

Spring Level 1 Open Meet 2026

Qualifying Times (V2: 29.12.25)

Entry times should be Long Course Times or converted to Long Course Times

All times must be equal to or faster than the times below.

OPEN/MALE						
	10/11yrs	12yrs	13yrs	14yrs	15yrs	16yrs +
50 FREE	36.00	35.00	34.00	32.00	30.00	29.00
100 FREE	1:19.00	1:16.00	1:14.00	1:10.00	1:05.00	1:03.00
200 FREE	2:43.00	2:42.00	2:37.00	2:30.00	2:23.00	2:18.00
400 FREE	6:00.00	5:45.00	5:35.00	5:16.00	5:01.00	4:51.00
800 FREE (11+yrs)	11:10.00	11:10.00	10:50.00	10:30.00	10:15.00	10:05.00
1500 FREE (11+yrs)	21:20.00	21:20.00	20:50.00	20:15.00	19:35.00	19:05.00
50 BREAST	49.00	47.00	44.00	42.00	41.00	40.00
100 BREAST	1:46.00	1:42.00	1:39.00	1:34.00	1:25.00	1:21.00
200 BREAST	3:42.00	3:31.00	3:27.00	3:14.00	3:04.00	2:56.00
50 FLY	44.00	42.00	39.00	37.00	34.00	33.00
100 FLY	1:40.00	1:38.00	1:28.00	1:21.00	1:17.00	1:13.00
200 FLY	3:35.00	3:25.00	3:15.00	3:05.00	2:55.00	2:45.00
50 BACK	43.00	42.00	40.00	39.00	36.00	34.00
100 BACK	1:31.00	1:28.00	1:26.00	1:20.00	1:15.00	1:13.00
200 BACK	3:20.00	3:10.00	3:05.00	2:50.00	2:41.00	2:35.00
200 INDIVIDUAL MEDLEY	3:22.00	3:15.00	3:04.00	2:53.00	2:44.00	2:37.00
400 INDIVIDUAL MEDLEY	6:39.00	6:35.00	6:20.00	5:55.00	5:47.00	5:35.00

FEMALE						
	10/11yrs	12yrs	13yrs	14yrs	15yrs	16yrs +
50 FREE	37.00	36.00	35.00	34.00	33.00	32.00
100 FREE	1:20.00	1:18.00	1:16.00	1:13.00	1:11.00	1:10.00
200 FREE	2:49.00	2:46.00	2:40.00	2:36.00	2:33.00	2:30.00
400 FREE	6:00.00	5:43.00	5:38.00	5:25.00	5:15.00	5:10.00
800 FREE (11+yrs)	11:13.00	11:13.00	11:00.00	10:45.00	10:38.00	10:30.00
1500 FREE (11+yrs)	21:30.00	21:30.00	21:10.00	20:40.00	20:15.00	19:45.00
50 BREAST	49.00	48.00	47.00	44.00	42.00	41.00
100 BREAST	1:46.00	1:42.00	1:39.00	1:35.00	1:32.00	1:30.00
200 BREAST	3:40.00	3:33.00	3:26.00	3:21.00	3:18.00	3:15.00
50 FLY	44.00	42.00	40.00	39.00	37.00	35.00
100 FLY	1:33.00	1:30.00	1:27.00	1:22.00	1:20.00	1:19.00
200 FLY	3:30.00	3:25.00	3:18.00	3:09.00	3:02.00	2:50.00
50 BACK	43.00	43.00	41.00	40.00	39.00	37.00
100 BACK	1:31.00	1:30.00	1:27.00	1:23.00	1:21.00	1:19.00
200 BACK	3:25.00	3:12.00	3:02.00	2:55.00	2:52.00	2:50.00
200 INDIVIDUAL MEDLEY	3:21.00	3:15.00	3:06.00	2:59.00	2:51.00	2:48.00
400 INDIVIDUAL MEDLEY	6:40.00	6:37.00	6:21.00	6:10.00	6:01.00	5:57.00