England membership record details of a disability sport class are welcome to enter the competition. There is no Minimum Qualifying Standards but athletes must have registered times achieved from 1<sup>st</sup> January 2025.

## 5. ENTRY PROCEDURE

- 5.1. All entries must be entered electronically, using SPORTSYSTEMS software using the "get times" button (or individual entry form if applicable). If clubs choose to use an entry form (manual entry) they will incur a £25 administration charge.
- 5.2. Clubs are requested to send all entries with an entry report, completed summary sheets and any poolside applications at the same time with one payment to cover all swimmers, coaches, team managers and chaperones passes.
- 5.3. Payments to be made by bank electronic transfer only (details on summary sheet). Payments need to be received in full before the entries are processed. If payment is not received by the closing date, RTSC reserves the right to reject the entries in full.
- 5.4. No entries will be accepted without the completed Entry Application Form, appropriate entry fees paid, submitted times and Swim England registrations. For all enquiries, please contact the Meet Secretary, via [romfordtownsc@aol.com](mailto:romfordtownsc@aol.com)
- 5.5. We will not accept updated entry times once a club file has been processed.
- 5.6. Where there are six or more competitors from a club, entries MUST be submitted electronically.
- 5.7. Individual entries will be accepted by email to [romfordtownsc@aol.com](mailto:romfordtownsc@aol.com) providing full swimmer information and will incur an admin charge of £5 per individual entry and must be paid by BACS.
- 5.8. The Meet Promoter reserves the right to give preference to complete entries from a maximum of three clubs where swimmers need to pre-book travel arrangements in advance. All entries must meet the published qualifying times and include a link to official competition results to validate the stated entry times. The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry.
- 5.9. Entry will be accepted based on quickest times by age group and event. In the event that entries are rejected, fees will be refunded by bank transfer to the club bank account.
- 5.10. The Meet Promoter reserves the right to allow additional entries that are slower than the qualification times if the Meet is not full by the closing date.
- 5.11. The Meet Promoter reserves the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing
- 5.12. The Meet Promoter reserves the right to cancel the event if the Meet is under subscribed.
- 5.13. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions.
- 5.14. Accepted and rejected entries will be posted to all clubs within 2 weeks of the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advice immediately of any errors.
- 5.15. If the Meet is oversubscribed and rejections are to be made, then the first rejections will be those swimmers by age who cannot qualify for the Nationals in the current year 2026
- 5.16. The Meet Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme.

# RTSC Last Chance National L1 Qualifier Meet 2026



Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026

## 6. MEET PROCEDURE

- 6.1. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded and swum slow to fast based on their entry times.
- 6.2. For the long distance events (1500m and 800m freestyle) only; these events will be swum combined that is male/open and female swimmers will swim these events together. There will be a maximum of 5 heats for the mixed 800m and 3 heats for the mixed 1500m. Equal consideration will be given to the number of swimmers from both genders, unless there is an imbalance, with one gender under-subscribed and the other over-subscribed. In such cases, the meet promoter reserves the right to fill the under-subscribed spots.
- 6.3. The 400m free events will be limited to a maximum of 5 heats and 400 IM events limited to a maximum of 4 heats.
- 6.4. For the long-distance events (800m & 1500m) where the heats are fully subscribed, we will be operating a reserve list and any places will thereafter be offered to the fastest swimmer first. All swimmers who are accepted are requested to advise the organiser at the earliest opportunity if they are no longer able to swim in order that their lane can be filled. The reserve list for the long-distance events will operate until Sunday 3<sup>rd</sup> May 2026 (midnight). There will be equal consideration to the number of swimmers from both genders.
- 6.5. All events will be swum on a heat declared winner basis. The first three for each age group in each event will receive medals.
- 6.6. The meet promoter will check entries against the British Rankings or other national swimming body where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times will be rejected without refund.
- 6.7. Warm-up procedures will be posted on the club website after the entries have been finalised.

