

Boys/Men (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto
50m Freestyle	31.90	31.20	30.20	29.20	28.70	27.80	27.20	26.40	26.80	25.90	25.10	24.40
100m Freestyle	1.10.50	1.08.10	1.04.90	1.02.90	1.02.10	1.00.00	58.70	57.20	58.50	56.50	54.50	53.30
200m Freestyle	2.30.50	2.27.60	2.20.80	2.17.60	2.14.30	2.11.60	2.09.10	2.05.70	2.07.30	2.03.60	2.01.00	1.57.50
400m Freestyle	5.17.00	5.09.30	4.58.00	4.49.60	4.49.00	4.40.00	4.32.40	4.28.20	4.27.20	4.20.60	4.17.20	4.10.50
800m Freestyle *	5.41.00	5.09.30	5.19.00	4.49.60	5.08.00	4.40.00	4.55.00	4.28.20	4.47.00	4.20.60	4.36.00	4.10.50
1500m Freestyle	22.00.00	20.28.40	19.26.00	18.41.50	18.47.00	18.05.20	18.36.00	17.50.00	18.00.00	17.25.00	17.25.00	16.48.00
50m Breaststroke	42.70	41.50	40.00	38.30	37.80	35.90	35.50	34.20	34.50	33.00	33.00	31.60
100m Breaststroke	1.32.80	1.29.70	1.26.50	1.22.50	1.22.40	1.16.60	1.15.60	1.14.30	1.14.10	1.10.70	1.10.60	1.08.20
200m Breaststroke	3.17.10	3.12.30	3.05.50	2.58.20	2.57.10	2.47.60	2.47.40	2.42.20	2.42.50	2.34.90	2.36.50	2.30.90
50m Butterfly	36.00	34.40	33.90	32.40	31.60	30.10	29.70	28.90	28.90	27.90	27.30	26.40
100m Butterfly	1.22.20	1.18.30	1.17.30	1.13.10	1.12.00	1.08.00	1.06.20	1.03.90	1.03.60	1.01.40	1.00.00	58.70
200m Butterfly	3.08.00	2.56.40	3.00.10	2.44.20	2.45.00	2.34.90	2.31.50	2.26.60	2.28.50	2.20.90	2.19.30	2.13.70
50m Backstroke	37.50	36.40	35.30	33.80	33.60	31.70	31.70	30.90	30.90	29.90	29.20	28.30
100m Backstroke	1.19.30	1.17.10	1.14.70	1.11.40	1.10.90	1.08.20	1.06.70	1.04.90	1.04.80	1.02.90	1.01.60	1.00.20
200m Backstroke	2.49.00	2.44.00	2.39.50	2.32.70	2.32.40	2.26.20	2.24.30	2.21.30	2.21.70	2.17.30	2.14.90	2.11.30
200m Ind Medley	2.53.00	2.48.80	2.41.80	2.37.70	2.34.60	2.31.30	2.26.30	2.23.40	2.22.30	2.19.20	2.16.40	2.13.50
400m Ind Medley	6.10.00	6.01.30	5.45.60	5.32.20	5.30.50	5.19.50	5.09.90	5.03.60	5.03.10	4.55.90	4.55.00	4.46.70
Boys/Men (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto
50m Freestyle	31.20	30.50	29.50	28.50	28.00	27.00	26.40	25.60	26.00	25.10	24.30	23.50
100m Freestyle	1.09.30	1.06.90	1.03.60	1.01.50	1.00.70	58.60	57.30	55.70	57.10	55.00	52.90	51.70
200m Freestyle	2.28.20	2.25.20	2.18.30	2.15.10	2.11.70	2.08.90	2.06.40	2.02.90	2.04.50	2.00.80	1.58.10	1.54.50
400m Freestyle	5.12.50	5.04.70	4.53.20	4.44.70	4.44.10	4.34.90	4.27.20	4.22.90	4.21.90	4.15.20	4.11.70	4.04.80
800m Freestyle *	5.36.80	5.04.70	5.14.60	4.44.70	5.03.40	4.34.90	4.50.20	4.22.90	4.42.10	4.15.20	4.30.90	4.04.90
1500m Freestyle	21.44.20	20.11.50	19.08.20	18.22.90	18.28.50	17.46.00	18.17.40	17.30.60	17.40.70	17.05.10	17.05.10	16.27.40
50m Breaststroke	42.00	40.70	39.20	37.50	37.00	35.00	34.60	33.30	33.60	32.00	32.00	30.60
100m Breaststroke	1.31.40	1.28.30	1.25.00	1.21.00	1.20.80	1.14.90	1.13.90	1.12.60	1.12.40	1.08.90	1.08.80	1.06.30
200m Breaststroke	3.14.40	3.09.50	3.02.60	2.55.20	2.54.10	2.44.40	2.44.20	2.38.90	2.39.20	2.31.50	2.33.10	2.27.40
50m Butterfly	35.50	33.80	33.30	31.80	31.00	29.50	29.10	28.20	28.20	27.20	26.60	25.70
100m Butterfly	1.21.30	1.17.30	1.16.30	1.12.10	1.10.90	1.06.90	1.05.00	1.02.70	1.02.40	1.00.20	58.70	57.40
200m Butterfly	3.06.30	2.54.60	2.58.30	2.42.30	2.43.10	2.32.80	2.29.40	2.24.40	2.26.40	2.18.60	2.17.00	2.11.30
50m Backstroke	36.90	35.80	34.70	33.20	33.00	31.00	31.00	30.20	30.20	29.20	28.50	27.60
100m Backstroke	1.18.20	1.16.00	1.13.60	1.10.20	1.09.70	1.07.00	1.05.50	1.03.60	1.03.50	1.01.60	1.00.30	58.60
200m Backstroke	2.47.00	2.41.90	2.37.30	2.30.40	2.30.10	2.23.80	2.21.90	2.18.90	2.19.30	2.14.80	2.12.30	2.08.70
200m Ind Medley	2.50.70	2.46.40	2.39.30	2.35.20	2.32.00	2.28.70	2.23.60	2.20.60	2.19.50	2.16.30	2.13.50	2.10.50
400m Ind Medley	6.05.20	5.56.40	5.40.50	5.26.90	5.25.10	5.13.90	5.04.20	4.57.80	4.57.30	4.49.90	4.49.00	4.40.50

