

2023 Country Swimming Championships



Pre-Meet Information



Country Championships 2023

1. Event Details

The 2023 Country Swimming Championships will be held at Parap Pool Darwin, 77 Ross Smith Avenue, Parap NT from Saturday 30th September to Tuesday 3rd October 2023.

This event will be conducted under the Swimming Australia Rules and Swimming Northern Territory Competition Rules.

This is a Swimming Northern Territory sanctioned Championship Meet.

All participants must adhere to Swimming Australia's Code of Conduct – [HERE](#), National Integrity Framework – [HERE](#).

Further information around the event, accommodation partners, tourism partners and exciting places to visit in the Northern Territory, visit the event specific website – www.countryswimmingchamps.com

2. Event Contact

All enquiries relating to the 2023 Country Swimming Championships are to be directed to: admin@nt.swimming.org.au

3. Event Ambassador

The event Ambassador for the 2023 Country Swimming Championships is:

Chelsea Hodges OAM

Chelsea is Australian Dolphin number 815, having represented Australia at the 2021 Tokyo Olympics. Chelsea was an integral part of the women's 4 x 100 Medley relay team that won Gold and broke the Olympic Record. Further to this, in 2022 Chelsea represented Australia at the 2022 Birmingham Commonwealth Games claiming a bronze medal in the Women's 100m Breaststroke as

well as Gold in the Women's 4 x 100m Medley Relay. Furthermore, in 2022 Chelsea represented Australia at the Fina World Short Course Championships in Melbourne, where as part of the Australian Women's 4 x 50m Medley Relay, Chelsea was able to win Gold and break the World Record.



4. Pre-Meet Swimmer Activities

Date	Time
Friday 29 th September 2023	Phoenix Foundation JX Clinic with Event Ambassador – Chelsea Hodges. Further information to come

The Parap Facility has been booked for the entire duration of Friday 29th September to allow competitors the ability to train and familiarise themselves with the facilities.

Clubs will be able to register for Lane space allocation through the event website closer to the event.

www.countryswimmingchamps.com

Country Championships 2023

5. Competition Dates & Timing

Date	Session Times
Saturday 30 th September Session 1 (Heats)	7am (Gates Open) 7:30am (Warm-up begins) 8:30am (Warm-up concludes) 8:30am (Opening Ceremony) 9am (Heats commence)
Saturday 30 th September Session 2 (Finals)	3.30pm (Gates Open) 3:45pm (Warm-up begins) 4:45pm (Warm-up concludes) 5pm (Finals commence)
Sunday 1 st October Session 3 (Heats)	7:30am (Gates Open) 7:45am (Warm-up begins) 8:45am (Warm-up concludes) 9am (Heats commence)
Sunday 1 st October Session 4 (Finals)	3.30pm (Gates Open) 3:45pm (Warm-up begins) 4:45pm (Warm-up concludes) 5pm (Finals commence)
Monday 2 nd October Session 5 (Heats)	7:00am (Gates Open) 7:15am (Warm-up begins) 8:15am (Warm-up concludes) 8:30am (Heats commence)
Monday 2 nd October Session 6 (finals)	3.30pm (Gates Open) 3:45pm (Warm-up begins) 4:45pm (Warm-up concludes) 5pm (Finals commence)
Tuesday 3 rd October Session 7 (Heats)	7:00am (Gates Open) 7:15am (Warm-up begins) 8:15am (Warm-up concludes) 8:30am (Heats commence)
Tuesday 3 rd October Session 8 (Finals)	3.30pm (Gates Open) 3:45pm (Warm-up begins) 4:45pm (Warm-up concludes) 5pm (Finals commence)

6. Program of Events

The Program of Events can be found at the back of this Pre-Meet Information Booklet, as well as on the event specific website: www.countryswimmingchamps.com

Heats will be conducted fastest to slowest and will be swum as multi-aged. However, please note that all distance events (400m IM, 400m, 800m and 1500m Free) are timed finals only, with the fastest heat to be held during the night finals session. All subsequent heats will be swum fastest to slowest in the morning session – please consult the meet program to verify event timings, when available.

For finals, all 50m, 100m, 200m Freestyle and 200m IM events, will be conducted youngest to oldest in the following age categories –

11-12, 13, 14, 15, 16, 17yrs & over.

For finals all 200m form stroke events (Backstroke, Breaststroke and Butterfly) will be conducted youngest to oldest in the following age categories –

11-12, 13-14, 15-16, 17yrs & over.

