**APPENDIX C**

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| **METROPOLITAN EAST SCHOOL SPORT REGIONAL SWIMMING TRIAL****13 – 19YRS QUALIFYING STANDARDS 2022** |
| BOYS EVENTS |
|  |  | **13 years** | **14 years** | **15 years** | **16 years** | **17-19 years** |
| 50 metres | Freestyle | 31.00 | 29.50 | 29.00 | 28.50 | 28.00 |
| 50 metres | Breaststroke | 41.50 | 39.00 | 38.00 | 37.50 | 37.50 |
| 50 metres | Backstroke | 37.50 | 36.00 | 35.00 | 34.50 | 34.00 |
| 50 metres | Butterfly | 34.00 | 33.00 | 31.50 | 31.00 | 30.50 |
|  |  |  |  |  |  |  |
| 100 metres | Freestyle | 1:07.00 | 1:05.00 | 1:04.00 | 1:02.00 | 1:01.00 |
| 100 metres | Breaststroke | 1:30.00 | 1:26.00 | 1:24.00 | 1:23.00 | 1:22.00 |
| 100 metres | Backstroke | 1:19.00 | 1:17.00 | 1:14.00 | 1:13.00 | 1:11.00 |
| 100 metres | Butterfly | 1:17.00 | 1:14.00 | 1:11.00 | 1:10.00 | 1:09.00 |
|  |  |  |  |  |  |  |
| 200 metres | Freestyle | 2:23.00 | 2:17.00 | 2:12.00 | 2:10.00 | 2:10.00 |
| 200 metres | Breaststroke\* | 3:08.00 | 3:03.00 | 2:58.00 | 2:56.00 | 2:53.00 |
| 200 metres | Backstroke\* | 2:49.00 | 2:44.00 | 2:39.00 | 2:34.00 | 2:30.00 |
| 200 metres | Butterfly\* | 2:49.00 | 2:45.00 | 2:40.00 | 2:35.00 | 2:30.00 |
| 200 metres | Individual Medley | 2:43.00 | 2:38.00 | 2:35.00 | 2:32.00 | 2:30.00 |
| 400 metres | Freestyle\* | 5:05.00 | 4:50.00 | 4:45.00 | 4:40.00 | 4:35.00 |
| 400 metres | Individual Medley\* | 5:55.00 | 5:50.00 | 5:35.00 | 5:30.00 | 5:25.00 |
|  |  | **13 – 19 Years** |
| 800 metres | Freestyle\* | 9:10.00 |
|  |  | **13 – 19 Years** |
| 1500metres | Freestyle\* | 18:10.00 |
| GIRLS EVENTS |
|  |  | **13 years** | **14 years** | **15 years** | **16 years** | **17-19 years** |
| 50 metres | Freestyle | 32.00 | 31.50 | 31.00 | 30.50 | 30.00 |
| 50 metres | Breaststroke | 42.00 | 41.00 | 40.50 | 40.00 | 39.50 |
| 50 metres | Backstroke | 38.00 | 37.50 | 37.00 | 36.50 | 36.00 |
| 50 metres | Butterfly | 35.00 | 34.50 | 34.00 | 33.50 | 33.00 |
|  |  |  |  |  |  |  |
| 100 metres | Freestyle | 1:10.00 | 1:08.00 | 1:07.00 | 1:06.50 | 1:06.00 |
| 100 metres | Breaststroke | 1:31.00 | 1:30.50 | 1:30.00 | 1:29.50 | 1:26.50 |
| 100 metres | Backstroke | 1:21.00 | 1:20.00 | 1:19.00 | 1:18.00 | 1:17.00 |
| 100 metres | Butterfly | 1:19.00 | 1:16.00 | 1.15.50 | 1.15.00 | 1.15.00 |
|  |  |  |  |  |  |  |
| 200 metres | Freestyle | 2:26.00 | 2:24.00 | 2:23.00 | 2:21.00 | 2:20.00 |
| 200 metres | Breaststroke\* | 3:12.00 | 3:10.00 | 3:08.00 | 3:06.00 | 3:05.00 |
| 200 metres | Backstroke\* | 2:48.00 | 2:43.00 | 2:42.00 | 2:41.00 | 2:40.00 |
| 200 metres | Butterfly\* | 2:55.00 | 2:51.00 | 2:49.00 | 2:47.00 | 2:43.00 |
| 200 metres | Individual Medley | 2:47.00 | 2:45.00 | 2:42.00 | 2:41.00 | 2:41.00 |
|  |  |  |  |  |  |  |
| 400 metres | Freestyle\* | 5:10.00 | 5:02.00 | 4:57.00 | 4:52.00 | 4:52.00 |
| 400 metres  | Individual Medley\* | 6:07.00 | 5:53.00 | 5:47.00 | 5:46.00 | 5:42.00 |
|  |  | **13 – 19 Years** |
| 800 metres | Freestyle\* | 9:40.00 |
|  |  | **13 – 19 Years** |
| 1500 metres | Freestyle\* | 19:20.00 |
| NOTES |
| \* denotes event not swum at Regional Trial, therefore requires a paper nominations (refer to Appendix E) |
| A swimmer may compete in a maximum of nine (9) individual events. **(including paper Nominations)****Number of Competitors:** Districts are invited to nominate TWO swimmers in each event regardless of qualifying times. District should ensure all swimmers nominated have a high level of skill and speed **close** to the qualifying time. Provision remains for more than two swimmers to be nominated where a district can show that ***all of the swimmers nominated in that event have met the qualifying standard as above.*** |
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