

Male							Times Long Course (50m)	Female						
11&12	13	14	15	16	17/OV	11&12		13	14	15	16	17/OV		
32.20	30.20	28.90	28.00	27.20	26.00		50m Freestyle	32.10	30.80	30.00	29.90	29.80	29.10	
1.09.30	1.06.00	1.02.50	1.00.50	57.90	56.20		100m Freestyle	1.09.80	1.06.90	1.04.90	1.04.00	1.03.90	1.02.30	
2.31.30	2.23.60	2.16.30	2.11.70	2.07.50	2.02.80		200m Freestyle	2.31.20	2.24.20	2.18.60	2.17.40	2.17.00	2.14.50	
5.12.90	05.02.80	4.39.90	4.39.60	4.25.10	4.22.80		400m Freestyle	5.12.90	5.02.40	4.53.50	4.47.10	4.44.90	4.39.30	
10.32.80	10.04.60	9.20.40	9.08.20	9.00.90	8.44.10		800m Freestyle	10.44.70	10.10.90	9.49.90	9.42.60	9.38.00	9.35.40	
20.25.60	19.43.20	18.26.20	17.49.80	17.36.40	17.12.80		1500m Freestyle	19.58.00	19.03.60	18.46.00	18.36.10	18.24.90	18.22.20	
43.10	40.20	37.80	36.00	35.70	33.10		50m Breaststroke	42.60	40.20	38.90	38.10	37.60	37.50	
1.33.90	1.28.50	1.22.00	1.18.40	1.17.30	1.13.40		100m Breaststroke	1.32.20	1.26.70	1.24.50	1.22.90	1.22.00	1.21.70	
3.19.60	3.10.00	2.56.90	2.50.40	2.48.30	2.43.20		200m Breaststroke	3.15.20	3.04.80	3.02.50	2.58.10	2.57.70	2.56.10	
35.60	33.70	32.00	30.90	29.80	28.40		50m Butterfly	35.60	33.70	32.60	32.50	32.10	31.70	
1.23.00	1.16.30	1.12.50	1.08.00	1.05.40	1.03.20		100m Butterfly	1.21.10	1.16.30	1.12.40	1.12.20	1.11.90	1.11.10	
3.13.60	2.59.10	2.48.90	2.36.20	2.33.10	2.25.40		200m Butterfly	3.06.70	2.59.90	2.45.00	2.44.00	2.42.80	2.41.10	
37.40	35.40	33.30	32.70	31.20	30.60		50m Backstroke	36.80	35.90	34.40	33.80	33.70	33.40	
1.20.30	1.15.10	1.11.70	1.09.40	1.06.40	1.04.50		100m Backstroke	1.18.90	1.15.20	1.12.90	1.11.80	1.11.40	1.10.80	
2.48.60	2.42.10	2.33.10	2.27.60	2.23.90	2.20.60		200m Backstroke	2.46.90	2.41.90	2.35.10	2.33.70	2.33.30	2.31.00	
2.50.70	2.41.60	2.35.90	2.28.40	2.25.10	2.22.70		200m Ind Medley	2.50.20	2.43.20	2.37.80	2.35.20	2.35.00	2.32.20	
6.06.80	5.44.60	5.24.40	5.14.10	5.13.20	5.00.10		400m Ind Medley	6.01.80	5.46.20	5.35.40	5.32.20	5.31.00	5.29.40	

Age as at 31st December 2022

Times to be achieved in licensed meets L1, 2 or 3 between 1st January 2020 and the relevant closing date:

Gala 1 closing date: Thursday 7th April 2022

Gala 2 closing date: Thursday 14th April 2022

Gala 3 closing date: Thursday 21st 2022