

2025/26 VICTORIAN METROPOLITAN SHORT COURSE CHAMPIONSHIPS

26 – 27 JULY 2025



QUALIFYING TIMES

Qualifying Period: Times must have been achieved from 27th July 2024 until entry closing date.

Unconverted Long Course times accepted.

[Qualifying Times Policy & Procedures](#)

Men

Distance	17 Years & Over	15-16 Years	13-14 Years	12 Years	11/Under
FREESTYLE					
50m	26.32	27.54	30.74	31.95	35.06
100m	56.40	59.27	1:05.42	1:09.70	1:17.11
200m	2:03.29	2:05.65	2:12.69	2:31.70	
400m	4:34.55	4:36.79	4:44.67	5:22.19	
800m	9:30.11	9:49.13	10:23.38	11:36.45	
1500m	18:25.74	18:10.06	19:38.51	21:40.68	
BACKSTROKE					
50m					42.66
100m	1:08.33	1:07.36	1:11.50	1:30.10	1:33.16
200m	2:31.70	2:39.05	2:30.64	2:56.34	
BREASTSTROKE					
50m					48.53
100m	1:19.28	1:16.63	1:22.08	1:45.72	1:45.70
200m	2:45.81	2:42.00	2:55.37	3:27.31	
BUTTERFLY					
50m					42.04
100m	1:04.70	1:08.63	1:10.81	1:27.22	1:46.54
200m	2:29.83	2:36.88	2:52.91	3:07.08	
INDIVIDUAL MEDLEY					
100m	1:06.31	1:09.63	1:18.54	1:24.88	1:30.40
200m	2:22.67	2:23.14	2:29.67	2:55.97	3:19.77
400m	5:22.06	5:28.55	5:45.29	6:28.53	

RELAY			
	12/Under	13/Over	Open Para & Able Bodied
4 x 50m Freestyle Relay	2:19.00	2:10.00	No qualifying time
4 x 50m Medley Relay	2:45.00	2:25.00	No qualifying time

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Women

Distance	17 Years & Over	15-16 Years	13-14 Years	12 Years	11/Under
FREESTYLE					
50m	29.78	30.94	29.62	31.84	34.40
100m	1:04.17	1:06.70	1:06.79	1:09.72	1:14.99
200m	2:22.46	2:29.91	2:26.75	2:30.80	
400m	4:52.91	5:12.25	5:16.00	5:29.33	
800m	10:13.08	10:32.70	10:41.16	11:12.44	
1500m	20:12.08	19:30.62	21:55.79	23:30.46	
BACKSTROKE					
50m					41.33
100m	1:17.55	1:19.86	1:18.96	1:23.41	1:28.97
200m	2:43.20	2:39.23	2:36.78	2:57.13	
BREASTSTROKE					
50m					46.86
100m	1:26.97	1:27.96	1:30.33	1:37.99	1:40.51
200m	3:01.69	3:04.58	2:58.58	3:35.28	
BUTTERFLY					
50m					39.73
100m	1:14.20	1:19.94	1:23.81	1:25.73	1:34.91
200m	2:46.63	2:49.57	3:01.73	3:08.87	
INDIVIDUAL MEDLEY					
100m	1:14.37	1:19.47	1:17.03	1:22.28	1:27.92
200m	2:41.16	2:36.90	2:41.71	3:09.15	3:10.26
400m	5:31.14	6:26.95	5:57.77	6:23.64	

RELAY			
	12/Under	13/Over	Open Para & Able Bodied
4 x 50m Freestyle Relay	2:19.00	2:10.00	No qualifying time
4 x 50m Medley Relay	2:45.00	2:25.00	No qualifying time