



WSC Autumn Open Meet 2026

2nd, 3rd and 4th of October

Under Swim England Regulations and Technical Rules

(Affiliated to West Midland Region ASA & Worcester County SA)

Upper Cut Off Times. Age on Day

(Swimmers who have achieved a faster time, either short course or long course converted, than shown below are not eligible to enter that event.)

Open 16/u	Open 16+	Event (25m)	Women 16+	Girls 16/u
24.80	22.82	50m Freestyle	26.30	27.30
53.90	50.20	100m Freestyle	58.00	59.40
1.58.10	1.50.10	200m Freestyle	2.04.10	2.09.20
4.13.90	4.00.10	400m Freestyle	4.20.60	4.33.00
31.70	29.50	50m Breaststroke	34.60	34.80
1.08.90	1.03.00	100m Breaststroke	1.10.10	1.14.00
2.30.90	2.15.70	200m Breaststroke	2.41.20	2.41.70
27.00	23.00	50m Butterfly	26.30	29.40
1.00.00	56.90	100m Butterfly	1.02.30	1.05.70
2.17.30	2.12.20	200m Butterfly	2.19.60	2.27.20
28.10	26.00	50m Backstroke	29.70	30.80
1.00.00	56.90	100m Backstroke	1.03.50	1.05.90
2.12.70	2.10.20	200m Backstroke	2.15.80	2.22.10
1.03.00	59.00	100m Ind. Medley	1.05.60	1.08.80
2.13.60	2.08.50	200m Ind. Medley	2.19.00	2.25.80
4.49.10	4.44.50	400m Ind. Medley	5.00.50	5.09.80