



SHORT COURSE QUALIFICATION TIMES

Qualifying period: 1 January 2024 to 30 July 2025

Entry times must be accessible in the Swimming NZ Results database

FEMALE														
	10 & under		11 years		12 years		13 years		14 years		15 years		16 & over	
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC
50 Free	49.52	50.37	44.19	45.04	42.58	43.44	40.80	41.65	40.41	41.26	39.42	40.27	38.86	39.71
100 Free	1:42.69	1:44.39	1:31.63	1:33.33	1:26.60	1:28.30	1:21.35	1:23.05	1:20.30	1:22.00	1:18.16	1:19.86	1:17.33	1:19.03
200 Free	3:24.91	3:28.31	3:01.83	3:05.23	2:50.22	2:53.62	2:40.64	2:44.04	2:38.48	2:41.88	2:33.24	2:36.64	2:28.91	2:32.32
400 Free			6:00.65	6:07.45	5:44.10	5:50.90	5:28.15	5:34.95	5:18.45	5:25.25	5:15.76	5:22.56	4:58.95	5:05.75
800 Free			12:06.53	12:20.13	11:24.68	11:38.28	10:45.66	10:59.26	10:38.90	10:52.50	10:29.81	10:43.41	10:01.78	10:15.38
1500 Free			23:39.96	24:05.46	22:02.23	22:27.73	20:42.34	21:07.84	20:30.72	20:56.22	20:26.82	20:52.32	20:11.43	20:36.93
50 Back	54.70	55.55	49.35	50.20	47.71	48.57	45.62	46.47	44.75	45.60	43.96	44.81	43.52	44.37
100 Back	1:53.48	1:55.18	1:38.27	1:39.97	1:36.42	1:38.12	1:31.80	1:33.50	1:30.13	1:31.83	1:27.58	1:29.28	1:26.18	1:27.88
200 Back	3:45.97	3:49.37	3:15.70	3:19.10	3:06.75	3:10.15	3:04.83	3:08.23	3:00.13	3:03.53	2:57.36	3:00.76	2:50.51	2:53.91
50 Breast	1:05.34	1:06.34	57.36	58.36	54.64	55.64	52.67	53.67	51.69	52.69	49.52	50.52	48.96	49.96
100 Breast	2:12.45	2:14.45	1:58.27	2:00.27	1:50.43	1:52.43	1:43.80	1:45.80	1:42.53	1:44.53	1:41.77	1:43.77	1:38.64	1:40.64
200 Breast	4:17.55	4:21.55	3:49.10	3:53.10	3:36.11	3:40.11	3:27.32	3:31.32	3:25.35	3:29.35	3:21.41	3:25.41	3:16.50	3:20.50
50 Fly	56.10	56.80	49.89	50.59	46.38	47.08	44.72	45.42	43.37	44.07	42.44	43.14	42.09	42.79
100 Fly	2:03.00	2:04.40	1:44.57	1:45.97	1:36.43	1:37.83	1:31.48	1:32.88	1:29.75	1:31.15	1:27.89	1:29.29	1:25.98	1:27.38
200 Fly			3:33.41	3:36.21	3:19.69	3:22.49	3:12.54	3:15.34	3:05.22	3:08.02	3:02.35	3:05.15	2:56.18	2:58.98
100 IM	2:05.40		1:43.01		1:40.21		1:32.44		1:31.29		1:30.84		1:30.11	
200 IM	3:52.62	3:56.02	3:31.85	3:35.25	3:13.27	3:16.67	3:03.85	3:07.25	3:07.54	3:10.94	2:58.63	3:02.03	2:56.43	2:59.83
400 IM			7:11.79	7:18.59	6:29.14	6:35.94	6:08.98	6:15.78	6:05.80	6:12.60	6:03.08	6:09.88	5:51.50	5:58.30



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MALE														
	10 & under		11 years		12 years		13 years		14 years		15 years		16 & over	
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC
50 Free	48.60	49.45	43.22	44.07	41.75	42.60	39.32	40.17	37.56	38.41	36.63	37.48	34.74	35.59
100 Free	1:39.88	1:41.58	1:28.82	1:30.52	1:24.94	1:26.64	1:19.74	1:21.44	1:15.08	1:16.78	1:14.48	1:16.18	1:11.30	1:13.00
200 Free	3:22.19	3:25.59	3:02.87	3:06.27	2:54.37	2:57.77	2:40.78	2:44.18	2:32.74	2:36.14	2:30.23	2:33.63	2:22.14	2:25.54
400 Free			6:10.64	6:17.44	5:49.98	5:56.78	5:19.81	5:26.61	5:06.16	5:12.96	4:58.57	5:05.37	4:45.27	4:52.07
800 Free			12:33.34	12:46.94	11:47.21	12:00.81	10:35.75	10:49.35	10:12.68	10:26.28	9:52.30	10:05.90	9:34.05	9:47.65
1500 Free			23:15.83	23:41.33	22:32.83	22:58.33	19:44.89	20:10.39	19:04.76	19:30.26	18:35.47	19:00.97	18:09.60	18:35.10
50 Back	53.54	54.39	50.93	51.78	48.81	49.66	44.99	45.84	41.33	42.18	39.93	40.78	37.37	38.22
100 Back	1:55.65	1:57.35	1:42.93	1:44.63	1:39.02	1:40.72	1:31.80	1:33.50	1:24.94	1:26.64	1:19.60	1:21.30	1:16.52	1:18.22
200 Back	3:43.85	3:47.25	3:27.69	3:31.09	3:14.97	3:18.37	3:00.09	3:03.49	2:49.88	2:53.28	2:40.77	2:44.17	2:34.74	2:38.14
50 Breast	1:05.74	1:06.74	58.05	59.05	50.96	51.96	48.07	49.08	45.68	46.68	44.67	45.67	43.18	44.18
100 Breast	2:10.33	2:12.33	2:01.13	2:03.13	1:47.13	1:49.13	1:37.76	1:39.76	1:32.41	1:34.41	1:29.84	1:31.84	1:27.05	1:29.05
200 Breast	4:16.93	4:20.93	3:53.58	3:57.58	3:41.19	3:45.20	3:18.61	3:22.61	3:08.06	3:12.06	3:04.87	3:08.87	2:54.79	2:58.79
50 Fly	54.53	55.23	48.28	48.99	45.80	46.50	42.65	43.34	39.78	40.48	38.94	39.64	37.39	38.09
100 Fly	2:00.51	2:01.90	1:44.43	1:45.83	1:36.75	1:38.15	1:27.78	1:29.18	1:23.79	1:25.19	1:20.61	1:22.01	1:15.08	1:16.48
200 Fly			3:38.50	3:41.30	3:23.24	3:26.04	3:00.54	3:03.34	2:54.94	2:57.74	2:49.55	2:52.35	2:43.52	2:46.32
100 IM	1:53.38		1:42.65		1:36.68		1:29.00		1:23.65		1:22.08		1:19.20	
200 IM	3:44.39	3:47.79	3:26.18	3:29.58	3:14.83	3:18.23	2:58.94	3:02.34	2:48.64	2:52.04	2:43.76	2:47.16	2:38.99	2:42.39
400 IM			7:00.68	7:07.48	6:33.64	6:40.44	6:05.21	6:12.01	5:50.56	5:57.36	5:37.50	5:44.30	5:26.13	5:32.93