



LONG COURSE QUALIFICATION TIMES

Qualifying period: 1 January 2023 to 27 November 2024

Entry times must be accessible in the Swimming NZ Results database

FEMALE														
	10 & under		11 years		12 years		13 years		14 years		15 years		16 & over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 Free	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
100 Free	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
200 Free	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
400 Free			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
800 Free			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	10:16.34	10:02.74
1500 Free			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	20:11.47	19:45.97
50 Back	57.56	56.71	51.97	51.12	49.17	48.32	47.20	46.35	46.75	45.90	45.80	44.95	44.83	43.98
100 Back	1:56.42	1:54.72	1:44.50	1:42.80	1:37.62	1:35.92	1:36.01	1:34.31	1:33.83	1:32.13	1:30.61	1:28.91	1:30.16	1:28.46
200 Back	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
50 Breast	1:06.00	1:05.00	57.61	56.61	53.83	52.84	53.28	52.28	52.20	51.20	51.68	50.68	50.03	49.03
100 Breast	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	1:42.52	1:40.52	1:40.30	1:38.30
200 Breast	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	3:25.78	3:21.79	3:22.56	3:18.56
50 Fly	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
100 Fly	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	1:26.04	1:24.64
200 Fly			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
200 IM	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
400 IM			7:13.09	7:06.29	6:47.90	6:41.10	6:22.89	6:16.09	6:10.03	6:03.23	6:08.34	6:01.54	6:05.25	5:58.45



LONG COURSE QUALIFICATION TIMES

Qualifying period: 1 January 2023 to 27 November 2024

Entry times must be accessible in the Swimming NZ Results database

MALE														
	10 & under		11 years		12 years		13 years		14 years		15 years		16 & over	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
50 Free	48.82	47.97	44.07	43.22	43.01	42.15	39.00	38.15	37.52	36.67	36.34	35.49	35.26	34.41
100 Free	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
200 Free	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
400 Free			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
800 Free			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
1500 Free			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
50 Back	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
100 Back	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
200 Back	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
50 Breast	1:06.12	1:05.12	57.75	56.75	53.76	52.76	49.81	48.82	47.82	46.82	46.14	45.14	44.58	43.58
100 Breast	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
200 Breast	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
50 Fly	54.06	53.36	48.99	48.29	46.31	45.60	43.01	42.30	40.38	39.68	39.41	38.71	37.85	37.14
100 Fly	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	1:17.41	1:16.01
200 Fly			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	5:34.40
200 IM	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
400 IM			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