Relay events are timed finals and will be contested as Open aged events. These timed finals will be conducted slowest to fastest.

7. Qualifying Times

The Qualifying Times (QTs) can be found after the program of events at the back of this Pre-Meet Information Booklet. Also, the QT's can be found on the event specific website: www.countryswimmingchamps.com

QTs must be achieved after 1st January 2022 at a verified and official meet. QT's are set for LC times, however, SC converted times (as per

Country Championships 2023

Hytek Meet Manager conversion guidelines) may be used if a LC qualifying time has not been achieved.

No Qualifying Times will apply MC or relay events and they may enter as NT.

8. Age Requirements

Minimum age for entry for the event is 11yrs of age. All distance events (400m IM, 800m and 1500m freestyle events) have a minimum age of 13yrs.

Age is determined by the swimmer's age as of 30th September 2023.

9. Entry Procedures

Entries will open on Saturday 1st July at noon Australian Central Time.

Entries will close strictly Monday 18th September 2023 at 11:59pm Australian Central Time for ALL individual and relay events.

Entry Fees	Price
Individual	\$20 Per Event
Relay	\$35 Per Team

10. Eligibility

This event is open to swimmers that are registered 'competitive' members of swimming clubs based in areas classified by the Australian Government as:

Category 2 – Cities and major regional centres of Adelaide, Perth, Gold Coast, Sunshine Coast, Canberra, Newcastle / Lake Macquarie, Wollongong / Illawarra, Geelong and Hobart; or

Category 3 - Regional centres and other regional areas.

A postcode list can be found - [HERE](#)

All Swimmers must be fully registered as a on Swim Central (except WA). Recreational or non-competitive swimmers are ineligible to enter. Swimmers from outside NT may need to provide clearance certificates from their state organisation – please consult your state swimming association.

WA swimmers are eligible to enter if they are not on Swim Central manually, although a temporary Swim Central free membership has previously been added to allow this. Preference for any manual entries is to be done through a Team Manager Entry File, however, may be done manually, if required.

Swimmers from swimming clubs based in capital city areas (Category 1), as described by the Australian Government are not eligible to enter.

Members of other international federations affiliated to World Aquatics, who meet the entry qualifying times and hold a valid clearance from their federation will be permitted to swim, however will be considered a visitor.

Non-Australian citizens who are registered with a member organisation and meet the entry qualifying time will be permitted to swim, however will be considered a visitor.

Country Championships 2023

11. Multiclass

Multi Class events are open to all eligible age group swimmers with a disability in sport classes 1 - 19.

Swimmers with a SM3 or SM4 classification may contest the 200m Individual Medley as a 150m Individual Medley.

Swimmers may compete with provisional classifications. There will be no qualifying times for MC events.

MC athletes will compete in the relative heat in the morning session. Finals will be open finals. NOTE: if less than 10 entries are received, swimmers will still be required to swim heats and finals.

If MC numbers for any particular event are below 3 entries, the event Technical Manager has the opportunity to combine that event with the subsequent non-MC event.

12. Relay Entries

Club relay teams may enter with a 'No Time'.

Relay changes must be made on the official Relay Change form available from the Help Desk and submitted within 15 minutes of the completion of the session **prior** to that in which the relay is to be held. Swimmers must swim in the order shown on the form submitted.

Unless changes have been submitted as above, swimmers must swim in the order as published.

Additional relay teams (mixed club) may be put together by the event organiser for exhibition purposes. This option is only available to swimmers from clubs with less than 4 participants in the meet and ONLY where there

are spare lanes once the program is set, at the Meet Director's discretion. Such teams will swim for no points and may be placed in the program as exhibition teams only. Submissions for such exhibition relay teams must be made in accordance with the timeframe for relay changes set out above.

Event organisers will reach out to swimmers that meet the criteria upon close of entries in order to compile teams.

13. Accreditations

Accreditations are required for all attending coaches, team managers and technical officials. Accreditation can be collected from the accreditation box at the event entry on pre-meet or competition days. Accreditation passes must be visible at all times and are strictly non-transferable.

Applications for an accreditation (which are free) will be open from Saturday 1st July 2023 from the event website: -

www.countryswimmingchamps.com.

Clubs are advised that they will need to apply for their accreditation passes, including Team Manager and Coaches using the link mentioned above. All individuals are required to have a current and valid Working with Children Card (WCC).

