

CHAMPIONSHIPS

22 – 24 January 2027



QUALIFYING TIMES

Qualifying times must have been achieved from 23 January 2026 until entry closing date.

Each competitor is limited to a maximum of 4 relay event swims whether age group or open. Each metro club does not have a maximum number of relays they can enter per event, however the top 2 teams from each club only score points.

Mixed Open Relays must be made up of 2 Women and 2 Men (swum in any order)

MALE								
Distance	11 / Under	12 Years	13 Years	14 – 15 Years	16 – 17 Years	18 / Over	Open	MC
	BUTTERFLY							
50m	39.46					32.73		
100m		1:34.90	1:22.02	1:13.86	1:11.78		1:08.77	
200m							2:27.10	
	BACKSTROKE							
50m	42.74					34.81		
100m		1:29.70	1:22.72	1:16.27	1:14.04		1:11.34	
200m							2:30.15	
	BREASTSTROKE							
50m	50.56					36.91		
100m		1:42.20	1:30.23	1:23.13	1:20.57		1:17.85	
200m							2:44.63	
	FREESTYLE							
50m	34.76					28.38		
100m		1:15.20	1:10.50	1:04.14	1:01.80		57.88	
200m							2:07.81	
400m							4:31.72	
	INDIVIDUAL MEDLEY							
200m	3:08.36	2:56.60	2:52.36	2:38.93	2:34.69	2:33.15		
400m							5:09.21	

FEMALE								
Distance	11 / Under	12 Years	13 Years	14 – 15 Years	16 – 17 Years	18 / Over	Open	MC
	BUTTERFLY							
50m	37.88					33.84		
100m		1:33.41	1:21.99	1:17.68	1:16.53		1:14.20	
200m							2:39.80	
	BACKSTROKE							
50m	42.23					36.35		
100m		1:24.73	1:22.23	1:20.66	1:19.46		1:16.58	
200m							2:37.18	
	BREASTSTROKE							
50m	48.74					41.76		
100m		1:37.47	1:33.54	1:30.86	1:29.52		1:24.45	
200m							3:00.00	
	FREESTYLE							
50m	34.36					31.85		
100m		1:11.04	1:09.88	1:08.80	1:08.16		1:05.78	
200m							2:16.32	
400m							4:52.83	
	INDIVIDUAL MEDLEY							
200m	3:05.57	2:57.37	2:55.50	2:52.15	2:49.54	2:48.85		
400m							5:39.60	

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RELAYS											
Event	Open			17 & Over		16 & Under		14 & Under		12 & Under	
	Men	Women	Mixed	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
4 x 50m Freestyle			1:57.00	2:08.00	2:13.00	2:12.00	2:14.00	2:18.00	2:15.00	2:32.00	2:30.00
4 x 50m Medley			2:09.00	2:32.00	2:34.00	2:34.00	2:36.00	2:35.00	2:36.50	2:54.00	2:50.00
4 x 100m Freestyle	4:06.00	4:40.00									
4 x 100m Medley	4:40.00	5:12.00									