

**Metropolitan East Regional  
Swimming Trials  
2017 Recommended Time Standards  
Boys and Girls 10 – 12 Yrs**

Event	Age	Time standards
200m Individual Medley	10 yrs	3.36.00
200m Individual Medley	11 yrs	3.21.00
200m Individual Medley	12 yrs	3.08.00
200m Freestyle*	10 – 12yrs	2:38:00
200m Breaststroke*	10 – 12yrs	3:23:00
200m Backstroke*	10 – 12yrs	3:00:00
200m Butterfly*	10 – 12yrs	3:00:00
400m Individual Medley*	10 – 12yrs	6:35:00
400m Freestyle*	10 – 12yrs	5:25:00
100m Freestyle	10 yrs	1.29.00
100m Freestyle	11 yrs	1.24.00
100m Freestyle	12 yrs	1.19.00
100m Breaststroke	10 yrs	1.55.00
100m Breaststroke	11 yrs	1.50.00
100m Breaststroke	12 yrs	1.41.00
100m Backstroke	10 yrs	1.41.00
100m Backstroke	11 yrs	1.37.00
100m Backstroke	12 yrs	1.33.00
100m Butterfly	10 yrs	1.45.00
100m Butterfly	11 yrs	1.37.00
100m Butterfly	12 yrs	1.31.00
50m Freestyle	10 yrs	42.00
50m Freestyle	11 yrs	40.00
50m Freestyle	12 yrs	37.00
50m Breaststroke	10 yrs	53.00
50m Breaststroke	11 yrs	50.00
50m Breaststroke	12 yrs	47.00
50m Backstroke	10 yrs	50.00
50m Backstroke	11 yrs	47.00
50m Backstroke	12 yrs	44.00
50m Butterfly	10 yrs	47.00
50m Butterfly	11 yrs	44.00
50m Butterfly	12 yrs	41.00

\*Denotes paper nominations (Appendix Y)

Please note that these times are supplied as a guide only.