Applications for accreditations close at the same time as entries, Monday 18th September 2023 at 11:59pm.

14. Warm-Up / Cool Down Procedures

Warm-up will be available in the competition pool for 1 hour prior to the commencement of racing. Warm up will conclude 15mins prior to the scheduled session starting time.

Country Championships 2023

Dive starts and pacework will be allocated for Lanes 0 and 8. Lane 9 is for MC swimmers only.

Warm-up lanes will NOT be allocated to clubs.

Alternatively, the 6-lane 25m pool will be available throughout the meet for warm-up / cool down. Lane 1 will be used exclusively for dive starts.

15. Self-Marshalling

Self-marshalling will be in place for this event and a self-marshalling zone will be established and its location communicated.

Athletes will be instructed by the check starter to move behind the blocks once the event (or timed final) ahead of them has entered the water.

Swimmers will only be permitted to enter the self-marshalling area as follows:

- 50m events - 6 heats prior to their heat
- 100m and 200m events - 4 heats prior to their heat
- 400m events - 2 heats prior to their heat
- 800m and 1500m events - 1 heat prior to their heat

Self-marshalling will take place for all heats and timed finals.

All finals will be marshalled in the marshalling area.

Any swimmer entered in the first or second event of the final's session, who fails to report to the marshalling area at least 10 minutes prior to the scheduled start of the session, may be deemed to be a withdrawal.

For all subsequent finals, any swimmer who fails to report by the start of the event, at least

two events prior to their event may be deemed as a withdrawal.

Both reserves are required to marshal for final events

16. Swimmer Check-in – Distance Events

All events of 400m and over (400m IM, 400m, 800m and 1500m Freestyle) require swimmers (or their Coach / Team Manager) to confirm their intention to swim at the Help Desk a minimum of one hour prior to the published start time of the relevant event. Failure to confirm their intention to swim may be taken as a withdrawal. Swimmers in the first timed final to be swum in the finals session also need to check-in a minimum of one hour prior to the published start time in the morning session, otherwise they will be withdrawn.

Confirmed swimmers should then follow the self-marshalling procedures.

17. Lap Counters

Swimmers competing in the 800m and 1500m Freestyle events **MUST** provide details of their lap counter whilst checking in at the help desk. Swimmers will not be able to check-in without confirmation of an organised lap counter.

18. Backstroke Ledges

Backstroke ledges will be available for use at this Championship meet, however are not required to be used by any swimmer.

19. Heat Withdrawals

Swimmers not intending to swim in their entered events are requested to withdraw from their heat, using the heat withdrawal form at the Help Desk a minimum of 30min prior to the start of the heat session.

Country Championships 2023

20. Withdrawal from Finals

All swimmers who are or have potential to be a finalist and/or reserve (there shall be only two reserves listed) wishing to withdraw from a final shall do so in writing using the final withdrawal form available at the help desk. This must be signed by the swimmer or their representative within 30 minutes of the results being posted following the heat in which the qualification took place.

A swimmer who does not withdraw, and who does not compete in the final of the event, shall be deemed a late withdrawal and fined the sum of \$100 AUD which must be paid before the swimmer is eligible to swim their next event, except where a medical certificate is provided.

Once a withdrawal form has been submitted, the swimmer cannot be reinstated.

21. Medal Presentations

Medal presentations will take place during the running of other final events, where practical in order to keep the meet progressing. The first three placegetters are to head straight to the medal ceremony area immediately upon conclusion of their final. All swimmers must be appropriately dressed during medal presentations wearing a club shirt, pants and footwear.

22. Medals

International visitors will **ONLY** be awarded medals for overall 1st, 2nd and 3rd placings.

Australian Swimmers will be awarded medals for 1st, 2nd and 3rd Australian placings.

Medals will be awarded to ages 11-12, 13, 14, 15, 16, 17yrs & Over in all 50m, 100m, 200m events, as well as the 400m freestyle events.

Medals will be awarded to ages 13 -14, 15 -16, 17yrs & over in 400m IM, 800m and 1500m freestyle events.

For Multi-Class swimmers, medals/points will be awarded for 1st, 2nd & 3rd place in the Open events, using the Swimming Australia Multi-Class Points System. There are no age groups for Multi-Class swimmers.

Collection of medals is the responsibility of each swimmer. Medals not collected by the end of the meet will not be redeemed.

