

A - Kvaltider **SM** och **U-21 SM** 2025

A-kvaltider DAMER

A-kvaltider HERRAR

Grenar	Damer								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:26,87	00:27,76	00:24,20	00:26,61	00:27,48	00:23,97	00:26,36	00:27,15	00:23,74
100m frisim	00:58,36	01:00,18	00:52,57	00:57,95	00:59,61	00:52,20	00:57,12	00:58,79	00:51,45
200m frisim	02:07,61	02:12,22	01:54,96	02:06,55	02:10,32	01:54,00	02:04,55	02:07,78	01:52,20
400m (500yd frisim)	04:33,71	04:42,77	05:12,80	04:31,18	04:38,99	05:09,91	04:26,99	04:35,25	05:05,13
800m (1000yd frisim)	09:33,43	09:53,77	10:55,35	09:28,61	09:45,35	10:49,84	09:14,13	09:32,98	10:33,29
1500m (1650yd frisim)	18:34,75	19:14,61	18:28,09	18:25,00	19:01,30	18:18,40	17:50,59	18:31,39	17:44,20
4x50m frisim							01:47,92	01:51,08	
4x100m frisim							03:56,48	04:03,19	
4x200m frisim							08:46,24	08:54,34	
50m bröstsim	00:33,70	00:34,89	00:30,35	00:33,12	00:34,18	00:29,83	00:32,84	00:33,99	00:29,58
100m bröstsim	01:13,40	01:16,81	01:06,13	01:12,47	01:15,25	01:05,29	01:11,85	01:14,18	01:04,73
200m bröstsim	02:41,23	02:48,22	02:25,25	02:38,97	02:44,40	02:23,21	02:37,16	02:42,56	02:21,58
50m ryggsim	00:30,38	00:32,09	00:27,36	00:30,01	00:31,60	00:27,03	00:29,70	00:31,21	00:26,75
100m ryggsim	01:05,52	01:09,13	00:59,01	01:04,87	01:08,14	00:58,43	01:03,98	01:06,86	00:57,63
200m ryggsim	02:23,67	02:32,11	02:09,51	02:22,85	02:30,31	02:08,76	02:19,89	02:25,70	02:06,10
50m fjärilsim	00:28,84	00:29,43	00:25,98	00:28,60	00:29,01	00:25,76	00:28,30	00:28,60	00:25,49
100m fjärilsim	01:04,59	01:06,29	00:58,19	01:03,89	01:05,64	00:57,56	01:03,23	01:04,52	00:56,97
200m fjärilsim	02:28,98	02:36,12	02:14,22	02:26,32	02:32,45	02:11,83	02:22,28	02:25,48	02:08,18
100m medley	01:07,08		01:00,41	01:05,91		00:59,36	01:05,39		00:58,89
200m medley	02:25,44	02:30,58	02:11,02	02:24,16	02:28,05	02:09,87	02:21,40	02:25,09	02:07,38
400m medley	05:14,87	05:30,15	04:43,66	05:11,72	05:23,06	04:40,82	05:03,39	05:15,24	04:33,32
4x50m medley							01:58,40	02:02,15	
4x100m medley							04:22,01	04:31,40	

Grenar	Herrar								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:24,02	00:25,03	00:21,63	00:23,62	00:24,52	00:21,27	00:23,23	00:24,15	00:20,92
100m frisim	00:52,58	00:54,83	00:47,36	00:51,74	00:53,70	00:46,60	00:50,91	00:52,63	00:45,86
200m frisim	01:56,62	02:01,20	01:45,05	01:54,06	01:59,07	01:42,74	01:51,91	01:55,80	01:40,81
400m (500yd frisim)	04:12,09	04:23,41	04:48,10	04:08,30	04:17,60	04:43,77	04:02,15	04:11,78	04:36,74
800m (1000yd frisim)	08:47,66	09:11,85	10:03,03	08:40,96	09:01,71	09:55,38	08:35,04	08:53,24	09:48,61
1500m (1650yd frisim)	17:02,96	17:40,63	16:56,86	16:44,65	17:28,99	16:38,66	16:33,23	17:11,51	16:27,30
4x50m frisim							01:34,51	01:38,19	
4x100m frisim							03:28,90	03:37,25	
4x200m frisim							07:53,98	08:05,22	
50m bröstsim	00:30,14	00:31,50	00:27,15	00:29,51	00:30,52	00:26,58	00:28,87	00:30,06	00:26,00
100m bröstsim	01:05,94	01:09,50	00:59,40	01:04,39	01:07,80	00:58,01	01:03,49	01:06,59	00:57,20
200m bröstsim	02:26,17	02:34,57	02:11,67	02:23,77	02:30,47	02:09,51	02:21,37	02:27,49	02:07,35
50m ryggsim	00:27,47	00:29,38	00:24,74	00:26,89	00:28,56	00:24,22	00:26,39	00:27,98	00:23,77
100m ryggsim	00:59,33	01:03,23	00:53,45	00:58,06	01:01,77	00:52,31	00:57,17	01:00,24	00:51,51
200m ryggsim	02:10,73	02:18,79	01:57,77	02:09,02	02:17,07	01:56,22	02:07,86	02:13,51	01:55,18
50m fjärilsim	00:26,16	00:26,88	00:23,56	00:25,41	00:26,06	00:22,89	00:25,01	00:25,52	00:22,52
100m fjärilsim	00:58,42	01:00,45	00:52,62	00:57,05	00:58,78	00:51,39	00:56,02	00:57,07	00:50,46
200m fjärilsim	02:15,58	02:22,38	02:02,14	02:12,18	02:17,93	01:59,08	02:07,72	02:11,71	01:55,06
100m medley	01:00,34		00:54,35	00:59,20		00:53,33	00:58,09		00:52,33
200m medley	02:12,19	02:18,53	01:59,09	02:09,25	02:15,06	01:56,44	02:06,81	02:12,38	01:54,24
400m medley	04:46,76	05:01,63	04:18,33	04:43,19	04:57,15	04:15,11	04:37,71	04:46,32	04:10,18
4x50m medley							01:43,20	01:46,60	
4x100m medley							03:51,14	03:59,38	

SM / U21 A-kval:

William: 50 fr.

