

METROPOLITAN EAST SCHOOL SPORT REGIONAL SWIMMING TRIAL

13 – 19YRS QUALIFYING STANDARDS 2026

BOYS EVENTS

		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	31.00	30.00	29.00	28.50	28.00
50 metres	Breaststroke	42.00	40.00	39.50	39.00	39.00
50 metres	Backstroke	38.00	37.00	36.00	35.50	35.50
50 metres	Butterfly	34.00	33.00	32.00	31.00	30.00
100 metres	Freestyle	1:08.00	1:06.00	1:05.00	1:03.00	1:03.00
100 metres	Breaststroke	1:30.00	1:26.00	1:25.00	1:24.00	1:24.00
100 metres	Backstroke	1:20.00	1:17.00	1:15.00	1:14.00	1:14.00
100 metres	Butterfly	1:18.00	1:15.00	1:13.00	1:12.00	1:12.00
200 metres	Freestyle	2:24.00	2:19.00	2:15.00	2:12.00	2:12.00
200 metres	Breaststroke	3:05.00	3:00.00	2:54.00	2:53.00	2:50.00
200 metres	Backstroke	2:45.00	2:34.60	2:31.50	2:29.60	2:26.00
200 metres	Butterflystroke	2:45.00	2:42.00	2:36.00	2:30.00	2:25.00
200 metres	Individual Medley	2:43.00	2:38.00	2:35.00	2:32.00	2:30.00
400 metres	Freestyle	4:50.00	4:43.00	4:35.00	4:30.00	4:25.00
400 metres	Individual Medley	5:50.00	5:42.20	5:22.60	5:22.00	5:20.00
				13 – 19 Years		
800 metres	Freestyle			8:55.00		
				13 – 19 Years		
1500metres	Freestyle			17:45.00		

GIRLS EVENTS

		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	31.50	31.00	30.50	30.50	30.50
50 metres	Breaststroke	42.00	41.50	41.50	41.00	41.00
50 metres	Backstroke	38.50	37.50	37.00	36.50	36.50
50 metres	Butterfly	35.00	34.50	34.50	34.00	34.00
100 metres	Freestyle	1:10.00	1:09.00	1:08.50	1:08.00	1:08.00
100 metres	Breaststroke	1:32.00	1:31.00	1:30.00	1:30.00	1:30.00
100 metres	Backstroke	1:23.00	1:21.00	1:20.50	1:20.00	1:20.00
100 metres	Butterfly	1:21.00	1:19.00	1:18.50	1:18.00	1:18.00
200 metres	Freestyle	2:26.00	2:24.00	2:23.00	2:21.00	2:20.00
200 metres	Breaststroke	3:05.90	3:04.40	3:02.00	2:58.00	2:58.00
200 metres	Backstroke	2:42.70	2:37.70	2:36.00	2:35.40	2:35.40
200 metres	Butterflystroke	2:50.00	2:46.00	2:44.00	2:42.00	2:37.40
200 metres	Individual Medley	2:48.00	2:46.00	2:43.00	2:42.00	2:42.00
400 metres	Freestyle	5:00.00	4:50.00	4:45.00	4:43.00	4:41.00
400 metres	Individual Medley	6:00.00	5:47.20	5:40.00	5:40.00	5:32.90
				13 – 19 Years		
800 metres	Freestyle			9:30.00		
				13 – 19 Years		
1500 metres	Freestyle			18:55.00		

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 the swimmers nominated in that event have met the qualifying standard as above.***