23. Technical Officials

Swimming Northern Territory is currently working with Swimming Australia and State Member Organisations to make this event a technical official development opportunity.

Further information will become available when possible.

Expressions of interest will be open from Saturday 1st July on the event specific website: www.countryswimmingchamps.com.

There will be pre-meet training session (incl. soft skills, managing conflict, mock jury and event specific conditions) on Friday 29th September for all attending officials

24. Coaches

Swimming Northern Territory is aiming to include some coaching workshops during the event, hopefully with a development coach accreditation course on Friday 29th September. Further information will be made available when possible.

Training will be available in the pool from Thursday afternoon 28th September from 2pm.

Country Championships 2023

25. Volunteers and Timekeeping

Timekeepers and volunteers will be required to be provided by clubs, where available. A schedule will be provided to the clubs by the event organiser, within a week of the closing of nominations.

26. Seating

Seating for all athletes, coaches, clubs and spectators will be around the competition pool. Space is not allocated and cannot be reserved. Swimming Northern Territory will be providing as many shade structures as possible with the assistance of local clubs and event supporters.

Low level grandstand seating will also be provided.

27. Livestreaming & Results

Results will be published around the venue and on meet mobile.

Please note:

- Results published via Meet Mobile **ARE NOT OFFICIAL** and should be used as a guide only.
- Official meet results are printed by officials during all meets and posted in a prominent position.

Official results are published within 48hrs of the completion of a meet on the event website, Swim Central and Results Central.

The event will hopefully be available to stream via a provider determined closer to the date.

28. Photography

Swimming Northern Territory has partnered with **Medal Shots** to take photos throughout

the competition. These photos will be available to purchase through **Medal Shots**.

Other photos will also be posted on our social media channels and the event website.

29. Merchandise

Swimming Northern Territory has engaged **Team Elite** as the merchandise provider for this event. This merchandise will be available for pre-order prior to the meet. Details will be distributed when available.

During the meet, **Team Elite** will be selling the merchandise via the pop-up stall near the front entrance.

30. Medical

If any attendant requires medical attention, please make yourself known to the facility staff as they are trained in first aid and CPR.

31. Force Majeure

In the case of force majeure preventing or resulting in the 2023 Country Swimming Championships being cancelled, refund of event registration fees will be at the discretion of SNT Refund Policy – [HERE](#).

32. Further Communication

In the week preceding the meet, further relevant information regarding facility maps, seating plans, event timelines, event program etc., will be provided when available.

33. Social Media

Stay up to date with the event via our socials:

Facebook: @SwimmingNT

Instagram: @NTSwimming

www.countryswimmingchamps.com

Country Championships 2023

Junior Age Challenge

In conjunction with the 2023 Country Swimming Championships, Swimming Northern Territory will be conducting the 2023 Junior Age Challenge.

This Challenge event is designed for those swimmers aged 9 – 11yrs that may be travelling with the family in order to provide them an opportunity to compete. Eligibility requirements are as per those outlined in section 10 of this Pre-Meet Information Booklet. Age is determined as of 30th September 2023.

The Junior Age Challenge will be conducted over the first 3 days of the 2023 Country Swimming Championships and will be run as timed finals only in the morning heat session. There are no qualifying times for this Junior Age Challenge.

Entries will be available on Swim Central under the 2023 Country Swimming Championships event information.

Entry Fees for the Junior Age Challenge are \$10.00 per individual entry + associated Swim Central Fees.

The events contested will be all 50m, 100m events, as well as the 200m Freestyle, with medals being awarded to the first 3 placegetters for each age category, 9, 10 and 11yrs.

Medals for this event will not be presented, but will be available for collection from the Help Desk once results have been announced.

All other applicable meet conditions outlined previously apply for the Junior Age Challenge.



