

**METROPOLITAN WEST SCHOOLS SWIMMING CHAMPIONSHIPS - 2012 QUALIFYING GUIDE**

**Please note: Every District is invited to nominate their top 5 swimmers in each event to the regional trials.  
These times are only a guide to event times and are not qualifying standards.**

**MENS EVENTS**

		<b>10 years</b>	<b>11 years</b>	<b>12 years</b>	<b>13 years</b>	<b>14 years</b>	<b>15 years</b>	<b>16 years</b>	<b>17-19 years</b>	
50 metres	Freestyle	43.00	41.00	38.00	35.00	33.50	32.50	32.00	32.00	
50 metres	Breaststroke	53.00	51.00	48.00	44.50	42.00	42.00	41.00	40.50	
50 metres	Backstroke	50.00	48.00	45.00	40.50	39.00	38.50	37.50	37.00	
50 metres	Butterfly	47.00	45.00	42.00	37.50	36.50	35.00	34.50	34.00	
200 metres	Ind. Medley	3:25.00	3:14.00	3:08.00	<i>see below</i>					
		<b>12 years &amp; under</b>		<b>13 – 14 years</b>		<b>15 – 16 years</b>		<b>17 – 19 years</b>		
100 metres	Freestyle	1:20.00		1:11.00		1:10.00		1:09.50		
100 metres	Breaststroke	1:43.00		1:40.00		1:35.00		1:34.00		
100 metres	Backstroke	1:36.00		1:25.00		1:22.00		1:18.00		
100 metres	Butterfly	1:33.00		1:21.00		1:19.00		1:15.00		
200 metres	Ind. Medley	<i>see above</i>		3:00.00		2:55.00		2:53.00		
		<b>13 – 14 years</b>			<b>15 – 16 years</b>			<b>17 – 19 years</b>		
200 metres	Freestyle	2:35.00			2:27.00			2:25.00		
400 metres	Freestyle	5:15.00			4:55.00			4:50.00		
		<b>19 years &amp; under</b>								
1500 metres	Freestyle	20:00.00								

**WOMENS EVENTS**

		<b>10 years</b>	<b>11 years</b>	<b>12 years</b>	<b>13 years</b>	<b>14 years</b>	<b>15 years</b>	<b>16 years</b>	<b>17-19 years</b>	
50 metres	Freestyle	43.00	41.00	38.00	36.00	35.00	34.50	34.50	36.00	
50 metres	Breaststroke	53.00	51.00	48.00	45.00	44.00	44.00	44.00	43.50	
50 metres	Backstroke	50.00	48.00	45.00	41.00	40.00	40.00	40.00	40.50	
50 metres	Butterfly	47.00	45.00	42.00	38.00	38.00	38.00	37.50	37.50	
200 metres	Ind. Medley	3:33.00	3:22.00	3:16.00	<i>see below</i>					
		<b>12 years &amp; under</b>		<b>13 – 14 years</b>		<b>15 – 16 years</b>		<b>17 – 19 years</b>		
100 metres	Freestyle	1:20.00		1:15.00		1:14.00		1:14.00		
100 metres	Breaststroke	1:43.00		1:41.00		1:38.00		1:37.50		
100 metres	Backstroke	1:36.00		1:27.00		1:26.00		1:26.00		
100 metres	Butterfly	1:33.00		1:22.00		1:20.00		1:20.00		
200 metres	Ind. Medley	<i>see above</i>		3:00.00		2:55.00		2:53.00		
		<b>13 – 14 years</b>			<b>15 – 16 years</b>			<b>17 – 19 years</b>		
200 metres	Freestyle	2:35.00			2:27.00			2:25.00		
400 metres	Freestyle	5:15.00			4:55.00			4:50.00		
		<b>19 years &amp; under</b>								
800 metres	Freestyle	12:00.00								