

Swim England South West Region Para Times 2026

| Male/Other | 50m Free | 100m Free | 200m Free | 400m Free | 50m Back | 100m Back | 50m Breast | 100m Breast | 50m Fly | 100m Fly | 150m IM | 200m IM |
|---------------|----------|-----------|-----------|-----------|----------|-----------|------------|-------------|----------|----------|----------|----------|
| S1 | 02:24.08 | 05:08.88 | 08:12.64 | | 02:22.35 | 05:10.05 | 02:34.61 | | 00:00.00 | | 00:00.00 | |
| S2 | 01:39.95 | 03:32.10 | 06:56.43 | | 01:34.11 | 03:17.57 | 01:40.69 | | 02:47.10 | | 07:47.34 | |
| S3 | 01:12.64 | 02:38.42 | 05:32.37 | | 01:14.38 | | 01:18.94 | | 01:27.60 | | 04:57.47 | |
| S4 | 01:02.62 | 02:14.67 | 04:43.87 | | 01:12.74 | | | 02:48.74 | 01:10.16 | | 04:11.66 | |
| S5 | 00:52.37 | 01:55.46 | 04:19.78 | | 00:57.78 | | | 02:23.12 | 00:55.10 | | | 05:26.56 |
| S6 | 00:47.94 | 01:46.42 | | 08:17.55 | | 02:00.80 | | 02:11.02 | 00:50.26 | | | 04:20.80 |
| S7 | 00:44.50 | 01:38.82 | | 07:33.28 | | 01:51.50 | | 02:04.90 | 00:47.54 | | | 04:06.13 |
| S8 | 00:42.90 | 01:35.71 | | 07:18.85 | | 01:50.77 | | 01:52.19 | | 01:43.28 | | 03:55.92 |
| S9 | 00:40.98 | 01:30.21 | | 06:52.05 | | 01:39.47 | | 01:49.70 | | 01:37.62 | | 03:40.26 |
| S10 | 00:37.81 | 01:22.35 | | 06:36.30 | | 01:37.25 | | | | 01:33.76 | | 03:31.31 |
| S11 | 00:42.00 | 01:34.54 | | 07:20.50 | | 01:52.69 | | 01:55.06 | | 01:42.88 | | 03:58.93 |
| S12 | 00:38.26 | 01:24.78 | | 06:59.20 | | 01:38.08 | | 01:45.62 | | 01:32.32 | | 03:42.86 |
| S13 | 00:38.42 | 01:23.84 | | 06:33.68 | | 01:37.33 | | 01:44.80 | | 01:31.81 | | 03:31.58 |
| S14 | 00:40.64 | 01:25.55 | 03:04.30 | 06:53.41 | | 01:37.12 | | 01:46.69 | | 01:31.14 | | 03:28.67 |
| FEMALE | | | | | | | | | | | | |
| S1 | 02:14.58 | 06:39.41 | 10:35.89 | | 03:37.46 | 07:10.90 | 03:37.31 | | 03:43.66 | | 00:00.00 | |
| S2 | 02:10.45 | 06:10.43 | 11:07.74 | | 01:58.37 | 04:14.83 | 02:50.53 | | 01:51.44 | | 08:25.30 | |
| S3 | 01:29.28 | 03:17.09 | 07:03.95 | | 01:34.26 | | 01:39.76 | | 03:39.34 | | 07:05.31 | |
| S4 | 01:07.39 | 02:26.58 | 05:33.63 | | 01:28.26 | | | | 01:13.28 | | 04:52.50 | |
| S5 | 01:00.59 | 02:11.58 | 04:35.12 | | 01:12.48 | | | 03:02.14 | 00:58.27 | | | 05:46.27 |
| S6 | 00:53.65 | 01:58.19 | | 08:30.83 | | 02:15.38 | | 02:45.42 | 00:57.30 | | | 04:52.72 |
| S7 | 00:52.69 | 01:55.73 | | 08:30.30 | | 02:08.96 | | 02:37.14 | | | | 04:44.90 |
| S8 | 00:48.86 | 01:45.78 | | 07:45.94 | | 02:03.23 | | 02:29.34 | | 01:56.80 | | 04:19.82 |
| S9 | 00:46.69 | 01:40.80 | | 07:36.90 | | 01:52.32 | | 02:11.54 | | 01:48.82 | | 04:09.54 |
| S10 | 00:45.15 | 01:37.22 | | 07:19.86 | | 01:52.58 | | 02:05.90 | | 01:48.30 | | 03:58.88 |
| S11 | 00:49.12 | 01:49.28 | | 08:49.44 | | 02:08.11 | | 02:16.94 | | 02:51.28 | | 04:30.46 |
| S12 | 00:44.40 | 01:37.15 | | 07:45.60 | | 01:54.48 | | 02:01.41 | | 01:47.38 | | 04:04.50 |
| S13 | 00:44.27 | 01:35.68 | | 07:18.99 | | 01:46.58 | | 02:01.62 | | 01:43.12 | | 03:58.59 |
| S14 | 00:45.66 | 01:37.76 | 03:22.03 | 07:39.06 | | 01:49.14 | | 02:02.13 | | 01:46.32 | | 03:53.68 |

Qualifying Window will be 1st June 2025 - 8th April 2026