Wilmer: 50 fr. 50 br. 100 br. 200 br.
50 fj. 100 fj. 200 fj. 200 me. 400 me.

Carl: 800 fr. 1500 fr. 50 ry.
100 ry. 100 fj. 200 fj.

Amir: 50, 100 br.

Leo: 50 fr. 100 fr. 200 fr. 50 fj. 100 fj.
50 ry. 100 ry. 200 ry. 200 me.

B - Kvaltider **SM** och **U-21 SM** 2025

B-kvaltider DAMER

B-kvaltider HERRAR

Grenar	Damer								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:27,10	00:27,96	00:24,41	00:26,91	00:27,70	00:24,24	00:26,60	00:27,46	00:23,96
100m frisim	00:58,75	01:00,67	00:52,93	00:58,41	01:00,08	00:52,63	00:57,88	00:59,34	00:52,14
200m frisim	02:08,81	02:13,26	01:56,04	02:07,72	02:11,52	01:55,05	02:06,38	02:09,40	01:53,84
400m (500yd frisim)	04:36,88	04:46,07	05:16,43	04:34,36	04:42,34	05:13,56	04:29,52	04:37,10	05:08,02
800m (1000yd frisim)	09:41,11	10:01,54	11:04,12	09:36,00	09:54,61	10:58,28	09:22,63	09:40,41	10:43,00
1500m (1650yd frisim)	18:49,73	19:38,67	18:42,99	18:42,26	19:26,56	18:35,56	18:02,19	18:43,49	17:55,73
4x50m frisim									
4x100m frisim									
4x200m frisim									
50m bröstsim	00:34,14	00:35,19	00:30,75	00:33,55	00:34,63	00:30,22	00:33,34	00:34,37	00:30,03
100m bröstsim	01:14,27	01:17,69	01:06,91	01:13,24	01:16,30	01:05,98	01:12,51	01:15,41	01:05,32
200m bröstsim	02:43,31	02:51,06	02:27,12	02:41,31	02:47,49	02:25,32	02:39,29	02:45,35	02:23,49
50m ryggsim	00:30,82	00:32,47	00:27,77	00:30,36	00:31,93	00:27,35	00:30,10	00:31,59	00:27,12
100m ryggsim	01:06,22	01:09,98	00:59,65	01:05,61	01:08,87	00:59,10	01:05,04	01:08,06	00:58,59
200m ryggsim	02:25,04	02:33,35	02:10,66	02:24,22	02:32,27	02:09,92	02:22,04	02:28,50	02:07,96
50m fjärilsim	00:29,18	00:29,74	00:26,28	00:28,86	00:29,33	00:25,99	00:28,65	00:29,05	00:25,80
100m fjärilsim	01:05,22	01:07,42	00:58,75	01:04,56	01:06,06	00:58,16	01:03,96	01:05,48	00:57,62
200m fjärilsim	02:32,60	02:40,75	02:17,46	02:30,07	02:35,82	02:15,19	02:25,62	02:29,58	02:11,18
100m medley	01:07,75		01:01,03	01:06,74		01:00,12	01:06,19		00:59,62
200m medley	02:26,98	02:32,84	02:12,40	02:25,61	02:29,78	02:11,18	02:22,95	02:27,83	02:08,78
400m medley	05:18,86	05:35,72	04:47,27	05:15,02	05:29,07	04:43,80	05:07,45	05:19,20	04:36,98