\* 800m Freestyle, qualify using 400m times

v6: Updated: 16th March 2018

Girls/Ladies (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto
50m Freestyle	32.10	31.40	30.70	30.10	30.00	29.40	29.80	29.10	29.70	29.00	28.40	27.70
100m Freestyle	1.10.20	1.08.70	1.07.20	1.05.40	1.04.70	1.03.30	1.03.00	1.01.50	1.02.90	1.01.40	1.00.60	59.10
200m Freestyle	2.31.90	2.29.00	2.24.30	2.21.00	2.19.40	2.16.00	2.16.10	2.13.00	2.15.90	2.12.90	2.13.00	2.08.40
400m Freestyle	5.20.40	5.11.20	5.03.90	4.57.50	4.53.00	4.46.10	4.44.70	4.42.30	4.44.10	4.41.10	4.39.50	4.34.50
800m Freestyle	10.50.00	10.39.90	10.16.00	9.58.10	9.56.00	9.39.00	9.55.00	9.38.90	9.54.30	9.37.50	9.51.00	9.37.00
1500m Freestyle *	0.01	10.39.90	10.58.00	9.58.10	10.37.00	9.39.00	10.37.00	9.38.90	10.36.00	9.37.50	10.36.00	9.37.00
50m Breaststroke	42.20	40.70	40.00	38.80	38.90	37.30	38.70	37.20	38.60	37.10	36.70	35.50
100m Breaststroke	1.31.50	1.29.00	1.26.90	1.24.50	1.25.00	1.21.10	1.22.60	1.19.60	1.22.50	1.19.50	1.18.40	1.15.50
200m Breaststroke	3.14.70	3.10.40	3.06.00	3.02.10	3.01.00	2.54.90	2.57.50	2.53.20	2.57.40	2.53.10	2.54.30	2.45.60
50m Butterfly	35.40	34.40	33.70	32.80	32.40	31.60	32.20	31.00	32.10	30.90	30.40	29.70
100m Butterfly	1.21.70	1.19.10	1.16.40	1.13.50	1.12.60	1.10.40	1.10.90	1.08.60	1.09.70	1.08.50	1.07.10	1.05.70
200m Butterfly	3.08.20	2.58.40	2.53.80	2.45.20	2.48.30	2.38.60	2.39.50	2.36.00	2.37.50	2.35.30	2.36.00	2.30.70
50m Backstroke	36.90	36.10	35.40	34.40	34.60	33.80	33.50	32.50	33.50	32.40	33.20	31.70
100m Backstroke	1.18.70	1.17.10	1.14.90	1.12.90	1.13.40	1.11.20	1.10.70	1.08.50	1.10.40	1.08.40	1.07.80	1.06.80
200m Backstroke	2.47.90	2.44.20	2.40.00	2.36.40	2.36.40	2.32.20	2.32.50	2.28.40	2.31.00	2.28.30	2.28.70	2.25.30
200m Ind Medley	2.52.10	2.49.00	2.44.60	2.41.00	2.39.70	2.34.90	2.35.80	2.32.50	2.35.80	2.32.00	2.29.70	2.26.30
400m Ind Medley	6.12.00	6.00.50	5.50.00	5.41.80	5.41.00	5.29.90	5.30.00	5.20.90	5.29.50	5.15.00	5.19.80	5.08.60