Country Championships 2023

2023 Country Swimming Championships

Program of Events

Session 1 – Saturday 30th September - Heats

Event No. Boys	Event	Event No. Girls
1	Open 200m Individual Medley	2
3	Open 200m Individual Medley – Multi-Class	4
101	Junior Age Challenge – 9-11yrs 50m Freestyle	102
5	Open 50m Backstroke	6
7	Open 50m Backstroke – Multi-Class	8
103	Junior Age Challenge – 9-11yrs 100m Backstroke	104
9	Open 200m Butterfly	10
11	Open 100m Breaststroke	12
13	Open 100m Breaststroke – Multi-Class	14
105	Junior Age Challenge – 9-11yrs 50m Butterfly	106
15	Open 800m Freestyle	16



Country Championships 2023

Program of Events

Session 2 – Saturday 30th September - Finals

Event No. Boys	Event	Event No. Girls
1A	11-12yrs 200m Individual Medley Final	2A
1B	13yrs 200m Individual Medley Final	2B
1C	14yrs 200m Individual Medley Final	2C
1D	15yrs 200m Individual Medley Final	2D
1E	16yrs 200m Individual Medley Final	2E
1F	17yrs & over 200m Individual Medley Final	2F
3	Open 200m Individual Medley – Multi-Class Final	4
5A	11-12yrs 50m Backstroke Final	6A
5B	13yrs 50m Backstroke Final	6B
5C	14yrs 50m Backstroke Final	6C
5D	15yrs 50m Backstroke Final	6D
5E	16yrs 50m Backstroke Final	6E
5F	17yrs & over 50m Backstroke Final	6F
7	Open 50m Backstroke – Multi-Class	8
9A	11-12yrs 200m Butterfly Final	10A
9B	13-14yrs 200m Butterfly Final	10B
9C	15-16yrs 200m Butterfly Final	10C
9D	17yrs & over 200m Butterfly Final	10D
11A	11-12yrs 100m Breaststroke Final	12A
11B	13yrs 100m Breaststroke Final	12B
11C	14yrs 100m Breaststroke Final	12C
11D	15yrs 100m Breaststroke Final	12D
11E	16yrs 100m Breaststroke Final	12E
11F	17yrs & over 100m Breaststroke Final	12F
13	Open 100m Breaststroke – Multi-Class	14
15	Open 800m Freestyle – Fastest Heat	16
17	Open 4 x 50m Freestyle Relay	18

Country Championships 2023

Program of Events

Session 3 – Sunday 1st October - Heats

Event No. Boys	Event	Event No. Girls
19	13yrs & over 400m Individual Medley	20
21	Open 50m Breaststroke	22
23	Open 50m Breaststroke – Multi-Class	24
107	Junior Age Challenge – 9-11yrs 100m Breaststroke	108
25	Open 200m Freestyle	26
27	Open 200m Freestyle – Multi-Class	28
109	Junior Age Challenge – 9-11yrs 200m Freestyle	110
29	Open 100m Butterfly	30
31	Open 100m Butterfly – Multi-Class	32
111	Junior Age Challenge – 9-11yrs 50m Backstroke	112
33	MIXED Open 4 x 100m Medley Relay	



Country Championships 2023

Program of Events

Session 4 – Sunday 1st October - Finals

Event No. Boys	Event	Event No. Girls
19	13yrs & over 400m Individual Medley – Fastest Heat	20
21A	11-12Yrs 50m Breaststroke Final	22A
21B	13Yrs 50m Breaststroke Final	22B
21C	14Yrs 50m Breaststroke Final	22C
21D	15Yrs 50m Breaststroke Final	22D
21E	16Yrs 50m Breaststroke Final	22E
21F	17Yrs & over 50m Breaststroke Final	22F
23	Open 50m Breaststroke – Multi-Class Final	24
25A	11-12yrs 200m Freestyle Final	26A
25B	13yrs 200m Freestyle Final	26B
25C	14yrs 200m Freestyle Final	26C
25D	15yrs 200m Freestyle Final	26D
25E	16yrs 200m Freestyle Final	26E
25F	17yrs & over 200m Freestyle Final	26F
27	Open 200m Freestyle – Multi-Class Final	28
29A	11-12yrs 100m Butterfly Final	30A
29B	13yrs 100m Butterfly Final	30B
29C	14yrs 100m Butterfly Final	30C
29D	15yrs 100m Butterfly Final	30D
29E	16yrs 100m Butterfly Final	30E
29F	17yrs & over 100m Butterfly Final	30F
31	Open 100m Butterfly – Multi-Class Final	32
	MIXED Open 4 x 50m Freestyle Relay	34

Country Championships 2023

Program of Events

Session 5 – Monday 2nd October – Heats

Event No. Boys	Event	Event No. Girls
35	Open 400m Freestyle	36
37	Open 400m Freestyle – Multi-Class	38
113	Junior Age Challenge – 9-11yrs 100m Butterfly	114
39	Open 50m Butterfly	40
41	Open 50m Butterfly – Multi-Class	42
115	Junior Age Challenge – 9-11yrs 50m Breaststroke	116
43	Open 200m Backstroke	44
117	Junior Age Challenge – 9-11yrs 100m Freestyle	118
45	Open 100m Freestyle	46
47	Open 100m Freestyle – Multi-Class	48



