**Metropolitan East Regional Swimming Trial**

**APPENDIX Z**

**10-12yrs Qualifying Standard 2022**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Age** | **Boys**  **Qualifying Time** | **Girls Qualifying Time** |
| 200m Individual Medley | 10 yrs | 3:33.00 | 3:35.00 |
| 200m Individual Medley | 11 yrs | 3:18.00 | 3:20.00 |
| 200m Individual Medley | 12 yrs | 3:06.00 | 3:10.00 |
|  |  |  |  |
| 200m Freestyle | 10 – 12yrs | 2:40:00 | 2:42.00 |
| 200m Breaststroke\* | 10 – 12yrs | 3:30:00 | 3:30:00 |
| 200m Backstroke\* | 10 – 12yrs | 2:55:00 | 2:55:00 |
| 200m Butterfly\* | 10 – 12yrs | 3:00:00 | 3:00:00 |
|  |  |  |  |
| 400m Individual Medley\* | 10 – 12yrs | 6:28:00 | 6:28:00 |
| 400m Freestyle\* | 10 – 12yrs | 5:20:00 | 5:20:00 |
|  |  |  |  |
| 100m Freestyle | 10 yrs | 1:30.00 | 1:32.00 |
| 100m Freestyle | 11 yrs | 1:20.00 | 1:23.00 |
| 100m Freestyle | 12 yrs | 1:16.00 | 1:17.00 |
|  |  |  |  |
| 100m Breaststroke | 10 yrs | 1:55.00 | 1:56.00 |
| 100m Breaststroke | 11 yrs | 1:50.00 | 1:51.00 |
| 100m Breaststroke | 12 yrs | 1:41.00 | 1:42.00 |
|  |  |  |  |
| 100m Backstroke | 10 yrs | 1:40.00 | 1:42.00 |
| 100m Backstroke | 11 yrs | 1.35.00 | 1:37.00 |
| 100m Backstroke | 12 yrs | 1:32.00 | 1:34.00 |
|  |  |  |  |
| 100m Butterfly | 10 yrs | 1:45.00 | 1:47.00 |
| 100m Butterfly | 11 yrs | 1:38.00 | 1:40.00 |
| 100m Butterfly | 12 yrs | 1:30.00 | 1:32.00 |
|  |  |  |  |
| 50m Freestyle | 10 yrs | 38.50 | 39.50 |
| 50m Freestyle | 11 yrs | 35.50 | 37.50 |
| 50m Freestyle | 12 yrs | 33.00 | 34.00 |
|  |  |  |  |
| 50m Breaststroke | 10 yrs | 53.00 | 54.00 |
| 50m Breaststroke | 11 yrs | 49.00 | 50.00 |
| 50m Breaststroke | 12 yrs | 47.00 | 48.00 |
|  |  |  |  |
| 50m Backstroke | 10 yrs | 47.00 | 49.00 |
| 50m Backstroke | 11 yrs | 44.50 | 44.50 |
| 50m Backstroke | 12 yrs | 41.00 | 41.00 |
|  |  |  |  |
| 50m Butterfly | 10 yrs | 47.00 | 49.00 |
| 50m Butterfly | 11 yrs | 43.00 | 44.00 |
| 50m Butterfly | 12 yrs | 39.50 | 39.50 |

\*Denotes paper nominations (refer to Appendix Y)

**Number of Competitors**

Districts are invited to nominate **TWO** (2) swimmers in each event regardless of qualifying times. Districts must ensure all swimmers nominated have a high level of skill and speed **CLOSE** to the qualifying time. Provision remains for more than two (2) swimmers to be nominated where a district is able to show that ***all of the swimmers nominated in that event have met the*** **QUALIFYING STANDARD** as above.