2026 AUSTRALIAN SHORT COURSE CHAMPIONSHIPS
SYDNEY OLYMPIC PARK AQUATIC CENTRE NSW
29 SEPTEMBER-02 OCTOBER 2026

QUALIFYING TIMES

MEN	FREESTYLE	WOMEN
23.78	50m Freestyle	26.85
51.71	100m Freestyle	57.80
1:53.26	200m Freestyle	2:04.96
4:02.91	400m Freestyle	4:25.26
8:28.21	800m Freestyle	9:06.26
16:15.33	1500m Freestyle	17:31.33
	BACKSTROKE	
27.57	50m Backstroke	30.68
58.97	100m Backstroke	1:05.46
2:08.85	200m Backstroke	2:21.89
	BREASTSTROKE	
30.20	50m Breaststroke	34.14
1:06.05	100m Breaststroke	1:14.07
2:25.81	200m Breaststroke	2:40.25
	BUTTERFLY	
25.51	50m Butterfly	28.53
56.12	100m Butterfly	1:03.22
2:08.32	200m Butterfly	2:22.81
	INDIVIDUAL MEDLEY	
1:00.01	100m Individual Medley	1:07.56
2:10.38	200m Individual Medley	2:23.11
4:40.63	400m Individual Medley	5:03.53
	RELAYS	
3:42.00	4 x 100m Freestyle	4:00.00
8:00.00	4 x 200m Freestyle	8:40.00
4:04.00	4 x 100m Medley	4:28.00
	MIXED RELAYS	
	Mixed 4 x 50m Freestyle Relay	1:42.00
	Mixed 4x50m Medley Relay	2:00.00

Qualifying time must be achieved since 1st January 2025.
Long course times, unconverted, can only be used where a short course time has **not** been achieved. Athletes cannot choose to use a faster long course time for better seeding if they have an available short course time.
Minimum age for all swimmers is 13 years and 12 years for MC swimmers, as at 29th September 2025.
Entries close 12noon (midday) AEST Monday 14th September 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.