Grenar	Herrar								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:24,33	00:25,40	00:21,91	00:23,80	00:24,69	00:21,43	00:23,49	00:24,37	00:21,15
100m frisim	00:53,01	00:55,27	00:47,76	00:52,19	00:54,23	00:47,02	00:51,53	00:53,18	00:46,42
200m frisim	01:57,53	02:02,76	01:45,88	01:55,63	02:00,16	01:44,17	01:53,78	01:57,77	01:42,50
400m (500yd frisim)	04:15,75	04:26,76	04:52,29	04:11,35	04:21,68	04:47,26	04:06,19	04:15,39	04:41,36
800m (1000yd frisim)	08:58,05	09:20,41	10:14,92	08:48,60	09:10,69	10:04,11	08:43,14	09:01,03	09:57,87
1500m (1650yd frisim)	17:18,32	18:01,85	17:12,12	17:03,58	17:42,23	16:57,47	16:49,94	17:32,85	16:43,91
4x50m frisim									
4x100m frisim									
4x200m frisim									
50m bröstsim	00:30,58	00:31,96	00:27,54	00:29,78	00:30,88	00:26,82	00:29,26	00:30,38	00:26,35
100m bröstsim	01:06,98	01:10,49	01:00,33	01:05,49	01:08,72	00:58,99	01:04,18	01:07,52	00:57,81
200m bröstsim	02:29,58	02:38,57	02:14,74	02:26,49	02:33,75	02:11,96	02:24,23	02:29,90	02:09,93
50m ryggsim	00:28,02	00:29,84	00:25,24	00:27,18	00:28,85	00:24,48	00:26,83	00:28,48	00:24,17
100m ryggsim	01:00,14	01:03,94	00:54,17	00:58,78	01:02,45	00:52,95	00:58,10	01:01,27	00:52,34
200m ryggsim	02:13,47	02:22,03	02:00,24	02:10,66	02:18,86	01:57,71	02:09,64	02:16,62	01:56,79
50m fjärilsim	00:26,41	00:27,20	00:23,79	00:25,64	00:26,38	00:23,10	00:25,36	00:25,83	00:22,85
100m fjärilsim	00:59,14	01:01,07	00:53,27	00:57,75	00:59,45	00:52,02	00:56,63	00:57,83	00:51,01
200m fjärilsim	02:18,53	02:25,49	02:04,80	02:14,95	02:21,31	02:01,58	02:09,73	02:14,20	01:56,87
100m medley	01:01,08		00:55,03	00:59,83		00:53,90	00:58,73		00:52,91
200m medley	02:14,06	02:20,30	02:00,77	02:10,90	02:17,03	01:57,92	02:08,83	02:13,84	01:56,06
400m medley	04:51,28	05:08,95	04:22,41	04:47,07	05:01,71	04:18,62	04:42,32	04:53,06	04:14,34
4x50m medley									
4x100m medley									

kvaltider FLICKOR

kvaltider POJKAR

Grenar	Flickor										Grenar	Pojkar									
	13-14 år		15-16 år		17-18 år		13-15 år		16-18 år			13-14 år		15-16 år		17-18 år		13-15 år		16-18 år	
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m		25m	50m	25m	50m	25m	50m	25m	50m	25m	50m
50m frisim											50m frisim										
100m frisim	01:03,63	01:04,61	01:00,52	01:02,20	00:59,35	01:01,03					100m frisim	01:01,22	01:01,68	00:55,76	00:57,28	00:53,47	00:55,17				
200m frisim	02:21,25	02:23,91			02:10,40	02:14,93					200m frisim	02:17,27	02:19,12			01:58,99	02:03,38				
400m frisim			04:42,77	04:50,56	04:37,89	04:47,76					400m frisim			04:24,51	04:32,61	04:15,87	04:27,17				
800m frisim	10:37,13	10:46,02									800m frisim	10:21,81	10:41,18								
1500m frisim			19:16,81	19:44,94	18:54,23	19:45,07					1500m frisim			18:07,12	18:27,23	17:24,12	18:00,70				
4x100m frisim							04:16,29	04:17,79	04:00,92	04:04,28	4x100m frisim							03:55,22	03:56,38	03:37,04	03:40,76
4x200m frisim											4x200m frisim										
50m bröstsim											50m bröstsim										
100m bröstsim	01:22,31	01:24,68	01:17,33	01:20,61	01:15,58	01:18,93					100m bröstsim	01:19,58	01:21,29	01:11,25	01:14,37	01:08,23	01:11,59				
200m bröstsim	03:01,73	03:06,86	02:49,17	02:57,23	02:46,52	02:53,58					200m bröstsim	02:59,61	03:01,83	02:37,88	02:44,77	02:32,93	02:41,42				
50m ryggsim											50m ryggsim										
100m ryggsim	01:12,75	01:15,14	01:07,99	01:11,43	01:07,52	01:10,95					100m ryggsim	01:10,54	01:12,35	01:03,53	01:06,53	01:01,47	01:04,47				
200m ryggsim	02:41,45	02:44,78	02:29,23	02:36,55	02:29,29	02:36,85					200m ryggsim	02:37,68	02:41,52	02:20,18	02:26,57	02:16,73	02:25,67				
50m fjärilsim											50m fjärilsim										
100m fjärilsim	01:13,80	01:15,09	01:08,69	01:10,44	01:06,11	01:08,04					100m fjärilsim	01:11,21	01:12,01	01:02,48	01:03,74	00:59,66	01:00,98				
200m fjärilsim	03:09,94	03:18,12	02:42,28	02:49,22	02:38,12	02:51,15					200m fjärilsim	03:12,78	03:19,03	02:28,65	02:32,63	02:21,79	02:30,88				
200m medley	02:39,55	02:43,53	02:32,22	02:36,50	02:28,76	02:34,77					200m medley	02:35,11	02:37,12	02:20,59	02:24,75	02:15,05	02:21,06				
400m medley	05:49,36	06:06,59	05:24,34	05:38,47	05:21,81	05:36,80					400m medley	05:42,30	06:00,91	05:00,41	05:14,60	04:51,23	05:06,34				
4x100m medley							04:46,92	04:52,70	04:29,91	04:37,72	4x100m medley							04:26,76	04:32,49	04:03,64	04:11,24
4x200m IM							*	*	*	*	4x200m IM							*	*	*	*

* Heatbegränsning

* Heatbegränsning

USM kvalade					
Leo: 100 fr. 200 fr. 100 ry. 200 ry. 100 fj. 200 me.		Wilmer: 100 br. 200 br. 100 ry. 100 fj. 200 fj.		Benji: 200 fj.	
		LAG: 4x100 me. Po. 07-08		Lia B: 200 fj.	