## 7. AGE CRITERIA

- 7.1. Age Groups swum in the meet will be 10, 11, 12, 13, 14, 15, 16, 17, 18 and & over.
- 7.2. A swimmer's age shall be determined as at midnight on 31<sup>st</sup> December 2026.
- 7.3. The minimum age for 400IM is 11 years old whilst for the 800m and 1500m freestyle events is 12years.

## 8. EVENTS

- 8.1. There will be no team events. Individual events will be:
  - 50m, 100m, 200m, 400m Freestyle
  - 50m, 100m, 200m Backstroke, Breaststroke, Butterfly
  - 200m and 400m Individual Medley
  - 800m & 1500m (Swum combined for Ages 11 and over)
- 8.2. Over the top starts will be used where appropriate
- 8.3. Para swimming competitors may swim in the following events:

Stroke/Distance	Range of Classifications	Stroke/Distance	Range of Classifications
Freestyle – 50m & 100m	S1 - S14 (inclusive)	Breaststroke – 50m	SB1 – SB3 (inclusive)
Freestyle – 200m	S1 - S5 (inclusive) & S14	Breaststroke – 100m	SB4 – SB9 & SB11 – SB14 (inclusive)
Freestyle – 400m	S6 – S14 (inclusive)	Butterfly – 50m	S1 – S7 (inclusive)
Backstroke – 50m	S1 – S5 (inclusive)	Butterfly – 100m	S8 – S14 (inclusive)
Backstroke – 100m	S1, S2 & S6 – S14 (inclusive)	Individual Medley – 200m	SM5 – SM14 (inclusive)

## 9. ENTRY FEES

- 9.1. The entry fees are as follows:
  - £10.00 for all 50m, 100m, 200m & 400m events
  - £15.00 for 800m & 1500m events
- 9.2. Full payment for entries submitted must be received by the Meet Manager on or before the stated entry deadline.
- 9.3. There will be no refunds of entry fee unless the entries are rejected by the organisers or the meet is cancelled.

# RTSC Last Chance National L1 Qualifier Meet 2026



**Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026**

## 10. WITHDRAWAL SYSTEM

- 10.1. Once your entry has been accepted it is assumed that you will be swimming. Withdrawals must be made by the start of each warm-up session to the recorders using the withdrawal sheets which will be included in the coach's pack or by email to romfordtownsc@aol.com.
- 10.2. Swimmers not intending to swim must withdraw by 6pm the day before the Swimmer is due to swim the event (e.g., swim on Saturday, email withdrawal to promoter by 6pm Friday). Details required in the email are: Full Name, SE No, Session No, Event No, Stroke, Distance.
- 10.3. If swimmers want to withdraw from their events after the entries have been published, they are required to notify the Meet team via email – romfordtownsc@aol.com. All withdrawals should be submitted no later than the start of warm-up for the session in which the event takes place. QR codes will be posted around poolside and the spectator gallery for ease of access on the meet weekend. To avoid having heats with empty lanes, clubs are requested to ensure that their swimmers follow this procedure.
- 10.4. Entries may be withdrawn (with refund) up to the meet entry closing date. Refunds are not available for withdrawals once a swim has been published on the accepted entries list unless entries have been rejected by the Meet organiser.

## 11. MARSHALLING

- 11.1. It is your responsibility to report to the Competition Stewards in the designated Marshalling area in good time for your event. Heat start lists for each event will be posted on-line before each session starts and it is the competitor's responsibility to ensure their name appears on the list prior to the start time of the session.
- 11.2. Upon entry to the Marshalling area, the athlete must ensure that they report to a Steward and be registered as being present. Competitors must follow the directions of the Competition Stewards at all times.
- 11.3. All competitors must enter the Marshalling area 'race ready' as under normal circumstances having entered the Marshalling area they should remain in its confines until led onto the pool deck for their race.
- 11.4. Coaches/chaperones will not be allowed in the Marshalling area at any time.

