

Qualifying Requirements

Qualifying times must have been achieved between 1 January 2020 and 7 March 2022

Converted short course qualifying times will **only** be used where an existing long course qualifying time has not been achieved.

RELAYS

Male

RELAYS	12-18 Years	12-15 Years	12-13 Years
4x100m Freestyle	3:54.20		
4x100m Medley	4:21.50		
4x50m Freestyle	1:52.10	1:55.10	2:18.00
4x50m Medley	2:05.20	2:07.20	2:26.00

Female

RELAYS	12-18 Years	12-15 Years	12-13 Years
4x100m Freestyle	4:22.50		
4x100m Medley	4:48.80		
4x50m Freestyle	2:02.30	2:02.80	2:18.00
4x50m Medley	2:15.50	2:16.50	2:33.40

10-14 MARCH 2022 - QUALIFYING TIMES

FEMALE							
Distance	Course	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE							
50m	LC	30.19	30.40	31.00	31.21	31.93	33.80
	SC	29.59	29.79	30.38	30.58	31.29	33.12
100m	LC	1:04.58	1:05.66	1:07.40	1:08.50	1:10.26	1:13.03
	SC	1:03.28	1:04.34	1:06.06	1:07.13	1:08.86	1:11.57
200m	LC	2:21.21	2:23.59	2:27.39	2:29.79	2:33.66	2:39.71
	SC	2:18.38	2:20.71	2:24.45	2:26.80	2:30.59	2:36.52
400m	LC	4:51.64	4:56.67	5:04.65	5:09.73	5:17.87	5:22.98
	SC	4:45.81	4:50.73	4:58.56	5:03.54	5:11.51	5:16.52
800m	LC	10:04.22	10:14.63	10:31.17	10:41.70	10:58.55	11:09.17
	SC	9:52.13	10:02.34	10:18.55	10:28.87	10:45.38	10:55.78
1500m	LC	19:20.70	19:40.71	20:12.50	20:32.70	21:05.08	21:25.47
	SC	18:57.48	19:17.10	19:48.25	20:08.05	20:39.78	20:59.76
BACKSTROKE							
50m	LC	34.17	34.67	35.17	35.67	36.17	36.67
	SC	33.49	33.98	34.47	34.96	35.45	35.94
100m	LC	1:15.66	1:16.27	1:17.63	1:18.25	1:19.63	1:22.74
	SC	1:14.15	1:14.74	1:16.08	1:16.68	1:18.04	1:21.09
200m	LC	2:41.44	2:42.74	2:45.65	2:46.96	2:49.92	2:56.55
	SC	2:38.21	2:39.49	2:42.34	2:43.62	2:46.52	2:53.02
BREASTSTROKE							
50m	LC	38.00	38.50	39.00	39.50	40.00	40.50
	SC	37.24	37.73	38.22	38.71	39.20	39.69
100m	LC	1:25.18	1:25.86	1:27.40	1:28.09	1:29.63	1:33.11
	SC	1:23.48	1:24.15	1:25.65	1:26.32	1:27.83	1:31.25
200m	LC	3:03.36	3:04.82	3:08.12	3:09.60	3:12.93	3:20.42
	SC	2:59.69	3:01.13	3:04.36	3:05.81	3:09.07	3:16.41
BUTTERFLY							
50m	LC	31.89	32.39	32.89	33.39	33.89	34.39
	SC	31.25	31.74	32.23	32.72	33.21	33.70
100m	LC	1:12.90	1:13.49	1:14.81	1:15.40	1:16.73	1:19.73
	SC	1:11.44	1:12.02	1:13.31	1:13.89	1:15.20	1:18.13
200m	LC	2:41.67	2:42.97	2:45.88	2:47.20	2:50.15	2:56.80
	SC	2:38.44	2:39.71	2:42.56	2:43.86	2:46.75	2:53.26
INDIVIDUAL MEDLEY							
200m	LC	2:41.00	2:42.33	2:45.26	2:46.61	2:49.58	2:56.37
	SC	2:37.78	2:39.09	2:41.96	2:43.28	2:46.19	2:52.85
400m	LC	5:36.40	5:39.22	5:45.40	5:48.25	5:54.52	6:08.93
	SC	5:29.67	5:32.44	5:38.49	5:41.29	5:47.42	6:01.55

