

Qualifying Period: Times must have been achieved from 23<sup>rd</sup> July 2022 until entry closing date.

Unconverted Long Course times accepted.

## Men

Distance	17 Yrs & Over	15-16 Years	13-14 Years	12 Years	11/Under
<b>FREESTYLE</b>					
50m	27.20	28.19	29.92	31.66	35.45
100m	59.16	1:02.38	1:06.15	1:09.91	1:21.10
200m	2:09.57	2:16.64	2:24.88	2:33.13	
400m	4:37.89	4:53.05	5:08.20	5:25.89	
800m	9:41.39	10:13.10	10:44.82	11:21.81	
1500m	18:35.78	19:36.64	20:37.50	21:48.50	
<b>BACKSTROKE</b>					
50m					43.87
100m	1:08.69	1:11.14	1:17.89	1:23.41	1:31.75
200m	2:30.08	2:35.44	2:50.19	3:02.25	
<b>BREASTSTROKE</b>					
50m					48.05
100m	1:16.94	1:19.68	1:27.24	1:33.42	1:42.76
200m	2:49.84	2:55.91	3:12.59	3:26.23	
<b>BUTTERFLY</b>					
50m					40.59
100m	1:05.37	1:07.70	1:14.12	1:19.38	1:24.93
200m	2:29.47	2:34.81	2:49.49	3:01.50	
<b>INDIVIDUAL MEDLEY</b>					
100m	1:09.90	1:12.40	1:19.26	1:24.88	1:33.37
200m	2:31.87	2:34.27	2:48.89	3:00.86	3:07.96
400m	5:26.88	5:38.55	6:10.66	6:36.92	

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Unconverted Long Course times accepted.

## Women

Distance	17Yrs & Over	15-16 Years	13-14 Years	12 Years	11/Under
<b>FREESTYLE</b>					
50m	30.72	31.83	33.51	35.46	36.88
100m	1:06.12	1:09.73	1:13.34	1:17.54	1:25.30
200m	2:22.95	2:30.75	2:38.55	2:47.65	
400m	5:03.46	5:20.01	5:36.56	5:55.87	
800m	10:24.92	10:59.01	11:33.09	12:12.86	
1500m	20:02.72	21:08.32	22:13.93	23:30.46	
<b>BACKSTROKE</b>					
50m					44.85
100m	1:16.25	1:18.97	1:21.01	1:22.37	1:29.79
200m	2:45.27	2:51.18	2:55.60	2:58.55	
<b>BREASTSTROKE</b>					
50m					49.90
100m	1:26.28	1:29.36	1:31.67	1:33.21	1:39.73
200m	3:06.66	3:13.33	3:18.33	3:21.66	
<b>BUTTERFLY</b>					
50m					41.70
100m	1:13.64	1:16.27	1:18.24	1:19.56	1:25.92
200m	2:46.35	2:52.29	2:56.74	2:59.71	
<b>INDIVIDUAL MEDLEY</b>					
100m	1:18.66	1:21.47	1:23.58	1:24.98	1:28.38
200m	2:46.69	2:49.33	2:53.71	2:56.63	3:03.55
400m	5:53.55	6:06.18	6:15.65	6:21.96	