## 12. COACHES, CHAPERONES, PERSONAL CARE ATTENDANTS

- 12.1. Coaches, Team Managers', and Chaperones passes are available in advance for £10 per day per person or £20 per person for the weekend. This is not transferable. This entitles the holder to poolside admission for all sessions, a start list, poolside drinks and result sheets posted or sent electronically.
- 12.2. Clubs must ensure there are enough adults on poolside with valid passes and qualifications to provide adequate supervision in accordance with [Swim England's Team Manager, Coach and Chaperone Policy](#), as laid down in [Wavepower 2024](#).
- 12.3. The promoter reserves the right to request any person to leave poolside, whether or not that person has a poolside pass, without having to give a reason.
- 12.4. Coaches, Team Managers', and Chaperones Passes must be ordered using the Club Entry Form.
- 12.5. Coaches, Team Managers and Chaperones are expected to always wear their wristbands.
- 12.6. Coaches, Team Managers', and Chaperones will not be allowed on the poolside without a Pass (wristbands). The Promoter has the right to ask any unauthorised persons to leave the poolside. Passes must be clearly displayed at all times when on deck/poolside.
- 12.7. You will need to apply for the poolside accreditation using [the Free SE DBS, Safeguarding, qualification check](#). This will need to be shown before the competition wristband is issued. No one will be allowed on poolside without a pass.
- 12.8. Passes will be available for collection at the entrance to the facility on the days of the meet.
- 12.9. All coaches, chaperones and personal care attendants applying for a pass must have a valid DBS disclosure issued by Swim England/WASA/SASA as well be registered members of Swim England

## 13. AWARDS

- 13.1. The top 3 in each age group in each event will receive medals which can be collected from the medal table after the results have been published.
- 13.2. Medals for para swimmers will be awarded on a multi-classification basis and will be allocated to the top three British Para Swimming (BPS) points scorers in each event
- 13.3. If there is only one para-swimming competitor in an event, they will receive a medal only if they swim faster than their entry time.

# RTSC Last Chance National L1 Qualifier Meet 2026



**Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026**

13.4. No medals will be posted.

13.5. All results will be sent to Swim England for inclusion on the rankings.

## **14. SAFEGUARDING, SAFETY AND SECURITY**

14.1. It is the responsibility of coaches and parents to ensure the safety of their swimmers. All swimmers should meet the requirements of the Swim England competitive start award and should obey all safety notices and announcements.

14.2. The organisers and pool management reserve the right to remove any spectator or swimmer whose behaviour is against the rules of the pool or the efficient running of the meet.

14.3. Stewards will be patrolling the centre and anyone found causing damage or seriously misbehaving, will be banned from the meet and refused entry to the building.

14.4. For Health and Safety reasons it is advised that only small rucksack bags will be allowed poolside. Lockers are available with the use of a refundable £1 coin.

## **15. PHOTOGRAPHY, VIDEO OR DIGITAL CAPTURING DEVICES**

15.1. In accordance with the Swim England Child Safeguarding Policy any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms.

15.2. Flash photography is prohibited at all times. Only coaches and team managers may take photos or film races on poolside, and these must comply with Swim England guidance and the focus of the filming should be of their swimmers only. Any swimmer or coach found to be breaking these rules will be asked to leave the building and will take no further part in the competition.

15.3. No cameras, video or digital capturing devices (including mobile phones) shall be used in the changing area. [Wavepower 2024](#) prohibits the use of mobile phone or device in a changing area so NO taking photos or videos, NO texting, NO making phone calls and NO browsing the internet. This policy will be vigorously enforced, and any person found to be contravening this policy will be asked to leave the gala without refund

15.4. As the permitted use of devices which capture still or moving images is no longer dependent upon pre-registration, we request that all persons attending this meet have a clear understanding of their responsibilities and obligations as detailed in the "Swim England Photography Guidance" section of [Wavepower 2024](#) (the current Swim England Child Safeguarding Policy).

## **16. OFFICIALS**

16.1. To ensure that the Meet can run effectively and efficiently, RTSC encourages all clubs to help where possible with qualified officials. Officials can sign up to officiate using this [link](#).

16.2. Accepted entries from visiting clubs bringing a team of 5 or more swimmers are requested to provide one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided

16.3. All Swimming Officials shall be offered expenses upon request - Please contact [romfordtownsc@aol.com](mailto:romfordtownsc@aol.com) for the club's expenses policy.

