

QUALIFYING TIMES.

Open/Male Upper Qualifying Times

Event		10-11 Years	12-13 Years	14-15 Years	16+ Years
50m Freestyle	Upper	30.3	26.9	24.7	23.1
100m Freestyle	Upper	01:07.5	58.0	53.6	50.0
200m Freestyle	Upper	02:25.7	02:10.4	01:59.3	01:51.9
400m Freestyle	Upper	05:08.1	04:39.7	04:15.6	04:00.9
50m Backstroke	Upper	35.1	30.8	27.4	26.1
100m Backstroke	Upper	01:17.2	01:05.4	59.3	56.0
200m Backstroke	Upper	02:44.7	02:24.7	02:12.5	02:05.6
50m Butterfly	Upper	33.5	29.7	26.8	24.9
100m Butterfly	Upper	01:17.5	01:04.1	58.9	55.1
200m Butterfly	Upper	02:55.4	02:30.7	02:15.7	02:07.7
50m Breaststroke	Upper	39.8	34.6	31.2	29.1
100m Breaststroke	Upper	01:28.8	01:13.0	01:06.9	01:02.6
200m Breaststroke	Upper	03:12.2	02:46.5	02:30.8	02:22.7
200m Individual Medley	Upper	02:46.7	02:28.4	02:15.9	02:06.3
400m Individual Medley	Upper	05:59.2	05:15.0	04:49.4	04:34.0

Female Upper Qualifying Times

Event		10-11 Years	12-13 Years	14-15 Years	16+ Years
50m Freestyle	Upper	31.0	28.1	27.3	26.1
100m Freestyle	Upper	01:07.7	58.6	58.0	56.3
200m Freestyle	Upper	02:26.7	02:13.1	02:07.6	02:04.4
400m Freestyle	Upper	05:12.0	04:37.9	04:29.7	04:24.8
50m Backstroke	Upper	35.6	31.5	30.0	29.0
100m Backstroke	Upper	01:16.9	01:07.4	01:02.0	01:01.0
200m Backstroke	Upper	02:44.1	02:26.0	02:20.2	02:17.7
50m Butterfly	Upper	34.1	30.6	29.3	28.1
100m Butterfly	Upper	01:17.0	01:07.6	01:00.0	00:59.0
200m Butterfly	Upper	02:56.0	02:32.8	02:24.2	02:19.4
50m Breaststroke	Upper	39.8	35.4	34.1	32.8
100m Breaststroke	Upper	01:28.1	01:16.7	01:12.2	01:11.0
200m Breaststroke	Upper	03:10.3	02:50.2	02:40.6	02:36.2
200m Individual Medley	Upper	02:46.4	02:29.7	02:23.1	02:19.5
400m Individual Medley	Upper	05:56.6	05:22.4	05:06.7	04:58.4

Age at 31st December 2026Times achieved since 1st January 2024