



SMNW 2024 Winter Championships QT's

Stroke	Distance	Boys Qualifying Times											Stroke	Distance	Girls Qualifying Times										
		8&u	9	10	11	12	13	14	15	16	17&O	Para			8&u	9	10	11	12	13	14	15	16	17&O	Para
Freestyle	50	50	45	43	40	37	35	31	29	29	29	2:00	Freestyle	50	50	50	49	47	45	43	41	39	37	35	2:00
	100	1:30	1:30	1:25	1:17	1:12	1:08	1:06	1:04	1:02	1:02	5:00		100	1:30	1:30	1:30	1:25	1:20	1:15	1:10	1:08	1:08	1:08	5:00
	200	X	3:00	2:55	2:50	2:45	2:35	2:25	2:15	2:10	2:10			200	X	3:00	3:00	2:55	2:50	2:40	2:30	2:25	2:20	2:20	
	400	X	X	5:20	5:15	5:10	5:05	5:00	4:55	4:50	4:45			400	X	X	5:35	5:30	5:25	5:20	5:15	5:10	5:05	5:00	
	800	X	X	X	11:00									800	X	X	X	11:20							
1500	X	X	X	X	19:30								1500	X	X	X	X	20:30							
Backstroke	50	53	53	51	49	47	45	43	41	39	39	3:00	Backstroke	50	55	53	53	49	47	45	43	43	41	41	3:00
	100	1:43	1:43	1:40	1:33	1:29	1:25	1:20	1:15	1:10	1:10	6:00		100	1:48	1:48	1:43	1:37	1:31	1:29	1:27	1:27	1:25	1:25	6:00
	200	X	X	3:10	3:05	3:00	2:50	2:45	2:40	2:30	2:30			200	X	X	3:20	3:15	3:15	3:10	3:10	3:00	3:00	3:00	
Breaststroke	50	1:05	1:05	1:00	55	50	45	43	41	40	40	3:00	Breaststroke	50	1:05	1:05	1:00	58	55	50	49	47	45	45	3:00
	100	1:50	1:50	1:47	1:45	1:43	1:39	1:33	1:25	1:23	1:23	6:00		100	1:53	1:53	1:50	1:47	1:45	1:40	1:35	1:30	1:28	1:28	6:00
	200	X	X	3:35	3:30	3:20	3:10	3:00	2:55	2:50	2:50			200	X	X	3:45	3:40	3:35	3:30	3:25	3:20	3:15	3:10	
Butterfly	50	55	53	50	47	44	40	38	35	33	33	3:00	Butterfly	50	55	53	53	51	49	47	45	45	43	43	3:00
	100	1:40	1:40	1:39	1:35	1:33	1:22	1:18	1:13	1:10	1:08	6:00		100	1:45	1:45	1:39	1:35	1:35	1:30	1:25	1:25	1:20	1:20	6:00
	200	X	X	3:15	3:15	3:10	3:05	3:00	2:55	2:50	2:45			200	X	X	3:30	3:20	3:20	3:15	3:15	3:10	3:10	3:10	
Ind Medley	100	1:40	1:40	1:40	1:25	1:23	1:20	1:15	1:09	1:07	1:07		Ind Medley	100	1:40	1:40	1:40	1:30	1:30	1:25	1:25	1:20	1:20	1:20	
	200	X	3:10	3:10	3:05	3:00	2:50	2:45	2:35	2:30	2:30			200	X	3:25	3:20	3:15	3:10	3:00	2:55	2:50	2:45	2:40	
	400	X	X	X	5:15									400	X	X	X	5:30							

ONLINE ENTRIES ONLY – Entry via Swim Central swimcentral.swimming.org.au

Individual entries cost \$10 per event and close 11:59pm Wednesday 29th May 2024 - Relay entries cost \$12.50 per event and close 11:59pm Saturday 1st June 2024

The top 10 entry times in 1500m & 800m events will be accepted. Swimmers may enter either 1500m or 800m. One heat of each such event will be programmed.

Entry times must have been achieved after 1st January 2022

Full program will be available to download from our website from Wednesday prior to the meet.

NO LATE ENTRIES ACCEPTED, refer to Conditions of Entry at <https://smnw.org.au/> for more details.