Girls/Ladies (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto	2018 Base	2018 Auto
50m Freestyle	31.40	30.70	30.00	29.40	29.30	28.70	29.10	28.40	29.00	28.30	27.70	26.90
100m Freestyle	1.09.00	1.07.50	1.05.90	1.04.10	1.03.40	1.02.00	1.01.70	1.00.10	1.01.50	1.00.00	59.20	57.70
200m Freestyle	2.29.60	2.26.60	2.21.90	2.18.50	2.16.90	2.13.40	2.13.50	2.10.40	2.13.30	2.10.30	2.10.40	2.05.70
400m Freestyle	5.16.00	5.06.60	4.59.20	4.52.70	4.48.20	4.41.20	4.39.70	4.37.30	4.39.10	4.36.10	4.34.40	4.29.30
800m Freestyle	10.41.00	10.30.80	10.06.50	9.48.40	9.46.20	9.28.90	9.45.20	9.28.80	9.44.50	9.27.40	9.41.10	9.26.90
1500m Freestyle *	11.46.90	10.30.80	10.49.10	9.48.40	10.27.90	9.28.90	10.27.90	9.28.80	10.26.80	9.27.40	10.26.80	9.26.90
50m Breaststroke	41.40	39.90	39.20	38.00	38.10	36.40	37.90	36.30	37.80	36.20	35.80	34.60
100m Breaststroke	1.30.10	1.27.60	1.25.40	1.23.00	1.23.50	1.19.50	1.21.10	1.18.00	1.21.00	1.17.90	1.16.80	1.13.80
200m Breaststroke	3.12.00	3.07.60	3.03.10	2.59.20	2.58.10	2.51.80	2.54.50	2.50.10	2.54.40	2.50.00	2.51.20	2.42.40
50m Butterfly	34.90	33.80	33.10	32.20	31.80	31.00	31.60	30.40	31.50	30.30	29.80	29.10
100m Butterfly	1.20.80	1.18.10	1.15.40	1.12.50	1.11.50	1.09.30	1.09.80	1.07.50	1.08.60	1.07.40	1.06.00	1.04.50
200m Butterfly	3.06.50	2.56.60	2.52.00	2.43.30	2.46.40	2.36.60	2.37.50	2.34.00	2.35.50	2.33.20	2.34.00	2.28.60
50m Backstroke	36.30	35.50	34.80	33.80	34.00	33.20	32.90	31.90	32.90	31.80	32.60	31.00
100m Backstroke	1.17.60	1.16.00	1.13.80	1.11.80	1.12.30	1.10.00	1.09.50	1.07.30	1.09.20	1.07.20	1.06.60	1.05.60
200m Backstroke	2.45.80	2.42.10	2.37.80	2.34.20	2.34.20	2.29.90	2.30.20	2.26.10	2.28.70	2.26.00	2.26.40	2.22.90
200m Ind Medley	2.49.80	2.46.70	2.42.20	2.38.50	2.37.20	2.32.30	2.33.20	2.29.90	2.33.20	2.29.40	2.27.00	2.23.60
400m Ind Medley	6.07.20	5.55.60	5.44.90	5.36.60	5.35.80	5.24.50	5.24.60	5.15.40	5.24.10	5.09.40	5.14.20	5.02.90

\*1500m freestyle, qualify using 800m times

v6: Updated: 16th March 2018