



# 2026 Country Swimming Championships

## Qualifying Times (must have been achieved after 1<sup>st</sup> January 2025)



Event	Age (Male)						
	11-12yr	13yrs	14yrs	15yrs	16yrs	17 - 24yrs	25yrs & over
50m Freestyle	37.00	35.00	33.00	31.00	30.00	29.10	40.00
100m Freestyle	1:25.00	1:15.00	1:12.50	1:10.00	1:09.00	1:04.00	1:30.00
200m Freestyle	3:00.00	2:50.00	2:40.00	2:30.00	2:22.00	2:19.00	3:10.00
400m Freestyle	5:00.00						
800m Freestyle	NA	10:10.00					
1500m Freestyle	NA	21:00.00					
50m Backstroke	46.00	42.00	39.50	37.50	36.50	34.50	49.00
100m Backstroke	1:35.00	1:30.00	1:27.00	1:22.00	1:18.00	1:16.00	1:40.00
200m Backstroke	3:20.00	3:10.00	3:03.00	2:55.00	2:48.00	2:42.00	3:25.00
50m Breaststroke	52.00	47.00	45.00	43.00	41.00	38.00	55.00
100m Breaststroke	1:55.00	1:45.00	1:39.00	1:35.00	1:32.00	1:26.00	2:00.00
200m Breaststroke	3:59.00	3:35.00	3:25.00	3:15.00	3:05.00	3:00.00	4:05.00
50m Butterfly	43.00	39.00	36.00	34.50	33.50	32.00	46.00
100m Butterfly	1:33.00	1:29.00	1:26.00	1:22.00	1:18.00	1:12.00	1:38.00
200m Butterfly	3:30.00	3:20.00	3:16.00	3:05.00	2:55.00	2:45.00	3:35.00
200m Individual Medley	3:30.00	3:10.00	3:00.00	2:50.00	2:43.00	2:38.00	3:40.00
400m Individual Medley	NA	5:40.00					

Event	Age (Female)						
	11-12yr	13yrs	14yrs	15yrs	16yrs	17-24yrs	25yrs & over
50m Freestyle	37.00	35.50	33.50	32.50	32.00	31.50	40.00
100m Freestyle	1:25.00	1:18.00	1:15.00	1:13.00	1:11.00	1:09.00	1:30.00
200m Freestyle	3:00.00	2:50.00	2:42.00	2:34.00	2:30.00	2:26.00	3:10.00
400m Freestyle	5:10.00						
800m Freestyle	NA	10:45.00					
1500m Freestyle	NA	22:30.00					
50m Backstroke	46.00	42.00	40.00	39.00	38.00	36.00	49.00
100m Backstroke	1:35.00	1:32.00	1:28.00	1:25.00	1:22.00	1:18.00	1:40.00
200m Backstroke	3:20.00	3:15.00	3:07.00	3:00.00	2:52.00	2:45.00	3:25.00
50m Breaststroke	52.00	48.00	46.00	44.00	42.00	40.00	55.00
100m Breaststroke	1:55.00	1:48.00	1:45.00	1:41.00	1:37.00	1:32.00	2:00.00
200m Breaststroke	3:59.00	3:40.00	3:30.00	3:22.50	3:15.00	3:10.00	4:05.00
50m Butterfly	43.00	40.00	38.00	36.00	34.50	33.50	46.00
100m Butterfly	1:33.00	1:30.00	1:27.00	1:24.00	1:21.00	1:17.00	1:38.00
200m Butterfly	3:30.00	3:22.00	3:16.00	3:10.00	3:03.00	2:55.00	3:35.00
200m Individual Medley	3:30.00	3:15.00	3:05.00	2:58.00	2:52.00	2:45.00	3:40.00
400m Individual Medley	NA	6:00.00					

