

Open/Male									
		10/11yo	12yo	13yo	14yo	15yo	16yo	17yo	18yo +
Stroke	Distance	LC	LC	LC	LC	LC	LC	LC	LC
Freestyle	50						00:37.12		
	100	01:23.39	01:17.30	01:12.28	01:05.56	01:04.01	01:01.49	01:01.49	00:59.39
	200	02:58.32	02:45.51	02:39.00	02:25.35	02:19.05	02:14.01	02:11.49	02:08.13
	400	06:36.39	05:57.64	05:38.22	05:19.74	04:54.64	04:52.54	04:52.54	04:43.72
	800	11:05.00							
	1500	21:25.00							
Backstroke	50						00:45.78		
	100	01:33.07	01:28.87	01:23.52	01:17.22	01:14.38	01:12.28	01:09.97	01:06.72
	200	03:22.99	03:05.03	02:54.32	02:43.61	02:39.83	02:35.42	02:31.22	02:27.44
Breaststroke	50						00:53.12		
	100	01:49.86	01:43.14	01:35.06	01:29.39	01:25.50	01:23.72	01:19.10	01:16.05
	200	03:53.59	03:38.47	03:25.14	03:14.43	03:06.97	03:05.08	02:57.63	02:55.42
Butterfly	50						00:46.82		
	100	01:47.64	01:32.62	01:29.26	01:20.86	01:14.35	01:10.99	01:08.05	01:06.16
	200	04:06.81					03:56.81		
Ind Medley	200	03:24.00	03:04.37	02:56.91	02:43.47	02:37.49	02:33.29	02:28.04	02:24.99
	400	06:55.00							

*Converted SC times can be used.

*Open event with age band 10 & Over

Female									
		10/11yo	12yo	13yo	14yo	15yo	16yo	17yo	18yo +
Stroke	Distance	LC	LC	LC	LC	LC	LC	LC	LC
Freestyle	50						00:37.17		
	100	01:21.27	01:15.18	01:11.19	01:07.62	01:07.10	01:05.63	01:04.58	01:04.58
	200	02:57.24	02:46.53	02:34.77	02:27.42	02:26.37	02:23.43	02:21.96	02:21.75
	400	06:18.53	05:52.38	05:35.06	05:16.58	05:14.58	05:14.58	05:10.38	05:04.50
	800	10:55.02							
	1500	22:00.00							
Backstroke	50						00:44.63		
	100	01:33.03	01:25.68	01:22.43	01:18.23	01:17.49	01:16.65	01:13.08	01:12.45
	200	03:16.67	03:05.01	02:53.25	02:47.79	02:44.01	02:42.75	02:41.70	02:41.07
Breaststroke	50						00:51.98		
	100	01:47.73	01:41.01	01:35.02	01:30.41	01:28.62	01:28.93	01:26.42	01:26.42
	200	03:47.22	03:32.10	03:19.82	03:09.10	03:09.10	03:07.11	03:07.11	03:03.75
Butterfly	50						00:44.63		
	100	01:41.33	01:33.66	01:26.10	01:19.28	01:18.75	01:15.18	01:15.18	01:15.18
	200	03:56.25					03:46.25		
Ind Medley	200	03:14.46	03:06.38	02:55.77	02:50.73	02:48.95	02:44.74	02:43.69	02:43.69
	400	07:00.00							

*Converted SC times can be used.

*Open event with age band 10 & Over