

School Sport ACT Swimming Team Selection Times

GIRLS		17-19yrs+	16yrs	15yrs+	14yrs	13yrs	12yrs	11yrs	10yrs	
FREESTYLE	50m	34.00	35.00	35.50	36.00	36.50	38.50	39.50	42.00	
	100m	1:09.00	1:09.50	1:10.00	1:10.50	1:11.50	1:22.00	1:26.00	1:31.00	
	200m	2:35.00	2:40.00		2:45.00		2:45.00			
	400m	5:10.00	5:20.00		5:30.00					
	*Open 800m Selection QT		10:10.00							
	*Open 1500m Selection QT		18:45.00							
BACKSTROKE	50m	36:00	37:00		39:00		42.00	44.00	46.00	
	100m	1:19.00	1:21.00		1:23.00		1:36.50	1:38.50	1:45.00	
	*200m Selection QT		2:58.00	3:00.00		3:05.00				
BREASTSTROKE	50m	40:00	42.00		44:00		48:50	50:00	55:00	
	100m	1:35.00	1:40.00		1:45.00		1:47.50	1:51.50	2:00.00	
	*200m Selection QT		3:10.00	3:15.00		3:20.00				
BUTTERFLY	50m	34.50	35.00		36.00		42.50	42.50	44.50	
	100m	1:18.00	1:20.00		1:22.00		1:33.00	1:38.50	1:48.00	
	*200m Selection QT		2:55.00	3:00.00		3:05.00				
200M INDIVIDUAL MEDLEY		2:50.00	2:55.00		3:00.00		3:21.50	3:32.00	3:44.50	
*Open 400IM Selection QT		5:55.00								
Boys		17-19yrs+	16yrs	15yrs+	14yrs	13yrs	12yrs	11yrs	10yrs	
FREESTYLE	50m	28.50	30.00	31.50	33.50	35.00	38.50	39.50	42.00	
	100m	1:02.00	1:02.50	1:03.50	1:05.50	1:08.00	1:22.00	1:26.00	1:31.00	
	200m	2:30.00	2:35.00		2:40.00		2:45.00			
	400m	4:45.00	4:50.00		5:00.00					
	*Open 800m Selection QT		10:00.00							
	*Open 1500m Selection QT		18:15.00							
BACKSTROKE	50m	33.00	37.00		38.00		42.00	44.00	46.00	
	100m	1:15.00	1:17.00		1:19.00		1:36.50	1:38.50	1:45.00	
	*200m Selection QT		2:40.00	2:50.00		3:00.00				
BREASTSTROKE	50m	37.00	39.00		41.00		48.50	50.00	55.00	
	100m	1:20.00	1:25.00		1:35.00		1:47.50	1:51.50	2:00.00	
	*200m Selection QT		3:05.00	3:10.00		3:15.00				
BUTTERFLY	50m	33.00	35.50		38.50		42.50	42.50	44.50	
	100m	1:15.00	1:22.00		1:29.00		1:33.00	1:38.50	1:48.00	
	*200m Selection QT		2:40.00	2:45.00		2:55.00				
200M INDIVIDUAL MEDLEY		2:50.00	2:55.00		3:00.00		3:21.50	3:32.00	3:44.50	
*400IM Selection QT		5:35.00								

* Swimmers to nominate for consideration if they make the Selection QT.