



QUALIFICATION TIMES

Qualifying period: 1 January 2024 to 3 December 2025

Entry times must be accessible in the Swimming NZ Results database



FEMALE	10 yrs & under		11 years		12 years		13yrs		14yrs		15yrs		16 yrs & over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50m Freestyle	49.85	49.00	44.65	43.81	42.78	41.93	41.47	40.62	40.43	39.57	39.25	38.40	38.25	37.40
100m Freestyle	1:45.24	1:43.55	1:33.02	1:31.32	1:26.56	1:24.86	1:22.82	1:21.12	1:20.02	1:18.32	1:17.76	1:16.06	1:14.92	1:13.22
200m Freestyle	3:31.56	3:28.16	3:03.47	3:00.07	2:54.25	2:50.85	2:44.96	2:41.56	2:38.74	2:35.34	2:33.35	2:29.95	2:31.78	2:28.38
400m Freestyle			6:04.64	5:57.84	5:45.95	5:39.15	5:35.71	5:28.91	5:16.94	5:10.14	5:10.98	5:04.18	5:04.00	4:57.20
800m Freestyle			12:38.41	12:24.81	11:15.41	11:01.81	11:04.67	10:51.07	10:43.37	10:29.77	10:31.09	10:17.49	10:29.45	10:15.85
1500m Freestyle			24:29.04	24:03.54	22:24.60	21:59.10	21:36.76	21:11.26	20:56.75	20:31.25	20:28.74	20:03.24	20:09.73	19:44.23
50m Backstroke	57.56	56.71	51.97	51.12	49.17	48.32	47.94	47.09	46.46	45.61	45.80	44.95	44.83	43.98
100m Backstroke	1:56.42	1:54.72	1:44.50	1:42.80	1:37.62	1:35.92	1:35.79	1:34.09	1:33.83	1:32.13	1:30.61	1:28.91	1:30.16	1:28.46
200m Backstroke	3:51.83	3:48.43	3:32.23	3:28.82	3:13.63	3:10.23	3:09.89	3:06.49	3:06.07	3:02.67	3:03.35	2:59.95	2:59.56	2:56.16
50m Breaststroke	1:06.00	1:05.00	57.61	56.61	53.83	52.84	53.28	52.28	52.20	51.20	51.03	50.03	50.03	49.03
100m Breaststroke	2:14.88	2:12.88	1:58.96	1:56.96	1:51.34	1:49.34	1:48.68	1:46.68	1:44.02	1:42.02	1:42.87	1:40.87	1:40.30	1:38.30
200m Breaststroke	4:23.31	4:19.31	3:55.82	3:51.82	3:37.66	3:33.66	3:41.26	3:37.26	3:29.51	3:25.51	3:28.21	3:24.21	3:22.56	3:18.56
50m Butterfly	55.18	54.49	50.00	49.29	47.49	46.79	44.57	43.87	43.59	42.89	43.22	42.51	42.12	41.42
100m Butterfly	2:08.18	2:06.78	1:47.30	1:45.90	1:38.67	1:37.27	1:33.28	1:31.88	1:30.69	1:29.29	1:28.62	1:27.22	1:26.67	1:25.27
200m Butterfly			3:46.75	3:43.95	3:22.84	3:20.04	3:13.23	3:10.43	3:08.11	3:05.31	3:02.31	2:59.51	2:58.56	2:55.76
200m Individual Medley	3:58.36	3:54.96	3:38.53	3:35.13	3:14.52	3:11.12	3:08.60	3:05.20	3:04.46	3:01.06	3:00.26	2:56.86	2:57.92	2:54.52
400m Individual Medley			7:13.09	7:06.29	6:41.35	6:34.55	6:22.89	6:16.09	6:10.03	6:03.23	6:08.34	6:01.54	6:05.25	5:58.45



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MALE	10 yrs & under		11 years		12 years		13yrs		14yrs		15yrs		16 yrs & over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50m Freestyle	48.71	47.86	44.07	43.22	43.01	42.15	39.00	38.15	37.52	36.67	36.34	35.49	35.20	34.35
100m Freestyle	1:38.53	1:36.83	1:31.87	1:30.17	1:27.49	1:25.79	1:20.61	1:18.91	1:17.48	1:15.78	1:15.00	1:13.30	1:12.57	1:10.87
200m Freestyle	3:18.16	3:14.76	3:04.34	3:00.94	2:51.03	2:47.63	2:40.46	2:37.06	2:36.20	2:32.80	2:27.73	2:24.33	2:25.81	2:22.41
400m Freestyle			6:16.63	6:09.83	5:45.89	5:39.09	5:22.61	5:15.81	5:12.49	5:05.69	4:54.97	4:48.17	4:50.27	4:43.47
800m Freestyle			12:45.79	12:32.19	12:06.43	11:52.83	10:41.93	10:28.33	10:21.61	10:08.01	9:42.38	9:28.78	9:27.76	9:14.16
1500m Freestyle			26:51.13	26:25.63	23:04.74	22:39.24	20:25.62	20:00.12	19:36.23	19:10.73	18:42.10	18:16.60	18:04.39	17:38.89
50m Backstroke	56.72	55.87	52.44	51.59	50.39	49.54	45.84	44.99	44.25	43.40	42.46	41.61	39.85	39.00
100m Backstroke	1:55.35	1:53.65	1:43.71	1:42.01	1:37.50	1:35.80	1:29.98	1:28.28	1:28.19	1:26.49	1:25.34	1:23.64	1:18.91	1:17.21
200m Backstroke	3:50.91	3:47.51	3:26.67	3:23.27	3:10.33	3:06.93	3:01.69	2:58.29	2:55.75	2:52.35	2:48.35	2:44.95	2:41.95	2:38.55
50m Breaststroke	1:06.12	1:05.12	0:57.75	0:56.75	0:53.76	0:52.76	0:49.81	0:48.82	0:47.82	0:46.82	0:46.14	0:45.14	0:44.58	0:43.58
100m Breaststroke	2:13.14	2:11.14	2:01.31	1:59.31	1:52.28	1:50.28	1:40.73	1:38.73	1:36.26	1:34.26	1:35.51	1:33.51	1:29.87	1:27.87
200m Breaststroke	4:39.01	4:35.01	3:56.65	3:52.65	3:44.30	3:40.30	3:22.84	3:18.84	3:14.25	3:10.25	3:11.78	3:07.78	3:00.34	2:56.34
50m Butterfly	52.91	52.21	48.99	48.29	46.31	45.60	43.01	42.30	40.38	39.68	38.47	37.77	37.58	36.88
100m Butterfly	1:53.08	1:51.68	1:40.63	1:39.23	1:32.22	1:30.82	1:25.82	1:24.42	1:22.49	1:21.09	1:18.93	1:17.53	1:16.68	1:15.28
200m Butterfly			3:34.66	3:31.86	3:20.30	3:17.50	3:00.71	2:57.91	2:51.09	2:48.29	2:42.76	2:39.96	2:35.51	2:32.71
200m Individual Medley	3:54.37	3:50.97	3:31.42	3:28.02	3:11.88	3:08.48	3:01.55	2:58.15	2:57.89	2:54.49	2:50.09	2:46.69	2:44.31	2:40.91
400m Individual Medley			7:24.16	7:17.36	6:58.91	6:52.11	6:12.94	6:06.14	6:02.81	5:56.01	5:41.20	5:34.40	5:35.70	5:28.90