

SOUTH ISLAND LONG COURSE

QUALIFYING TIMES



MALE				FEMALE		
12-14	15-16	17 & over	FREESTYLE	12-14	15-16	17 & over
32.35	30.15	29.85	50	34.90	34.10	33.40
1:10.75	1:08.00	1:05.20	100	1:17.15	1:15.25	1:11.40
2:36.30	2:30.30	2:24.50	200	2:44.85	2:38.50	2:35.80
5:29.30	5:17.45	5:07.35	400	5:42.30	5:33.75	5:24.90
11:10.00	10:50.00	10:30.00	800	11:50.00	11:25.00	11:00.00
21:00.00	20:30.00	20:00.00	1500	22:30.00	21:30.00	20:40.00
			BACKSTROKE			
36.60	35.55	33.50	50	38.50	37.75	37.00
1:20.00	1:16.45	1:12.00	100	1:22.70	1:21.60	1:19.50
2:52.20	2:44.50	2:38.00	200	2:58.50	2:54.00	2:50.00
			BREASTSTROKE			
41.00	38.70	36.55	50	44.20	43.50	41.40
1:29.30	1:25.85	1:20.70	100	1:36.20	1:34.40	1:32.80
3:14.00	3:05.50	2:56.00	200	3:27.50	3:22.50	3:18.00
			BUTTERFLY			
35.35	32.70	31.40	50	37.60	36.35	35.30
1:18.00	1:14.00	1:11.40	100	1:23.30	1:19.20	1:17.00
2:52.80	2:43.80	2:36.50	200	3:06.50	3:00.50	2:55.00
			MEDLEY			
2:56.20	2:47.90	2:38.30	200	3:04.00	2:58.40	2:54.50
6:15.50	5:56.00	5:35.00	400	6:26.50	6:16.00	6:08.50
PARA ATHLETES DO NOT NEED TO MEET QUALIFYING TIMES BUT MUST HAVE A VALID ENTRY TIME						

Qualifying Period: 1 January 2023 to 21 February 2024

Entry times must have been obtained at a Designated or Development meet and accessible in the Swimming NZ Results Database.