

23 - 25 FEBRUARY 2024

QUALIFYING TIMES

Qualifying Requirements

Qualifying times must have been achieved between 17 February 2023 and 12 February 2024.

Converted short course qualifying times will not be used.

Mixed relays must be made up of 2 women and 2 men (swum in any order).

MEN		
Distance	Course	Open
FREESTYLE		
50m	LC	26.34
100m	LC	57.01
200m	LC	2:05.41
400m	LC	4:24.58
800m	LC	9:11.03
1500m	LC	17:32.20
BACKSTROKE		
50m	LC	30.30
100m	LC	1:05.59
200m	LC	2:21.65
BREASTSTROKE		
50m	LC	33.16
100m	LC	1:12.87
200m	LC	2:38.42
BUTTERFLY		
50m	LC	28.44
100m	LC	1:03.11
200m	LC	2:22.16
INDIVIDUAL MEDLEY		
200m	LC	2:21.37
400m	LC	4:59.16

WOMEN		
Distance	Course	Open
FREESTYLE		
50m	LC	29.02
100m	LC	1:02.78
200m	LC	2:17.28
400m	LC	4:43.45
800m	LC	9:47.26
1500m	LC	18:48.13
BACKSTROKE		
50m	LC	33.67
100m	LC	1:12.98
200m	LC	2:35.72
BREASTSTROKE		
50m	LC	37.50
100m	LC	1:22.18
200m	LC	2:56.89
BUTTERFLY		
50m	LC	31.39
100m	LC	1:10.32
200m	LC	2:35.94
INDIVIDUAL MEDLEY		
200m	LC	2:36.54
400m	LC	5:27.03

RELAYS			
MEN		WOMEN	
4 x 100m Freestyle	3:54.40	4 x 100m Freestyle	4:28.90
4 x 200m Freestyle	8:38.40	4 x 200m Freestyle	9:27.00
4 x 100m Medley	4:26.60	4 x 100m Medley	4:57.00
Mixed 4 x 50m Freestyle		1:50.00	
Mixed 4 x 50m Medley		2:05.00	