

APPENDIX D: 2024 METROPOLIAN EAST SCHOOL SPORT REGIONAL SWIMMING TRIAL

13 – 19yrs MULTI-CLASS QUALIFYING TIMES

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.*

	50m Freestyle		100m Freestyle		200m Freestyle		50m Backstroke		100m Backstroke		50m Butterfly		100m Butterfly		50m Breaststroke		100m Breaststroke		200m IM	
	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19	13 - 15	16 - 19
WOMEN																				
S1	2:18.00	2:13.00	4:41.00	4:36.00	10:45.00	10:40.00	2:26.00	2:21.00	4:59.00	4:54.00										
S2	2:17.00	2:12.00	4:42.00	4:37.00	10:11.00	10:06.00	2:22.00	2:17.00	5:12.00	5:07.00					2:29.00	2:24.00	4:51.00	4:46.00		
S3	1:45.00	1:40.00	3:33.00	3:28.00	8:20.00	8:15.00	1:59.00	1:53.00	3:40.00	3:35.00	2:03.00	1:58.00			1:54.00	1:49.00	3:39.00	3:34.00	7:05.00	7:00.00
S4	1:23.00	1:18.00	2:50.00	2:45.00	6:38.00	6:33.00	1:44.00	1:39.00	3:09.00	3:04.00	1:58.00	1:53.00			1:51.00	1:46.00	3:09.00	3:04.00	7:00.00	6:55.00
S5	1:08.00	1:03.00	2:32.00	2:27.00	5:27.00	5:22.00	1:24.00	1:19.00	2:37.00	2:32.00	1:28.00	1:23.00	3:27.00	3:22.00	1:34.00	1:29.00	2:39.00	2:34.00	5:59.00	5:54.00
S6	1:09.00	1:04.00	2:16.00	2:11.00	4:55.00	4:50.00	1:31.00	1:26.00	2:30.00	2:25.00	1:24.00	1:19.00	2:39.00	2:34.00	1:38.00	1:33.00	2:52.00	2:47.00	5:22.00	5:17.00
S7	1:04.00	59.00	2:04.00	1:59.00	4:30.00	4:25.00	1:26.00	1:21.00	2:27.00	2:22.00	1:16.00	1:11.00	2:24.00	2:19.00	1:35.00	1:30.00	2:42.00	2:37.00	5:02.00	4:57.00
S8	1:00.00	55.00	1:56.00	1:51.00	3:55.00	3:50.00	1:21.00	1:16.00	2:17.00	2:12.00	1:14.00	1:09.00	2:08.00	2:03.00	1:24.00	1:19.00	2:23.00	2:18.00	4:30.00	4:25.00
S9	56.00	51.00	1:47.00	1:42.00	3:21.00	3:16.00	1:15.00	1:10.00	2:01.00	1:56.00	1:11.00	1:06.00	1:56.00	1:51.00	1:24.00	1:19.00	2:17.00	2:12.00	4:08.00	4:03.00
S10	55.00	50.00	1:49.00	1:44.00	3:52.00	3:47.00	1:02.00	1:07.00	2:07.00	2:02.00	1:10.00	1:05.00	2:03.00	1:58.00					5:00.00	4:55.00
S11	1:02.00	57.00	2:03.00	1:58.00	4:36.00	4:31.00	1:20.00	1:15.00	2:24.00	2:19.00	1:19.00	1:14.00	2:17.00	2:12.00	1:30.00	1:25.00	2:42.00	2:37.00	5:01.00	4:56.00
S12	55.00	50.00	1:46.00	1:41.00	3:50.00	3:45.00	1:14.00	1:09.00	2:03.00	1:58.00	1:07.00	1:02.00	1:53.00	1:48.00	1:18.00	1:13.00	2:20.00	2:15.00	4:12.00	4:07.00
S13	54.00	49.00	1:45.00	1:40.00	3:40.00	3:35.00	1:13.00	1:08.00	2:02.00	1:57.00	1:08.00	1:03.00	1:59.00	1:54.00	1:20.00	1:15.00	2:22.00	2:17.00	4:08.00	4:03.00
S14	57.00	52.00	1:52.00	1:47.00	4:05.00	4:00.00	1:12.00	1:07.00	2:07.00	2:02.00	1:09.00	1:04.00	2:13.00	2:08.00	1:20.00	1:15.00	2:28.00	2:23.00	4:25.00	4:20.00
S15	54.00	49.00	1:45.00	1:40.00	3:40.00	1:35.00	1:09.00	1:04.00	2:02.00	1:57.00	1:06.00	1:01.00	1:56.00	1:51.00	1:14.00	1:09.00	2:13.00	2:08.00	4:09.00	4:04.00