16.4. Any questions can be directed to the Officials' Co-ordinator at [romfordtownsc@aol.com](mailto:romfordtownsc@aol.com).

## **17. OTHERS**

17.1. Please ensure you clear up after yourself by placing all litter in the receptacles provided, do not leave it for others to clear up for you.

17.2. The promoter reserves the right to refuse admission to any competitor or other personnel.

17.3. Anything not covered within these rules will be at the discretion of the promoters of the competition.

# RTSC Last Chance National L1 Qualifier Meet 2026



Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026

## SCHEDULE OF EVENTS

### 8.00am Warm Up

<u>Session 1 – Start 09.05 SATURDAY</u>			<u>Session 4 – Start 09.05 SUNDAY</u>		
Event 101	Female	400m Individual Medley	Event 401	Open/Male	400m Individual Medley
Event 102	Open/Male	100m Freestyle	Event 402	Female	100m Freestyle
Event 103	Female	50m Freestyle	Event 403	Open/Male	50m Freestyle
Event 104	Open/Male	50m Butterfly	Event 404	Female	50m Butterfly
Event 105	Female	200m Breaststroke	Event 405	Open/Male	200m Breaststroke
Event 106	Open/Male	200m Individual Medley	Event 406	Female	200m Individual Medley

### Warm Up - TBC

<u>Session 2 – Start TBA</u>			<u>Session 5 – Start TBA</u>		
Event 201	Female	200m Butterfly	Event 501	Open/Male	200m Butterfly
Event 202	Open/Male	200m Freestyle	Event 502	Female	200m Freestyle
Event 203	Female	50m Backstroke	Event 503	Open/Male	50m Backstroke
Event 204	Open/Male	50m Breaststroke	Event 504	Female	50m Breaststroke
Event 205	Mixed	1500m Freestyle	Event 505	Mixed	800m Freestyle

### Warm Up - TBC

<u>Session 3 – Start TBA</u>			<u>Session 6 – Start TBA</u>		
Event 301	Open/Male	400m Freestyle	Event 601	Female	400m Freestyle
Event 302	Female	100m Breaststroke	Event 602	Open/Male	100m Breaststroke
Event 303	Open/Male	100m Backstroke	Event 603	Female	100m Backstroke
Event 304	Female	200m Backstroke	Event 604	Open/Male	200m Backstroke
Event 305	Open/Male	100m Butterfly	Event 605	Female	100m Butterfly

# RTSC Last Chance National L1 Qualifier Meet 2026



Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026

Minimum Qualifying Standard - Age as at 31 December 2026

EVENT	Open/Male Qualifying Times								
	10	11	12	13	14	15	16	17	18/OV
50m Freestyle	00:39.40	00:38.20	00:36.20	00:34.20	00:32.40	00:30.70	00:29.40	00:28.40	00:28.00
100m Freestyle	01:27.10	01:25.80	01:20.70	01:14.80	01:10.90	01:07.50	01:03.50	01:02.80	01:00.10
200m Freestyle	03:04.60	02:58.60	02:48.30	02:40.80	02:32.60	02:25.60	02:18.20	02:13.70	02:11.70
400m Freestyle	06:06.40	05:56.50	05:47.10	05:33.80	05:12.00	05:00.00	04:48.60	04:27.40	04:26.60
800m Freestyle			11:32.80	11:08.40	10:47.50	09:55.90	09:39.50	09:25.80	09:00.80
1500m Freestyle			21:30.70	21:19.50	20:24.75	19:57.87	19:27.67	18:36.30	18:23.80
50m Backstroke	00:46.30	00:45.90	00:44.30	00:41.80	00:39.40	00:37.20	00:35.10	00:33.10	00:32.10
100m Backstroke	01:39.30	01:38.50	01:37.30	01:35.80	01:24.10	01:19.20	01:15.00	01:10.20	01:09.20
200m Backstroke	03:25.80	03:22.00	03:16.70	03:06.30	02:56.30	02:44.30	02:41.30	02:35.80	02:22.00
50m Breaststroke	00:53.50	00:51.60	00:49.90	00:47.30	00:43.80	00:41.50	00:40.80	00:39.50	00:38.60
100m Breaststroke	01:51.20	01:50.50	01:43.70	01:36.80	01:34.60	01:30.80	01:26.00	01:23.20	01:17.50
200m Breaststroke	03:57.20	03:49.10	03:42.20	03:28.50	03:15.50	03:05.50	02:59.50	02:49.20	02:47.10
50m Butterfly	00:46.40	00:45.90	00:43.40	00:40.90	00:38.60	00:36.40	00:34.30	00:32.40	00:30.40
100m Butterfly	01:38.90	01:37.70	01:36.90	01:27.70	01:21.50	01:16.80	01:12.80	01:07.70	01:06.70
200m Butterfly	03:55.30	03:46.50	03:33.30	03:22.50	03:19.90	02:59.90	02:38.90	02:31.30	02:30.70
200m Individual Medley	03:29.60	03:21.30	03:17.80	03:02.70	02:54.80	02:43.80	02:31.80	02:29.60	02:23.30
400m Individual Medley		06:54.80	06:50.70	06:26.40	05:59.30	05:42.50	05:34.50	05:26.30	05:25.80

