

# SOUTH ISLAND LONG COURSE CHAMPIONSHIPS

## QUALIFYING TIMES



**Qualification Period: 1 January 2025 to 4 March 2026**

Para athletes do not need to meet a qualifying time, but must have a valid time within the period  
Entry times must have been obtained at a Designated or Development meet and be accessible in the Swimming NZ Results Database

FEMALE				MALE		
12-14 Years	15-16 Years	17 Years & over		12-14 Years	15-16 Years	17 Years & over
34.90	34.10	33.40	50m Freestyle	32.35	30.15	29.85
1:17.15	1:15.25	1:11.40	100m Freestyle	1:10.75	1:08.00	1:05.20
2:44.85	2:38.50	2:35.80	200m Freestyle	2:36.30	2:30.30	2:24.50
5:42.30	5:33.75	5:24.90	400m Freestyle	5:29.30	5:17.45	5:07.35
11:50.00	11:25.00	11:00.00	800m Freestyle	11:10.00	10:50.00	10:30.00
22:30.00	21:30.00	20:40.00	1500m Freestyle	21:00.00	20:30.00	20:00.00
38.50	37.75	37.00	50m Backstroke	36.60	35.55	33.50
1:22.70	1:21.60	1:19.50	100m Backstroke	1:20.00	1:16.45	1:12.00
2:58.50	2:54.00	2:50.00	200m Backstroke	2:52.20	2:44.50	2:38.00
44.20	43.50	41.40	50m Breaststroke	41.00	38.70	36.55
1:36.20	1:34.40	1:32.80	100m Breaststroke	1:29.30	1:25.85	1:20.70
3:27.50	3:22.50	3:18.00	200m Breaststroke	3:14.00	3:05.50	2:56.00
37.60	36.35	35.30	50m Butterfly	35.35	32.70	31.40
1:23.30	1:19.20	1:17.00	100m Butterfly	1:18.00	1:14.00	1:11.40
3:06.50	3:00.50	2:55.00	200m Butterfly	2:52.80	2:43.80	2:36.50
3:04.00	2:58.40	2:54.50	200m Individual Medley	2:56.20	2:47.90	2:38.30
6:26.50	6:16.00	6:08.50	400m Individual Medley	6:15.50	5:56.00	5:35.00