GP kvaltider

Grenar	Damer			Herrar		
	25m	50m	Yard	25m	50m	Yard
50m frisim	00:26,91	00:27,70	00:24,24	00:23,80	00:24,69	00:21,43
100m frisim	00:58,41	01:00,08	00:52,63	00:52,19	00:54,23	00:47,02
200m frisim	02:07,72	02:11,52	01:55,05	01:55,63	02:00,16	01:44,17
400m (500yd frisim)	04:34,36	04:42,34	05:13,56	04:11,35	04:21,68	04:47,26
800m (1000yd frisim)	09:36,00	09:54,61	10:58,28	08:48,60	09:10,69	10:04,11
1500m (1650yd frisim)	18:42,26	19:26,56	18:35,56	17:03,58	17:42,23	16:57,47
50m bröstsim	00:33,55	00:34,63	00:30,22	00:29,78	00:30,88	00:26,82
100m bröstsim	01:13,24	01:16,30	01:05,98	01:05,49	01:08,72	00:58,99
200m bröstsim	02:41,31	02:47,49	02:25,32	02:26,49	02:33,75	02:11,96
50m ryggsim	00:30,36	00:31,93	00:27,35	00:27,18	00:28,85	00:24,48
100m ryggsim	01:05,61	01:08,87	00:59,10	00:58,78	01:02,45	00:52,95
200m ryggsim	02:24,22	02:32,27	02:09,92	02:10,66	02:18,86	01:57,71
50m fjärilsim	00:28,86	00:29,33	00:25,99	00:25,64	00:26,38	00:23,10
100m fjärilsim	01:04,56	01:06,06	00:58,16	00:57,75	00:59,45	00:52,02
200m fjärilsim	02:30,07	02:35,82	02:15,19	02:14,95	02:21,31	02:01,58
200m medley	02:25,61	02:29,78	02:11,18	02:10,90	02:17,03	01:57,92
400m medley	05:15,02	05:29,07	04:43,80	04:47,07	05:01,71	04:18,62

Swim Open Stockholm

Grenar	Standard Times											
	Women		Men		Girls 17-18		Boys 17-18		Girls -16 and younger		Boys -16 and younger	
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m
50m Freestyle	00:27,19	00:28,06	00:24,11	00:25,15	00:27,94	00:28,81	00:25,11	00:26,15	00:28,44	00:29,31	00:25,61	00:26,65
100m Freestyle	00:58,88	01:00,52	00:52,38	00:54,43	00:59,80	01:01,72	00:53,93	00:55,89	01:01,90	01:04,29	00:56,79	00:58,99
200m Freestyle	02:08,34	02:12,28	01:55,07	02:00,29	02:10,35	02:14,19	01:58,54	02:03,00	02:15,58	02:17,93	02:03,78	02:08,89
400m Freestyle	04:30,68	04:36,68	04:06,77	04:13,02	04:30,68	04:36,68	04:13,12	04:19,99	04:40,14	04:45,78	04:26,89	04:32,91
800m Freestyle	09:06,64	09:16,67	08:28,53	08:38,03	09:21,95	09:30,35	08:33,53	08:43,03	09:23,96	09:33,33	08:50,80	08:59,98
1500m Freestyle	18:00,67	18:10,40	16:42,27	17:02,79	18:20,81	18:44,84	16:42,98	17:03,19	18:30,80	18:50,97	17:11,28	17:31,84
50m Breaststroke	00:34,60	00:35,57	00:30,72	00:31,88	00:35,35	00:36,32	00:31,72	00:32,88	00:35,85	00:36,82	00:32,22	00:33,38
100m Breaststroke	01:14,51	01:17,82	01:06,73	01:10,20	01:16,74	01:20,12	01:08,52	01:11,88	01:19,56	01:23,61	01:13,10	01:17,07
200m Breaststroke	02:42,48	02:50,71	02:27,52	02:35,10	02:47,25	02:54,10	02:30,94	02:39,56	02:52,05	02:56,09	02:37,47	02:47,99
50m Backstroke	00:30,89	00:32,46	00:27,73	00:29,35	00:31,64	00:33,21	00:28,73	00:30,35	00:32,14	00:33,71	00:29,23	00:30,85
100m Backstroke	01:06,22	01:09,50	00:59,33	01:03,31	01:07,67	01:11,00	01:01,28	01:04,87	01:10,39	01:14,11	01:05,65	01:09,70
200m Backstroke	02:24,22	02:31,20	02:10,68	02:19,70	02:27,33	02:34,58	02:14,45	02:22,71	02:28,94	02:37,42	02:19,40	02:29,59
50m Butterfly	00:29,40	00:29,81	00:26,37	00:26,90	00:30,15	00:30,56	00:27,37	00:27,90	00:30,65	00:31,06	00:27,87	00:28,40
100m Butterfly	01:05,41	01:07,13	00:57,95	00:59,96	01:06,68	01:08,58	00:59,71	01:01,82	01:10,19	01:12,66	01:04,38	01:06,54
200m Butterfly	02:28,86	02:33,73	02:13,13	02:20,47	02:32,45	02:38,36	02:16,63	02:23,81	02:42,26	02:44,85	02:26,19	02:34,29
200m IM	02:25,44	02:30,68	02:10,97	02:16,99	02:28,26	02:33,45	02:14,85	02:21,59	02:33,30	02:39,95	02:23,19	02:29,16

