

2025-2026 Entry Time and Qualify Time Arrangement **in Masters Swimming Competition**

To qualify for the meet requirements, the following Criteria/QT should be met:

- Swimmers are required to achieve the 100m QT (in **ANY** event) in order to participate in any 200m events within **TWO** years* on or before the date of the competition, **e.g. if one has achieved 100m Freestyle's QT then one may participate in 200m Breaststroke.**
- Swimmers are required to achieve the 200m QT (in **ANY** event) in order to participate in any 400m or 800m events within **TWO** years* on or before the date of the competition, **e.g. if one has achieved 200m Freestyle's QT then one may participate in 400m or 800m Freestyle.**
- Swimmers who have achieved the 400m or 800m Freestyle QT**can participate in any 200m or 400m or 800m (in **ANY** event) within **TWO** years* before the date of the competition, **e.g. if one has achieved 800m Freestyle's QT then one is allowed to participate in 200m, 400m or 800m Freestyle.**

QT for the events are listed hereunder for your information:

	Age	18-39	40-59	60 and over
	Event			
Men	100m			
	Freestyle	1:40.00	1:55.00	2:10.00
	Breaststroke	1:50.00	2:05.00	2:20.00
	Backstroke	1:50.00	2:05.00	2:20.00
	Butterfly	1:50.00	2:05.00	2:20.00
	IM	1:45.00	2:00.00	2:15.00
Men	200m			
	Freestyle	3:15.00	3:30.00	3:45.00
	Breaststroke	3:30.00	3:45.00	4:00.00
	IM	3:30.00	3:45.00	4:00.00

	Age	18-39	40-59	60 and over
	Event			
Women	100m			
	Freestyle	1:50.00	2:05.00	2:20.00
	Breaststroke	2:00.00	2:15.00	2:30.00
	Backstroke	2:00.00	2:15.00	2:30.00
	Butterfly	2:00.00	2:15.00	2:30.00
	IM	1:55.00	2:10.00	2:25.00
	200m			
	Freestyle	3:25.00	3:40.00	3:55.00
	Breaststroke	3:40.00	3:55.00	4:10.00
	IM	3:40.00	3:55.00	4:10.00