



Southland Long Course Qualification Times 2025

MALE				EVENTS	FEMALE			
9 & Under	10 & 11	12 & 13	14 & Over		9 & Under	10 & 11	12 & 13	14 & Over
50.00	46.00	42.00	38.00	50 Free	50.00	46.00	42.00	38.00
1:50.00	1:45.00	1:35.00	1:20.00	100 Free	1:50.00	1:45.00	1:35.00	1:21.00
3:35.00	3:25.00	3:10.00	2:50.00	200 Free	3:35.00	3:25.00	3:10.00	2:50.00
		6:20.00	5:35.00	400 Free			6:30.00	5:40.00
		11:30.00	11:10.00	800 Free			11:40.00	11:30.00
		20:00.00	20:00.00	1500 Free			20:00.00	20:00.00
56.00	55.00	52.00	42.00	50 Back	56.00	55.00	52.00	44.00
1:55.00	1:50.00	1:45.00	1:33.00	100 Back	1:58.00	1:50.00	1:45.00	1:35.00
3:45.00	3:42.00	3:40.00	3:15.00	200 Back	3:45.00	3:42.00	3:40.00	3:15.00
1:05.00	1:02.00	59.00	45.00	50 Breast	1:08.00	1:02.00	55.00	48.00
2:10.00	2:05.00	2:00.00	1:45.00	100 Breast	2:10.00	2:05.00	2:00.00	1:45.00
4:20.00	4:10.00	4:00.00	3:45.00	200 Breast	4:20.00	4:10.00	4:00.00	3:45.00
01:04.0	01:01.0	58.00	42.00	50 Fly	1:04.00	1:01.00	58.00	43.00
2:08.00	2:05.00	1:55.00	1:33.00	100 Fly	2:08.00	2:05.00	1:55.00	1:35.00
		3:50.00	3:15.00	200 Fly			3:50.00	3:20.00
3:55.00	3:50.00	3:40.00	3:12.00	200 IM	3:55.00	3:50.00	3:40.00	3:18.00
		6:50.00	6:20.00	400 IM			6:50.00	6:25.00