A - Kvaltider **SM** och **U-21 SM** 2025

A-kvaltider DAMER

A-kvaltider HERRAR

Grenar	Damer								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:26,87	00:27,76	00:24,20	00:26,61	00:27,48	00:23,97	00:26,36	00:27,15	00:23,74
100m frisim	00:58,36	01:00,18	00:52,57	00:57,95	00:59,61	00:52,20	00:57,12	00:58,79	00:51,45
200m frisim	02:07,61	02:12,22	01:54,96	02:06,55	02:10,32	01:54,00	02:04,55	02:07,78	01:52,20
400m (500yd frisim)	04:33,71	04:42,77	05:12,80	04:31,18	04:38,99	05:09,91	04:26,99	04:35,25	05:05,13
800m (1000yd frisim)	09:33,43	09:53,77	10:55,35	09:28,61	09:45,35	10:49,84	09:14,13	09:32,98	10:33,29
1500m (1650yd frisim)	18:34,75	19:14,61	18:28,09	18:25,00	19:01,30	18:18,40	17:50,59	18:31,39	17:44,20
4x50m frisim							01:47,92	01:51,08	
4x100m frisim							03:56,48	04:03,19	
4x200m frisim							08:46,24	08:54,34	
50m bröstsim	00:33,70	00:34,89	00:30,35	00:33,12	00:34,18	00:29,83	00:32,84	00:33,99	00:29,58
100m bröstsim	01:13,40	01:16,81	01:06,13	01:12,47	01:15,25	01:05,29	01:11,85	01:14,18	01:04,73
200m bröstsim	02:41,23	02:48,22	02:25,25	02:38,97	02:44,40	02:23,21	02:37,16	02:42,56	02:21,58
50m ryggsim	00:30,38	00:32,09	00:27,36	00:30,01	00:31,60	00:27,03	00:29,70	00:31,21	00:26,75
100m ryggsim	01:05,52	01:09,13	00:59,01	01:04,87	01:08,14	00:58,43	01:03,98	01:06,86	00:57,63
200m ryggsim	02:23,67	02:32,11	02:09,51	02:22,85	02:30,31	02:08,76	02:19,89	02:25,70	02:06,10
50m fjärilsim	00:28,84	00:29,43	00:25,98	00:28,60	00:29,01	00:25,76	00:28,30	00:28,60	00:25,49
100m fjärilsim	01:04,59	01:06,29	00:58,19	01:03,89	01:05,64	00:57,56	01:03,23	01:04,52	00:56,97
200m fjärilsim	02:28,98	02:36,12	02:14,22	02:26,32	02:32,45	02:11,83	02:22,28	02:25,48	02:08,18
100m medley	01:07,08		01:00,41	01:05,91		00:59,36	01:05,39		00:58,89
200m medley	02:25,44	02:30,58	02:11,02	02:24,16	02:28,05	02:09,87	02:21,40	02:25,09	02:07,38
400m medley	05:14,87	05:30,15	04:43,66	05:11,72	05:23,06	04:40,82	05:03,39	05:15,24	04:33,32
4x50m medley							01:58,40	02:02,15	
4x100m medley							04:22,01	04:31,40	

Grenar	Herrar								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:24,02	00:25,03	00:21,63	00:23,62	00:24,52	00:21,27	00:23,23	00:24,15	00:20,92
100m frisim	00:52,58	00:54,83	00:47,36	00:51,74	00:53,70	00:46,60	00:50,91	00:52,63	00:45,86
200m frisim	01:56,62	02:01,20	01:45,05	01:54,06	01:59,07	01:42,74	01:51,91	01:55,80	01:40,81
400m (500yd frisim)	04:12,09	04:23,41	04:48,10	04:08,30	04:17,60	04:43,77	04:02,15	04:11,78	04:36,74
800m (1000yd frisim)	08:47,66	09:11,85	10:03,03	08:40,96	09:01,71	09:55,38	08:35,04	08:53,24	09:48,61
1500m (1650yd frisim)	17:02,96	17:40,63	16:56,86	16:44,65	17:28,99	16:38,66	16:33,23	17:11,51	16:27,30
4x50m frisim							01:34,51	01:38,19	
4x100m frisim							03:28,90	03:37,25	
4x200m frisim							07:53,98	08:05,22	
50m bröstsim	00:30,14	00:31,50	00:27,15	00:29,51	00:30,52	00:26,58	00:28,87	00:30,06	00:26,00
100m bröstsim	01:05,94	01:09,50	00:59,40	01:04,39	01:07,80	00:58,01	01:03,49	01:06,59	00:57,20
200m bröstsim	02:26,17	02:34,57	02:11,67	02:23,77	02:30,47	02:09,51	02:21,37	02:27,49	02:07,35
50m ryggsim	00:27,47	00:29,38	00:24,74	00:26,89	00:28,56	00:24,22	00:26,39	00:27,98	00:23,77
100m ryggsim	00:59,33	01:03,23	00:53,45	00:58,06	01:01,77	00:52,31	00:57,17	01:00,24	00:51,51
200m ryggsim	02:10,73	02:18,79	01:57,77	02:09,02	02:17,07	01:56,22	02:07,86	02:13,51	01:55,18
50m fjärilsim	00:26,16	00:26,88	00:23,56	00:25,41	00:26,06	00:22,89	00:25,01	00:25,52	00:22,52
100m fjärilsim	00:58,42	01:00,45	00:52,62	00:57,05	00:58,78	00:51,39	00:56,02	00:57,07	00:50,46
200m fjärilsim	02:15,58	02:22,38	02:02,14	02:12,18	02:17,93	01:59,08	02:07,72	02:11,71	01:55,06
100m medley	01:00,34		00:54,35	00:59,20		00:53,33	00:58,09		00:52,33
200m medley	02:12,19	02:18,53	01:59,09	02:09,25	02:15,06	01:56,44	02:06,81	02:12,38	01:54,24
400m medley	04:46,76	05:01,63	04:18,33	04:43,19	04:57,15	04:15,11	04:37,71	04:46,32	04:10,18
4x50m medley							01:43,20	01:46,60	
4x100m medley							03:51,14	03:59,38	

SM / U21 A-kval:

William: 50 fr.

