

# 17.0 MINIMUM TIME STANDARDS

MALE						FEMALE				
OPEN	GRP 1	GRP 2	GRP 3	GRP 4		GRP 4	GRP 3	GRP 2	GRP 1	OPEN
19&O	16-18	14-15	12-13	11&U		11&U	12-13	14-15	16-18	19&O
28.38	30.20	33.00	39.20	42.65	<b>50 FREE</b>	48.11	41.00	37.71	35.71	31.94
1:03.70	1:07.67	1:14.00	1:26.00	1:35.58	<b>100 FREE</b>	1:40.00	1:28.00	1:20.00	1:17.99	1:09.77
2:18.42	2:27.27	2:37.92	2:57.94	3:15.33	<b>200 FREE</b>	3:30.58	3:10.02	2:51.38	2:50.39	2:32.43
4:58.63	5:17.76	5:40.51	6:24.10		<b>400 FREE</b>		6:37.30	5:58.36	5:56.52	5:18.94
10:13.03	10:52.26	11:38.45	12:53.11		<b>800 FREE</b>		13:35.36	12:14.47	12:11.12	10:54.04
19:41.91	20:57.64	22:28.48	25:19.43		<b>1500 FREE</b>		25:49.38	23:16.05	22:22.43	20:22.50
32.18	34.24	38.83	44.45	48.36	<b>50 BACK</b>	54.84	48.73	42.99	40.70	36.41
1:10.03	1:14.51	1:24.50	1:36.73	1:45.24	<b>100 BACK</b>	1:51.00	1:40.00	1:31.52	1:26.65	1:17.52
2:42.73	2:53.16	3:06.07	3:29.40		<b>200 BACK</b>		3:27.47	3:16.75	3:06.03	2:46.42
35.22	37.48	42.50	48.65	52.93	<b>50 BREAST</b>	59.56	52.92	46.68	44.20	39.54
1:17.19	1:22.14	1:33.15	1:46.63	1:56.01	<b>100 BREAST</b>	2:04.00	1:49.00	1:42.16	1:36.72	1:26.53
2:50.91	3:01.86	3:15.20	3:39.52		<b>200 BREAST</b>		3:54.11	3:41.84	3:29.56	3:07.47
30.23	32.16	36.48	41.75	45.43	<b>50 FLY</b>	49.66	44.12	38.92	36.85	32.97
1:07.11	1:11.41	1:20.98	1:32.70	1:40.86	<b>100 FLY</b>	1:50.00	1:40.19	1:28.38	1:23.68	1:14.86
2:29.73	2:39.33	2:50.83	3:12.49		<b>200 FLY</b>		3:25.28	3:14.35	3:03.71	2:44.34
2:34.70	2:44.61	2:56.50	3:18.87	3:38.31	<b>200 IM</b>	3:55.06	3:32.13	3:21.08	3:10.21	2:50.16
5:30.88	5:52.08	6:17.50	7:05.36		<b>400 IM</b>		7:28.20	6:43.55	6:41.71	5:59.36

## NOTES

1. No changes have been made to the Minimum Time Standards 2026
2. Entries are to be submitted with times achieved in a 50m pool