Country Championships 2023

Program of Events

Session 6 – Monday 2nd October - Finals

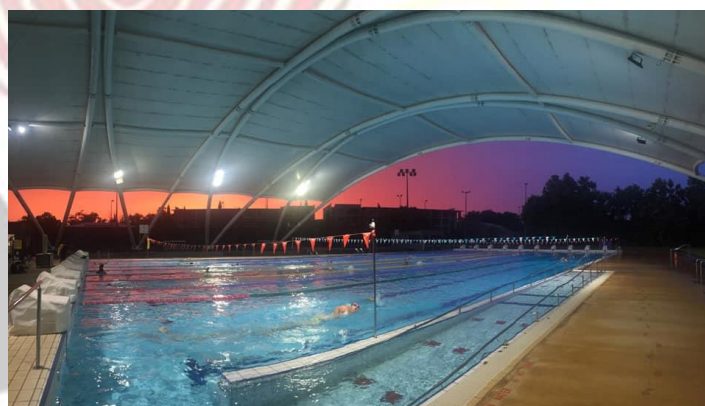
Event No. Boys	Event	Event No. Girls
35	Open 400m Freestyle – Fastest Heat	36
39A	11-12Yrs 50m Butterfly Final	40A
39B	13Yrs 50m Butterfly Final	40B
39C	14Yrs 50m Butterfly Final	40C
39D	15Yrs 50m Butterfly Final	40D
39E	16Yrs 50m Butterfly Final	40E
39F	17Yrs & over 50m Butterfly Final	40F
41	Open 50m Butterfly – Multi-Class Final	42
43A	11-12yrs 200m Backstroke Final	44A
43B	13-14yrs 200m Backstroke Final	44B
43C	15-16yrs 200m Backstroke Final	44C
43D	17yrs & over 200m Backstroke Final	44D
45A	11-12yrs 100m Freestyle Final	46A
45B	13yrs 100m Freestyle Final	46B
45C	14yrs 100m Freestyle Final	46C
45D	15yrs 100m Freestyle Final	46D
45E	16yrs 100m Freestyle Final	46E
45F	17yrs & over 100m Freestyle Final	46F
47	Open 100m Freestyle – Multi-Class	48
49	Open 4 x 50m Medley Relay	50

Country Championships 2023

Program of Events

Session 7 – Tuesday 3rd October - Heats

Event No. Boys	Event	Event No. Girls
51	13yrs & over 1500m Freestyle	52
53	Open 100m Backstroke	54
55	Open 100m Backstroke – Multi-Class	56
57	Open 50m Freestyle	58
59	Open 50m Freestyle – Multi-Class	60
61	Open 200m Breaststroke	62
63	MIXED Open 4 x 100m Freestyle Relay	



Country Championships 2023

Program of Events

Session 8 – Tuesday 3rd October - Finals

Event No. Boys	Event	Event No. Girls
51	13yrs & over 1500m Freestyle – Fastest Heat	52
53A	11-12yrs 100m Backstroke Final	54A
53B	13yrs 100m Backstroke Final	54B
53C	14yrs 100m Backstroke Final	54C
53D	15yrs 100m Backstroke Final	54D
53E	16yrs 100m Backstroke Final	54E
53F	17yrs & over 100m Backstroke Final	54F
55	Open 100m Backstroke – Multi-Class Final	56
57A	11-12yrs 50m Freestyle Final	58A
57B	13yrs 50m Freestyle Final	58B
57C	14yrs 50m Freestyle Final	58C
57D	15yrs 50m Freestyle Final	58D
57E	16yrs 50m Freestyle Final	58E
57F	17yrs & over 50m Freestyle Final	58F
59	Open 50m Freestyle – Multi-Class Final	60
61A	11-12yrs 200m Breaststroke Final	62A
61B	13-14yrs 200m Breaststroke Final	62B
61C	15-16yrs 200m Breaststroke Final	62C
61D	17yrs & over 200m Breaststroke Final	62D
63	MIXED Open 4 x 100m Freestyle Relay	



2023 Country Swimming Championships



Qualifying Times (must have been achieved after 1st January 2022)

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

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