

6 - 8 SEPTEMBER 2024

QUALIFYING TIMES

Qualifying Period: Times must have been achieved from 19th August 2023 until entry closing date.

Unconverted Long Course times accepted.

BOYS

Distance	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE						
50m	26.16	26.40	27.00	27.58	28.77	34.02
100m	56.88	57.40	59.38	1:00.30	1:03.60	1:12.32
200m	2:04.59	2:05.72	2:10.64	2:13.65	2:19.31	2:41.41
400m	4:25.00	4:27.78	4:35.41	4:46.63	4:56.35	5:13.35
800m	9:07.03	9:13.11	9:36.49	9:45.69	10:16.58	10:55.59
1500m	17:30.00	17:43.14	18:32.27	18:57.02	19:11.27	20:58.18
BACKSTROKE						
50m						
100m	1:06.05	1:07.23	1:08.41	1:11.35	1:14.89	1:20.20
200m	2:24.31	2:26.89	2:29.47	2:35.91	2:43.64	2:55.24
BREASTSTROKE						
50m						
100m	1:13.98	1:15.30	1:16.62	1:19.92	1:23.88	1:29.83
200m	2:43.31	2:46.22	2:49.14	2:56.43	3:05.18	3:18.30
BUTTERFLY						
50m						
100m	1:02.85	1:03.98	1:05.10	1:07.91	1:11.27	1:16.32
200m	2:23.72	2:26.28	2:28.85	2:35.27	2:42.97	2:54.52
INDIVIDUAL MEDLEY						
100m	1:07.08	1:08.00	1:08.97	1:12.25	1:15.21	1:21.55
200m	2:26.03	2:28.63	2:31.24	2:37.76	2:45.58	2:57.32
400m	5:00.00	5:11.92	5:14.32	5:39.56	5:56.40	6:21.66

RELAYS	12-14 Years	12-16 Years	12-18 Years	12-18 Years Para & Able Bodied
4 x 50m Freestyle	2:12.00	2:03.00	1:53.00	No qualifying time
4 x 50m Medley	2:37.00	2:27.00	2:20.00	No qualifying time
4 x 50m Freestyle MIXED	2:15.00	2:10.00	2:05.00	

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GIRLS

Distance	17-18 Years	16 Years	15 Years	14 Years	13 Years	12 Years
FREESTYLE						
50m	29.53	29.80	30.00	30.70	31.50	33.00
100m	1:03.58	1:04.16	1:05.86	1:06.88	1:08.91	1:11.95
200m	2:17.46	2:18.71	2:24.00	2:26.18	2:32.45	2:37.33
400m	4:47.27	4:51.47	4:57.52	5:00.60	5:10.87	5:34.90
800m	9:55.75	10:01.00	10:07.22	10:30.59	10:53.45	11:34.58
1500m	18:58.54	19:00.54	19:10.54	20:20.57	20:89.62	22:36.22
BACKSTROKE						
50m						
100m	1:12.32	1:13.00	1:13.75	1:14.97	1:17.90	1:19.21
200m	2:38.92	2:41.75	2:44.59	2:46.01	2:48.85	2:51.69
BREASTSTROKE						
50m						
100m	1:22.96	1:24.44	1:25.92	1:26.66	1:28.14	1:29.62
200m	2:59.48	3:02.68	3:05.89	3:07.49	3:10.70	3:13.90
BUTTERFLY						
50m						
100m	1:10.81	1:12.07	1:13.34	1:13.97	1:15.23	1:16.50
200m	2:39.95	2:42.80	2:45.66	2:47.09	2:49.94	2:52.80
INDIVIDUAL MEDLEY						
100m	1:15.01	1:16.31	1:17.04	1:18.23	1:19.36	1:20.35
200m	2:39.28	2:42.15	2:43.01	2:44.44	2:50.30	2:53.16
400m	5:39.95	5:46.02	5:52.09	5:55.13	6:01.20	6:07.27

RELAYS	12-14 Years	12-16 Years	12-18 Years	12-18 Years Para & Able Bodied
4 x 50m Freestyle	2:10.00	2:06.00	2:03.00	No qualifying time
4 x 50m Medley	2:37.00	2:27.00	2:20.00	No qualifying time
4 x 50m Freestyle MIXED	2:15.00	2:10.00	2:05.00	