



9 – 11 MARCH 2024

QUALIFYING TIMES

Qualifying Requirements

Qualifying times must have been achieved between 27 January 2023 and 26 February 2024.

Converted short course qualifying times will **not** be used.

Mixed Open Relays must be made up of 2 Women and 2 Men (swum in any order).

RELAYS

Event	Open			17 & Over		16 & Under		14 & Under		12 & Under	
	Men	Women	Mixed	Men	Women	Boys	Girls	Boys	Girls	Boys	Girls
4 x 50m Freestyle			1:57.00	2:08.00	2:13.00	2:12.00	2:14.00	2:18.00	2:15.00	2:32.00	2:30.00
4 x 50m Medley			2:09.00	2:32.00	2:34.00	2:34.00	2:36.00	2:35.00	2:36.50	2:54.00	2:50.00
4 x 100m Freestyle	4:06.00	4:35.00									
4 x 100m Medley	4:40.00	5:12.00									

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QUALIFYING TIMES

		MEN				
Distance	Course	16 & Over	14-15 Years	13 Years	12 Years	11 Years/U
FREESTYLE						
50m	LC					35.49
100m	LC	1:01.80	1:04.70	1:10.50	1:15.20	1:18.75
200m	LC	2:16.17	2:20.94	2:32.11	2:41.98	2:57.50
400m	LC	4:49.72	4:59.90	5:23.64	5:45.90	
800m	LC	10:05.55	10:26.74	11:16.20	12:04.45	
1500m	LC	19:18.13	19:58.59	21:33.02	23:05.46	
BACKSTROKE						
50m	LC					40.74
100m	LC	1:11.04	1:14.27	1:20.72	1:29.70	1:32.78
200m	LC	2:33.59	2:38.81	2:51.00	3:03.54	
BREASTSTROKE						
50m	LC					47.75
100m	LC	1:19.57	1:23.13	1:30.23	1:42.20	1:46.12
200m	LC	2:53.17	2:58.96	3:12.49	3:26.67	
BUTTERFLY						
50m	LC					39.73
100m	LC	1:08.78	1:11.86	1:18.02	1:34.90	1:38.71
200m	LC	2:35.18	2:40.39	2:52.53	3:09.25	
INDIVIDUAL MEDLEY						
200m	LC	2:34.69	2:39.99	2:52.36	2:56.60	3:15.03
400m	LC	5:30.39	5:41.91	6:08.75	6:35.23	

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QUALIFYING TIMES

WOMEN						
Distance	Course	16 & Over	14-15 Years	13 Years	12 Years	11 Years/U
FREESTYLE						
50m	LC					36.63
100m	LC	1:08.16	1:10.29	1:13.21	1:14.60	1:19.24
200m	LC	2:29.24	2:33.89	2:40.29	2:48.41	2:56.84
400m	LC	5:11.02	5:20.88	5:30.75	5:42.61	
800m	LC	10:46.54	11:06.97	11:27.39	11:52.00	
1500m	LC	20:43.84	21:23.08	22:02.32	22:49.59	
BACKSTROKE						
50m	LC					40.23
100m	LC	1:19.46	1:20.66	1:23.05	1:27.60	1:31.52
200m	LC	2:49.67	2:52.23	2:57.94	3:06.37	
BREASTSTROKE						
50m	LC					46.95
100m	LC	1:29.52	1:30.86	1:33.54	1:40.80	1:42.89
200m	LC	3:12.86	3:15.74	3:22.49	3:31.84	
BUTTERFLY						
50m	LC					39.23
100m	LC	1:16.53	1:17.68	1:19.99	1:37.30	1:46.56
200m	LC	2:49.92	2:52.48	2:59.59	3:14.12	
INDIVIDUAL MEDLEY						
200m	LC	2:49.54	2:52.15	2:55.50	2:57.37	3:14.68
400m	LC	5:56.90	6:02.44	6:13.53	6:31.64	