10-14 MARCH 2022 - QUALIFYING TIMES

MALE							
Distance	Course	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE							
50m	LC	27.09	27.53	28.25	28.92	30.11	32.38
	SC	26.55	26.98	27.69	28.34	29.51	31.73
100m	LC	58.64	59.63	1:01.70	1:03.70	1:06.82	1:11.84
	SC	57.47	58.44	1:00.46	1:02.42	1:05.48	1:10.41
200m	LC	2:09.00	2:11.17	2:14.64	2:17.93	2:23.69	2:34.74
	SC	2:06.42	2:08.55	2:11.95	2:15.17	2:20.81	2:31.65
400m	LC	4:32.19	4:36.80	4:44.17	4:51.16	5:03.39	5:26.90
	SC	4:26.74	4:31.26	4:38.48	4:45.34	4:57.32	5:20.37
800m	LC	9:26.85	9:36.46	9:51.82	10:06.37	10:31.85	11:20.84
	SC	9:15.52	9:24.93	9:39.98	9:54.24	10:19.21	11:07.22
1500m	LC	18:02.42	18:20.76	18:50.09	19:17.87	20:06.52	21:40.05
	SC	17:40.78	17:58.75	18:27.48	18:54.72	19:42.39	21:14.05
BACKSTROKE							
50m	LC	30.80	31.30	31.80	32.30	33.80	34.30
	SC	30.18	30.67	31.16	31.65	33.12	33.61
100m	LC	1:07.44	1:08.54	1:10.87	1:13.09	1:16.60	1:22.19
	SC	1:06.09	1:07.17	1:09.46	1:11.63	1:15.06	1:20.55
200m	LC	2:25.68	2:28.04	2:31.88	2:35.47	2:41.81	2:53.89
	SC	2:22.76	2:25.08	2:28.85	2:32.36	2:38.58	2:50.41
BREASTSTROKE							
50m	LC	33.66	34.16	34.66	35.16	35.66	36.16
	SC	32.99	33.48	33.97	34.46	34.95	35.44
100m	LC	1:15.53	1:16.73	1:19.32	1:21.76	1:25.63	1:31.80
	SC	1:14.02	1:15.20	1:17.73	1:20.13	1:23.92	1:29.96
200m	LC	2:44.22	2:46.85	2:51.13	2:55.12	3:02.18	3:15.57
	SC	2:40.94	2:43.51	2:47.71	2:51.62	2:58.53	3:11.66
BUTTERFLY							
50m	LC	28.94	29.44	29.94	30.44	30.94	31.44
	SC	28.36	28.85	29.34	29.83	30.32	30.81
100m	LC	1:05.42	1:06.46	1:08.70	1:10.82	1:14.17	1:19.51
	SC	1:04.11	1:05.13	1:07.33	1:09.41	1:12.69	1:17.92
200m	LC	2:27.36	2:29.73	2:33.57	2:37.15	2:43.48	2:55.50
	SC	2:24.41	2:26.73	2:30.50	2:34.00	2:40.21	2:51.99
INDIVIDUAL MEDLEY							
200m	LC	2:26.60	2:29.00	2:32.89	2:36.53	2:42.96	2:55.21
	SC	2:23.67	2:26.02	2:29.84	2:33.40	2:39.70	2:51.70
400m	LC	5:10.36	5:15.57	5:23.94	5:31.84	5:45.70	6:12.29
	SC	5:04.15	5:09.26	5:17.46	5:25.20	5:38.78	6:04.84