# RTSC Last Chance National L1 Qualifier Meet 2026



Saturday 9<sup>th</sup> May - Sunday 10<sup>th</sup> May 2026

Female Qualifying Times									
EVENT	10	11	12	13	14	15	16	17	18/OV
50m Freestyle	00:39.40	00:38.20	00:36.20	00:35.20	00:34.40	00:32.70	00:31.40	00:30.40	00:29.40
100m Freestyle	01:27.10	01:26.80	01:23.80	01:20.70	01:16.80	01:14.90	01:10.50	01:09.50	01:04.80
200m Freestyle	03:07.60	03:04.60	02:58.60	02:53.30	02:44.80	02:38.60	02:32.60	02:29.20	02:25.70
400m Freestyle	05:56.40	05:50.50	05:47.10	05:43.80	05:32.00	05:27.00	05:18.60	05:07.40	05:00.60
800m Freestyle			11:22.80	11:00.75	10:47.50	10:05.90	09:59.50	09:55.80	09:50.80
1500m Freestyle			21:50.70	21:39.50	20:26.75	20:05.87	19:47.67	19:26.30	18:36.80
50m Backstroke	00:47.30	00:45.70	00:43.90	00:41.60	00:40.40	00:38.40	00:37.90	00:36.40	00:35.10
100m Backstroke	01:37.30	01:36.50	01:33.30	01:31.80	01:25.10	01:22.20	01:19.00	01:18.20	01:16.20
200m Backstroke	03:26.80	03:24.00	03:18.70	03:08.30	02:59.30	02:56.30	02:45.30	02:42.80	02:36.00
50m Breaststroke	00:55.50	00:54.60	00:51.90	00:48.30	00:45.80	00:43.50	00:40.80	00:39.50	00:36.60
100m Breaststroke	01:53.20	01:51.50	01:50.70	01:43.80	01:36.60	01:34.80	01:32.00	01:28.20	01:24.50
200m Breaststroke	03:57.20	03:49.10	03:42.20	03:30.50	03:16.50	03:09.50	02:57.50	02:53.20	02:52.10
50m Butterfly	00:55.50	00:54.60	00:51.90	00:48.30	00:41.80	00:39.50	00:38.80	00:36.50	00:35.60
100m Butterfly	01:39.90	01:38.70	01:32.90	01:26.70	01:22.90	01:20.80	01:17.80	01:13.70	01:10.70
200m Butterfly	03:25.30	03:19.50	03:09.30	02:59.50	02:50.90	02:48.90	02:45.90	02:38.30	02:36.70
200m Individual Medley	03:20.60	03:16.30	03:07.80	03:02.70	02:56.80	02:53.80	02:48.80	02:42.60	02:40.30
400m Individual Medley		06:54.80	06:52.70	06:48.40	06:17.30	05:52.50	05:40.50	05:34.30	05:28.80

