

Metropolitan East Regional Swimming Trial 10-12yrs Qualifying Standard 2026

Event	Age	Boys Qualifying Time	Girls Qualifying Time
200m Individual Medley	10 yrs	3:40.00	3:40.00
200m Individual Medley	11 yrs	3:25.00	3:25.00
200m Individual Medley	12 yrs	3:20.00	3:20.00
200m Freestyle	10 – 12yrs	2:45:00	2:45.00
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	1:30.00
100m Freestyle	11 yrs	1:23.00	1:23.00
100m Freestyle	12 yrs	1:17.00	1:17.00
100m Breaststroke	10 yrs	1:56.00	1:56.00
100m Breaststroke	11 yrs	1:51.00	1:51.00
100m Breaststroke	12 yrs	1:42.00	1:42.00
100m Backstroke	10 yrs	1:45.00	1:45.00
100m Backstroke	11 yrs	1:40.00	1:40.00
100m Backstroke	12 yrs	1:32.00	1:32.00
100m Butterfly	10 yrs	1:47.00	1:47.00
100m Butterfly	11 yrs	1:40.00	1:40.00
100m Butterfly	12 yrs	1:35.00	1:35.00
50m Freestyle	10 yrs	40.00	40.00
50m Freestyle	11 yrs	38.00	38.00
50m Freestyle	12 yrs	35.50	35.50
50m Breaststroke	10 yrs	54.00	54.00
50m Breaststroke	11 yrs	50.00	50.00
50m Breaststroke	12 yrs	47.00	47.00
50m Backstroke	10 yrs	48.00	48.00
50m Backstroke	11 yrs	45.00	44.00
50m Backstroke	12 yrs	42.00	42.00
50m Butterfly	10 yrs	49.00	49.00
50m Butterfly	11 yrs	45.00	45.00
50m Butterfly	12 yrs	40.50	40.50

*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 can show that ***all the swimmers nominated in that event have met the QUALIFYING STANDARD*** as above.