

METROPOLITAN EAST SWIMMING
13 – 19YRS 2016 QUALIFYING STANDARDS
(Individual Events)

BOYS EVENTS

		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	31.50	30.00	29.00	28.50	28.50
50 metres	Breaststroke	41.50	39.00	38.00	37.50	37.50
50 metres	Backstroke	37.50	36.00	35.00	34.50	34.00
50 metres	Butterfly	34.00	33.00	31.50	31.00	30.50
100 metres	Freestyle	1:08.00	1:06.00	1:04.00	1:03.00	1:02.50
100 metres	Breaststroke	1:31.00	1:29.00	1:27.00	1:25.00	1:23.00
100 metres	Backstroke	1:20.00	1:18.00	1:16.00	1:15.00	1:11.00
100 metres	Butterfly	1:18.00	1:16.00	1:14.00	1:12.00	1:09.00
200 metres	Freestyle	2:25.00	2:23.00	2:20.00	2:17.00	2:15.00
200 metres	Breaststroke	3:10.00	3:05.00	3:01.00	2:58.00	2:55.00
200 metres	Backstroke	2:50.00	2:45.00	2:40.00	2:36.00	2:31.00
200 metres	Butterfly	2:50.00	2:47.00	2:41.00	2:35.00	2:30.00
200 metres	Individual Medley	2:45.00	2:43.00	2:40.00	2:37.00	2:35.00
400 metres	Freestyle	5:07.00	4:57.00	4:52.00	4:47.00	4:37.00
400 metres	Individual Medley	5:57.00	5:52.00	5:42.00	5:37.00	5:27.00
800 metres	Freestyle		15 Years & Under 9:20.00		16 Years & Over 9:10.00	
1500metres	Freestyle		15 Years & Under 18:30.00		16 Years & Over 18:10.00	

GIRLS EVENTS

		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	33.00	32.00	31.50	31.00	31.00
50 metres	Breaststroke	42.00	41.00	40.50	40.00	39.50
50 metres	Backstroke	38.00	37.50	37.00	36.50	36.50
50 metres	Butterfly	35.00	34.50	34.00	33.50	33.00
100 metres	Freestyle	1:12.00	1:10.00	1:08.00	1:07.00	1:07.00
100 metres	Breaststroke	1:33.50	1:32.50	1:31.50	1:29.50	1:26.50
100 metres	Backstroke	1:25.50	1:22.50	1:20.50	1:18.50	1:18.50
100 metres	Butterfly	1:23.50	1:20.50	1:18.50	1:17.50	1:16.50
200 metres	Freestyle	2:34.00	2:30.00	2:28.00	2:26.00	2:26.00
200 metres	Breaststroke	3:15.00	3:10.00	3:08.00	3:07.00	3:05.00
200 metres	Backstroke	2:55.00	2:51.00	2:47.00	2:43.00	2:41.00
200 metres	Butterfly	2:55.00	2:51.00	2:49.00	2:47.00	2:43.00
200 metres	Individual Medley	2:53.00	2:50.00	2:45.00	2:43.00	2:43.00
400 metres	Freestyle	5:17.00	5:07.00	4:57.00	4:52.00	4:52.00
400 metres	Individual Medley	6:07.00	5:57.00	5:52.00	5:47.00	5:42.00
800 metres	Freestyle		15 Years & Under 9:50.00		16 Years & Over 9:40.00	
1500 metres	Freestyle		15 Years & Under 19:40.00		16 Years & Over 19:20.00	

NOTES

All students must be enrolled in an affiliated school, college, special school or school of distance education.
Ages are calculated as year of birth eg a student in the 15 years events must be born in 2001.
A swimmer may compete in a maximum of nine (9) individual events. **(including paper Nominations)**