S16	57.00	52.00	1:52.00	1:47.00	4:00.00	3:55.00	1:22.00	1:17.00	2:07.00	2:02.00	1:14.00	1:09.00	2:04.00	1:59.00	1:25.00	1:20.00	2:08.00	2:03.00	4:25.00	4:20.00
MEN																				
S1	1:58.00	1:53.00	4:10.00	4:05.00	9:46.00	9:41.00	2:46.00	2:41.00	5:16.00	5:11.00										
S2	1:53.00	1:48.00	3:43.00	3:38.00	9:13.00	9:08.00	2:11.00	2:06.00	4:04.00	3:59.00					1:58.00	1:53.00	3:50.00	3:45.00		
S3	1:29.00	1:24.00	3:03.00	2:58.00	6:38.00	6:33.00	1:35.00	1:30.00	3:27.00	3:22.00	2:01.00	1:56.00			1:33.00	1:38.00	3:16.00	3:11.00	6:05.00	6:00.00
S4	1:06.00	1:01.00	2:20.00	2:15.00	5:48.00	5:43.00	1:32.00	1:27.00	2:46.00	2:41.00	1:32.00	1:27.00			1:39.00	1:34.00	2:45.00	2:40.00	6:00.00	5:55.00
S5	1:03.00	58.00	2:09.00	2:04.00	4:52.00	4:47.00	1:17.00	1:12.00	2:15.00	2:10.00	1:16.00	1:11.00	2:17.00	2:12.00	1:31.00	1:26.00	2:45.00	2:40.00	5:00.00	4:55.00
S6	58.00	53.00	1:55.00	1:50.00	4:03.00	3:47.00	1:18.00	1:13.00	2:09.00	2:04.00	1:09.00	1:04.00	2:03.00	1:58.00	1:24.00	1:19.00	2:22.00	2:17.00	4:34.00	4:29.00
S7	55.00	50.00	1:48.00	1:43.00	4:01.00	3:56.00	1:17.00	1:12.00	2:09.00	2:04.00	1:08.00	1:03.00	2:07.00	2:02.00	1:23.00	1:18.00	2:27.00	2:22.00	4:28.00	4:23.00
S8	53.00	48.00	1:42.00	1:37.00	3:33.00	3:28.00	1:09.00	1:04.00	2:00.00	1:55.00	1:04.00	59.00	1:54.00	1:49.00	1:14.00	1:09.00	2:07.00	2:02.00	4:01.00	3:56.00
S9	52.00	47.00	1:40.00	1:35.00	3:36.00	3:31.00	1:07.00	1:00.00	1:51.00	1:46.00	1:02.00	57.00	1:55.00	1:50.00	1:06.00	1:01.00	2:05.00	2:00.00	3:50.00	3:45.00
S10	49.00	44.00	1:34.00	1:29.00	3:30.00	3:25.00	1:05.00	1:00.00	1:50.00	1:45.00	59.00	54.00	1:47.00	1:42.00					3:46.00	3:41.00
S11	52.00	47.00	1:43.00	1:38.00	3:50.00	3:45.00	1:12.00	1:07.00	2:02.00	1:57.00	1:04.00	59.00	1:48.00	1:43.00	1:16.00	1:11.00	2:07.00	2:02.00	4:03.00	3:58.00
S12	48.00	42.00	1:34.00	1:29.00	3:28.00	3:23.00	1:05.00	1:00.00	1:49.00	1:44.00	1:01.00	56.00	1:43.00	1:38.00	1:13.00	1:08.00	2:02.00	1:57.00	3:44.00	3:39.00
S13	49.00	44.00	1:36.00	1:31.00	3:35.00	3:30.00	1:06.00	1:01.00	1:49.00	1:44.00	1:02.00	57.00	1:44.00	1:39.00	1:10.00	1:05.00	2:02.00	1:57.00	3:50.00	3:39.00
S14	51.00	46.00	1:39.00	1:34.00	3:45.00	3:40.00	1:08.00	1:03.00	1:55.00	1:50.00	1:02.00	57.00	1:52.00	1:47.00	1:08.00	1:03.00	2:07.00	2:02.00	3:59.00	3:44.00
S15	49.00	44.00	1:34.00	1:29.00	3:25.00	3:20.00	1:03.00	58.00	1:47.00	1:42.00	57.00	52.00	1:37.00	1:32.00	1:04.00	59.00	1:50.00	1:45.00	3:37.00	3:32.00
S16	51.00	46.00	1:39.00	1:34.00	4:40.00	4:35.00	1:14.00	1:09.00	1:55.00	1:50.00	1:08.00	1:03.00	1:45.00	1:40.00	1:15.00	1:10.00	1:59.00	1:54.00	3:59.00	3:54.00