Wilmer: 50 fr. 50 br. 100 br. 200 br.
50 fj. 100 fj. 200 fj. 200 me. 400 me.

Carl: 800 fr. 1500 fr. 50 ry.
100 ry. 100 fj. 200 fj.

Amir: 50, 100 br.

Leo: 50 fr. 100 fr. 200 fr. 50 fj. 100 fj.
50 ry. 100 ry. 200 ry. 200 me.

B - Kvaltider **SM** och **U-21 SM** 2025

B-kvaltider DAMER

B-kvaltider HERRAR

Grenar	Damer								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:27,10	00:27,96	00:24,41	00:26,91	00:27,70	00:24,24	00:26,60	00:27,46	00:23,96
100m frisim	00:58,75	01:00,67	00:52,93	00:58,41	01:00,08	00:52,63	00:57,88	00:59,34	00:52,14
200m frisim	02:08,81	02:13,26	01:56,04	02:07,72	02:11,52	01:55,05	02:06,38	02:09,40	01:53,84
400m (500yd frisim)	04:36,88	04:46,07	05:16,43	04:34,36	04:42,34	05:13,56	04:29,52	04:37,10	05:08,02
800m (1000yd frisim)	09:41,11	10:01,54	11:04,12	09:36,00	09:54,61	10:58,28	09:22,63	09:40,41	10:43,00
1500m (1650yd frisim)	18:49,73	19:38,67	18:42,99	18:42,26	19:26,56	18:35,56	18:02,19	18:43,49	17:55,73
4x50m frisim									
4x100m frisim									
4x200m frisim									
50m bröstsim	00:34,14	00:35,19	00:30,75	00:33,55	00:34,63	00:30,22	00:33,34	00:34,37	00:30,03
100m bröstsim	01:14,27	01:17,69	01:06,91	01:13,24	01:16,30	01:05,98	01:12,51	01:15,41	01:05,32
200m bröstsim	02:43,31	02:51,06	02:27,12	02:41,31	02:47,49	02:25,32	02:39,29	02:45,35	02:23,49
50m ryggsim	00:30,82	00:32,47	00:27,77	00:30,36	00:31,93	00:27,35	00:30,10	00:31,59	00:27,12
100m ryggsim	01:06,22	01:09,98	00:59,65	01:05,61	01:08,87	00:59,10	01:05,04	01:08,06	00:58,59
200m ryggsim	02:25,04	02:33,35	02:10,66	02:24,22	02:32,27	02:09,92	02:22,04	02:28,50	02:07,96
50m fjärilsim	00:29,18	00:29,74	00:26,28	00:28,86	00:29,33	00:25,99	00:28,65	00:29,05	00:25,80
100m fjärilsim	01:05,22	01:07,42	00:58,75	01:04,56	01:06,06	00:58,16	01:03,96	01:05,48	00:57,62
200m fjärilsim	02:32,60	02:40,75	02:17,46	02:30,07	02:35,82	02:15,19	02:25,62	02:29,58	02:11,18
100m medley	01:07,75		01:01,03	01:06,74		01:00,12	01:06,19		00:59,62
200m medley	02:26,98	02:32,84	02:12,40	02:25,61	02:29,78	02:11,18	02:22,95	02:27,83	02:08,78
400m medley	05:18,86	05:35,72	04:47,27	05:15,02	05:29,07	04:43,80	05:07,45	05:19,20	04:36,98

