QUALIFYING TIMES
2026 Australian Swimming Trials
Sydney Olympic Park Aquatic Centre, NSW
8-13 June 2026

MEN	FREESTYLE	WOMEN
23.51	50m Freestyle	26.91
52.20	100m Freestyle	57.57
1:54.22	200m Freestyle	2:06.17
4:04.45	400m Freestyle	4:26.87
8:25.57	800m Freestyle	9:10.48
16:06.66	1500m Freestyle	17:19.77
BACKSTROKE		
28.28	50m Backstroke	31.96
58.74	100m Backstroke	1:05.68
2:08.83	200m Backstroke	2:22.34
BREASTSTROKE		
31.30	50m Breaststroke	35.71
1:05.72	100m Breaststroke	1:14.34
2:22.39	200m Breaststroke	2:40.04
BUTTERFLY		
26.14	50m Butterfly	29.35
56.87	100m Butterfly	1:02.81
2:07.88	200m Butterfly	2:21.97
INDIVIDUAL MEDLEY		
2:08.60	200m Individual Medley	2:22.23
4:38.21	400m Individual Medley	5:04.03

Age as at 8th June 2026.
Entry times for these trials must be achieved in a 50m pool in a Long Course meet.
Qualifying times must be achieved between 1st January 2025 and 22nd May 2026.
Entries close 12noon (midday) AEST Friday 22nd May 2026 - Times achieved after the closing date will not be accepted under any circumstances.

NOTE: SwimAus strongly advises all participants to check the Start List on the day it is published to ensure your seed times are correct. All care is taken to ensure the most recent times are used, however due to unexpected system delays, this may not always be the case. Swimmers will have a small window of time to submit any changes if needed.