



5th Open European Swimming DSISO
Championships - Sardinia, Italy
15-22 September 2019



MINIMUM QUALIFYING STANDARDS (Long Course)

Qualifying Times to have been achieved after 15/09/2018 & before 30/07/2019

Metres		Men		Women	
		A	B	A	B
50	Freestyle	43,00	1:00,00	49,55	1:05,00
50	Backstroke	53,13	1:12,27	59,00	1:16,30
50	Breaststroke	59,01	1:18,00	1:10,00	1:20,00
50	Butterfly	48,84	1:08,00	56,44	1:15,00

Metres		Men		Women	
		A	B	A	B
100	Freestyle	1:29,07	1:53,00	1:46,00	2:08,35
100	Backstroke	1:44,00	2:15,00	2:07,00	2:32,15
100	Breaststroke	2:06,00	2:30,05	2:13,00	2:39,00
100	Butterfly	2:01,51	2:12,20	2:10,30	2:33,00

Metres		Men		Women	
		A	B	A	B
200	Freestyle	3:31,24	3:54,64	3:48,00	4:28,00
200	Backstroke	3:36,00	4:05,00	4:07,00	4:30,00
200	Breaststroke	4:33,07	4:48,00	4:43,54	5:15,00
200	Butterfly	4:19,09	4:43,29	4:38,08	5:10,00
200	Ind Medley	3:53,40	4:03,00	4:25,09	5:13,00

Metres		Men		Women	
		A	B	A	B
400	Freestyle	7:20,30	8:10,40	8:10,77	9:13,00
400	Ind Medley	8:06,00	9:33,00	9:48,94	10:40,00
800	Freestyle	15:26,26	16:08,00	16:06,00	17:12,00
1500	Freestyle	28:10,00	30:00,00	29:03,00	31:00,00

Swimmer has to achieve at least **ONE** MQT A time to qualify for the championships. All other events entered must be MQT B times. (see rules)