Grenar	Herrar								
	13-18 år			19-21 (U21)			22 år och äldre		
	25m	50m	Yard	25m	50m	Yard	25m	50m	Yard
50m frisim	00:24,33	00:25,40	00:21,91	00:23,80	00:24,69	00:21,43	00:23,49	00:24,37	00:21,15
100m frisim	00:53,01	00:55,27	00:47,76	00:52,19	00:54,23	00:47,02	00:51,53	00:53,18	00:46,42
200m frisim	01:57,53	02:02,76	01:45,88	01:55,63	02:00,16	01:44,17	01:53,78	01:57,77	01:42,50
400m (500yd frisim)	04:15,75	04:26,76	04:52,29	04:11,35	04:21,68	04:47,26	04:06,19	04:15,39	04:41,36
800m (1000yd frisim)	08:58,05	09:20,41	10:14,92	08:48,60	09:10,69	10:04,11	08:43,14	09:01,03	09:57,87
1500m (1650yd frisim)	17:18,32	18:01,85	17:12,12	17:03,58	17:42,23	16:57,47	16:49,94	17:32,85	16:43,91
4x50m frisim									
4x100m frisim									
4x200m frisim									
50m bröstsim	00:30,58	00:31,96	00:27,54	00:29,78	00:30,88	00:26,82	00:29,26	00:30,38	00:26,35
100m bröstsim	01:06,98	01:10,49	01:00,33	01:05,49	01:08,72	00:58,99	01:04,18	01:07,52	00:57,81
200m bröstsim	02:29,58	02:38,57	02:14,74	02:26,49	02:33,75	02:11,96	02:24,23	02:29,90	02:09,93
50m ryggsim	00:28,02	00:29,84	00:25,24	00:27,18	00:28,85	00:24,48	00:26,83	00:28,48	00:24,17
100m ryggsim	01:00,14	01:03,94	00:54,17	00:58,78	01:02,45	00:52,95	00:58,10	01:01,27	00:52,34
200m ryggsim	02:13,47	02:22,03	02:00,24	02:10,66	02:18,86	01:57,71	02:09,64	02:16,62	01:56,79
50m fjärilsim	00:26,41	00:27,20	00:23,79	00:25,64	00:26,38	00:23,10	00:25,36	00:25,83	00:22,85
100m fjärilsim	00:59,14	01:01,07	00:53,27	00:57,75	00:59,45	00:52,02	00:56,63	00:57,83	00:51,01
200m fjärilsim	02:18,53	02:25,49	02:04,80	02:14,95	02:21,31	02:01,58	02:09,73	02:14,20	01:56,87
100m medley	01:01,08		00:55,03	00:59,83		00:53,90	00:58,73		00:52,91
200m medley	02:14,06	02:20,30	02:00,77	02:10,90	02:17,03	01:57,92	02:08,83	02:13,84	01:56,06
400m medley	04:51,28	05:08,95	04:22,41	04:47,07	05:01,71	04:18,62	04:42,32	04:53,06	04:14,34
4x50m medley									
4x100m medley									

kvaltider FLICKOR

kvaltider POJKAR

Grenar	Flickor										Grenar	Pojkar									
	13-14 år		15-16 år		17-18 år		13-15 år		16-18 år			13-14 år		15-16 år		17-18 år		13-15 år		16-18 år	
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m		25m	50m	25m	50m	25m	50m	25m	50m	25m	50m
50m frisim											50m frisim										
100m frisim	01:03,63	01:04,61	01:00,52	01:02,20	00:59,35	01:01,03					100m frisim	01:01,22	01:01,68	00:55,76	00:57,28	00:53,47	00:55,17				
200m frisim	02:21,25	02:23,91			02:10,40	02:14,93					200m frisim	02:17,27	02:19,12			01:58,99	02:03,38				
400m frisim			04:42,77	04:50,56	04:37,89	04:47,76					400m frisim			04:24,51	04:32,61	04:15,87	04:27,17				
800m frisim	10:37,13	10:46,02									800m frisim	10:21,81	10:41,18								
1500m frisim			19:16,81	19:44,94	18:54,23	19:45,07					1500m frisim			18:07,12	18:27,23	17:24,12	18:00,70				
4x100m frisim							04:16,29	04:17,79	04:00,92	04:04,28	4x100m frisim							03:55,22	03:56,38	03:37,04	03:40,76
4x200m frisim											4x200m frisim										
50m bröstsim											50m bröstsim										
100m bröstsim	01:22,31	01:24,68	01:17,33	01:20,61	01:15,58	01:18,93					100m bröstsim	01:19,58	01:21,29	01:11,25	01:14,37	01:08,23	01:11,59				
200m bröstsim	03:01,73	03:06,86	02:49,17	02:57,23	02:46,52	02:53,58					200m bröstsim	02:59,61	03:01,83	02:37,88	02:44,77	02:32,93	02:41,42				
50m ryggsim											50m ryggsim										
100m ryggsim	01:12,75	01:15,14	01:07,99	01:11,43	01:07,52	01:10,95					100m ryggsim	01:10,54	01:12,35	01:03,53	01:06,53	01:01,47	01:04,47				
200m ryggsim	02:41,45	02:44,78	02:29,23	02:36,55	02:29,29	02:36,85					200m ryggsim	02:37,68	02:41,52	02:20,18	02:26,57	02:16,73	02:25,67				
50m fjärilsim											50m fjärilsim										
100m fjärilsim	01:13,80	01:15,09	01:08,69	01:10,44	01:06,11	01:08,04					100m fjärilsim	01:11,21	01:12,01	01:02,48	01:03,74	00:59,66	01:00,98				
200m fjärilsim	03:09,94	03:18,12	02:42,28	02:49,22	02:38,12	02:51,15					200m fjärilsim	03:12,78	03:19,03	02:28,65	02:32,63	02:21,79	02:30,88				
200m medley	02:39,55	02:43,53	02:32,22	02:36,50	02:28,76	02:34,77					200m medley	02:35,11	02:37,12	02:20,59	02:24,75	02:15,05	02:21,06				
400m medley	05:49,36	06:06,59	05:24,34	05:38,47	05:21,81	05:36,80					400m medley	05:42,30	06:00,91	05:00,41	05:14,60	04:51,23	05:06,34				
4x100m medley							04:46,92	04:52,70	04:29,91	04:37,72	4x100m medley							04:26,76	04:32,49	04:03,64	04:11,24
4x200m IM							*	*	*	*	4x200m IM							*	*	*	*

* Heatbegränsning

* Heatbegränsning

USM kvalade					
Leo: 100 fr. 200 fr. 100 ry. 200 ry. 100 fj. 200 me.		Wilmer: 100 br. 200 br. 100 ry. 100 fj. 200 fj.		Benji: 200 fj.	
		LAG: 4x100 me. Po. 07-08		Lia B: 200 fj.	

