

# SOUTH ISLAND SHORT COURSE QUALIFYING TIMES



MALE				FEMALE		
12-14	15-16	17 & over		12-14	15-16	17 & over
31.50	29.30	29.00	<b>FREESTYLE</b>	34.05	33.25	32.55
			50			
1:09.05	1:06.30	1:03.50	100	1:15.45	1:13.55	1:09.70
2:32.90	2:26.90	2:21.10	200	2:41.45	2:35.10	2:32.40
5:22.50	5:10.65	5:00.55	400	5:35.50	5:26.95	5:18.10
10:56.40	10:36.40	10:16.40	800	11:36.40	11:11.40	10:46.40
20:34.50	20:04.50	19:34.50	1500	22:04.50	21:04.50	20:14.50
			<b>BACKSTROKE</b>			
			50			
35.75	34.70	32.65	100	37.65	36.90	36.15
1:18.30	1:14.75	1:10.30	200	1:21.00	1:19.90	1:17.80
2:48.80	2:41.10	2:34.60		2:55.10	2:50.60	2:46.60
			<b>BREASTSTROKE</b>			
			50			
40.00	37.70	35.50	100	43.20	42.50	40.40
1:27.30	1:23.85	1:18.70	200	1:34.20	1:32.40	1:30.80
3:10.00	3:01.50	2:52.50		3:23.50	3:18.50	3:14.00
			<b>BUTTERFLY</b>			
			50			
34.60	32.00	30.70	100	36.90	35.65	34.60
1:16.60	1:12.60	1:10.00	200	1:21.90	1:17.80	1:15.60
2:50.00	2:41.00	2:33.70		3:03.70	2:57.70	2:52.20
			<b>MEDLEY</b>			
			100			
1:19.25	1:16.00	1:11.25	200	1:25.00	1:22.00	1:18.50
2:52.80	2:44.50	2:34.90	400	3:00.60	2:55.00	2:51.10
6:08.70	5:49.20	5:28.20		6:19.70	6:09.20	6:01.70

**PARA ATHLETES DO NOT NEED TO MEET QUALIFYING TIMES BUT MUST HAVE A VALID ENTRY TIME**

**Qualifying Period: 1 January 2024 to 13 August 2025**

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