GP kvaltider

Grenar	Damer			Herrar		
	25m	50m	Yard	25m	50m	Yard
50m frisim	00:26,91	00:27,70	00:24,24	00:23,80	00:24,69	00:21,43
100m frisim	00:58,41	01:00,08	00:52,63	00:52,19	00:54,23	00:47,02
200m frisim	02:07,72	02:11,52	01:55,05	01:55,63	02:00,16	01:44,17
400m (500yd frisim)	04:34,36	04:42,34	05:13,56	04:11,35	04:21,68	04:47,26
800m (1000yd frisim)	09:36,00	09:54,61	10:58,28	08:48,60	09:10,69	10:04,11
1500m (1650yd frisim)	18:42,26	19:26,56	18:35,56	17:03,58	17:42,23	16:57,47
50m bröstsim	00:33,55	00:34,63	00:30,22	00:29,78	00:30,88	00:26,82
100m bröstsim	01:13,24	01:16,30	01:05,98	01:05,49	01:08,72	00:58,99
200m bröstsim	02:41,31	02:47,49	02:25,32	02:26,49	02:33,75	02:11,96
50m ryggsim	00:30,36	00:31,93	00:27,35	00:27,18	00:28,85	00:24,48
100m ryggsim	01:05,61	01:08,87	00:59,10	00:58,78	01:02,45	00:52,95
200m ryggsim	02:24,22	02:32,27	02:09,92	02:10,66	02:18,86	01:57,71
50m fjärilsim	00:28,86	00:29,33	00:25,99	00:25,64	00:26,38	00:23,10
100m fjärilsim	01:04,56	01:06,06	00:58,16	00:57,75	00:59,45	00:52,02
200m fjärilsim	02:30,07	02:35,82	02:15,19	02:14,95	02:21,31	02:01,58
200m medley	02:25,61	02:29,78	02:11,18	02:10,90	02:17,03	01:57,92
400m medley	05:15,02	05:29,07	04:43,80	04:47,07	05:01,71	04:18,62

Swim Open Stockholm

Grenar	Standard Times											
	Women		Men		Girls 17-18		Boys 17-18		Girls -16 and younger		Boys -16 and younger	
	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m	25m	50m
50m Freestyle	00:27,19	00:28,06	00:24,11	00:25,15	00:27,94	00:28,81	00:25,11	00:26,15	00:28,44	00:29,31	00:25,61	00:26,65
100m Freestyle	00:58,88	01:00,52	00:52,38	00:54,43	00:59,80	01:01,72	00:53,93	00:55,89	01:01,90	01:04,29	00:56,79	00:58,99
200m Freestyle	02:08,34	02:12,28	01:55,07	02:00,29	02:10,35	02:14,19	01:58,54	02:03,00	02:15,58	02:17,93	02:03,78	02:08,89
400m Freestyle	04:30,68	04:36,68	04:06,77	04:13,02	04:30,68	04:36,68	04:13,12	04:19,99	04:40,14	04:45,78	04:26,89	04:32,91
800m Freestyle	09:06,64	09:16,67	08:28,53	08:38,03	09:21,95	09:30,35	08:33,53	08:43,03	09:23,96	09:33,33	08:50,80	08:59,98
1500m Freestyle	18:00,67	18:10,40	16:42,27	17:02,79	18:20,81	18:44,84	16:42,98	17:03,19	18:30,80	18:50,97	17:11,28	17:31,84
50m Breaststroke	00:34,60	00:35,57	00:30,72	00:31,88	00:35,35	00:36,32	00:31,72	00:32,88	00:35,85	00:36,82	00:32,22	00:33,38
100m Breaststroke	01:14,51	01:17,82	01:06,73	01:10,20	01:16,74	01:20,12	01:08,52	01:11,88	01:19,56	01:23,61	01:13,10	01:17,07
200m Breaststroke	02:42,48	02:50,71	02:27,52	02:35,10	02:47,25	02:54,10	02:30,94	02:39,56	02:52,05	02:56,09	02:37,47	02:47,99
50m Backstroke	00:30,89	00:32,46	00:27,73	00:29,35	00:31,64	00:33,21	00:28,73	00:30,35	00:32,14	00:33,71	00:29,23	00:30,85
100m Backstroke	01:06,22	01:09,50	00:59,33	01:03,31	01:07,67	01:11,00	01:01,28	01:04,87	01:10,39	01:14,11	01:05,65	01:09,70
200m Backstroke	02:24,22	02:31,20	02:10,68	02:19,70	02:27,33	02:34,58	02:14,45	02:22,71	02:28,94	02:37,42	02:19,40	02:29,59
50m Butterfly	00:29,40	00:29,81	00:26,37	00:26,90	00:30,15	00:30,56	00:27,37	00:27,90	00:30,65	00:31,06	00:27,87	00:28,40
100m Butterfly	01:05,41	01:07,13	00:57,95	00:59,96	01:06,68	01:08,58	00:59,71	01:01,82	01:10,19	01:12,66	01:04,38	01:06,54
200m Butterfly	02:28,86	02:33,73	02:13,13	02:20,47	02:32,45	02:38,36	02:16,63	02:23,81	02:42,26	02:44,85	02:26,19	02:34,29
200m IM	02:25,44	02:30,68	02:10,97	02:16,99	02:28,26	02:33,45	02:14,85	02:21,59	02:33,30	02:39,95	02:23,19	02:29,16