

Boys/Men (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	32.50	30.60	30.60	29.10	29.10	27.40	28.00	26.85	27.30	26.00	26.90	25.40
100m Freestyle	1.11.60	1.06.70	1.06.70	1.02.80	1.02.80	59.05	59.40	58.30	58.50	56.60	58.30	54.80
200m Freestyle	2.34.30	2.24.20	2.24.20	2.15.60	2.15.60	2.09.05	2.10.20	2.06.30	2.07.70	2.03.10	2.06.30	1.58.90
400m Freestyle	5.29.50	5.02.70	5.02.70	4.48.30	4.48.30	4.31.90	4.34.00	4.28.10	4.31.90	4.23.30	4.28.10	4.13.10
1500m Freestyle	23.05.00	20.28.90	20.28.90	19.02.40	19.02.40	18.30.70	18.30.70	17.59.30	18.05.20	17.44.50	17.59.30	17.29.80
50m Breaststroke	43.40	40.80	40.80	37.30	37.30	35.50	35.90	34.40	35.20	33.55	34.70	32.90
100m Breaststroke	1.33.50	1.27.40	1.27.40	1.20.00	1.20.00	1.15.70	1.17.20	1.14.40	1.16.30	1.12.30	1.14.30	1.09.40
200m Breaststroke	3.17.70	3.06.90	3.06.90	2.53.40	2.53.40	2.46.30	2.46.30	2.40.30	2.45.20	2.38.40	2.43.30	2.32.50
50m Butterfly	36.50	34.45	34.45	32.20	32.20	29.80	30.20	29.20	30.00	28.30	29.80	27.50
100m Butterfly	1.23.60	1.18.50	1.18.50	1.11.60	1.11.60	1.05.90	1.06.90	1.04.05	1.06.20	1.02.70	1.05.90	1.00.30
200m Butterfly	3.06.50	3.01.40	3.01.40	2.40.00	2.40.00	2.31.10	2.31.10	2.26.20	2.29.80	2.22.90	2.27.90	2.16.30
50m Backstroke	37.30	35.40	35.40	33.60	33.60	31.45	31.55	30.40	31.10	29.80	30.70	28.60
100m Backstroke	1.20.60	1.15.40	1.15.40	1.10.95	1.10.95	1.06.70	1.07.20	1.04.25	1.06.30	1.03.30	1.05.30	1.01.20
200m Backstroke	2.51.10	2.41.75	2.41.75	2.30.90	2.30.90	2.24.20	2.24.20	2.19.20	2.23.70	2.18.00	2.23.20	2.12.00
200m Ind Medley	2.53.70	2.44.20	2.44.20	2.33.80	2.33.80	2.25.60	2.25.60	2.21.00	2.25.10	2.20.60	2.24.70	2.15.40
400m Ind Medley	6.22.60	5.54.40	5.44.40	5.28.60	5.28.60	5.13.00	5.13.00	5.02.40	5.10.70	5.00.20	5.07.80	4.49.10
Boys/Men (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	31.80	29.90	29.90	28.40	28.40	26.60	27.20	26.05	26.50	25.20	26.10	24.60
100m Freestyle	1.10.40	1.05.40	1.05.40	1.01.40	1.01.40	57.65	58.00	56.90	57.10	55.10	56.80	53.30
200m Freestyle	2.32.00	2.21.80	2.21.80	2.13.00	2.13.00	2.06.35	2.07.50	2.03.50	2.05.00	2.00.30	2.03.50	1.56.00
400m Freestyle	5.25.20	4.58.00	4.58.00	4.43.40	4.43.40	4.26.70	4.28.80	4.22.80	4.26.70	4.17.90	4.22.80	4.07.50
1500m Freestyle	22.50.00	20.12.00	20.12.00	18.44.20	18.44.20	18.12.00	18.12.00	17.40.00	17.46.00	17.25.00	17.40.00	17.10.00
50m Breaststroke	42.70	40.00	40.00	36.40	36.40	34.60	35.00	33.50	34.30	32.65	33.80	31.90
100m Breaststroke	1.32.10	1.25.90	1.25.90	1.18.40	1.18.40	1.14.00	1.15.60	1.12.70	1.14.60	1.10.50	1.12.60	1.07.60
200m Breaststroke	3.15.10	3.04.00	3.04.00	2.50.30	2.50.30	2.43.10	2.43.10	2.37.00	2.42.00	2.35.00	2.40.00	2.29.00
50m Butterfly	36.00	33.85	33.85	31.60	31.60	29.20	29.60	28.50	29.40	27.60	29.20	26.80
100m Butterfly	1.22.70	1.17.50	1.17.50	1.10.50	1.10.50	1.04.70	1.05.80	1.02.85	1.05.00	1.01.50	1.04.70	59.00
200m Butterfly	3.04.80	2.59.60	2.59.60	2.38.00	2.38.00	2.29.00	2.29.00	2.24.00	2.27.70	2.20.70	2.25.70	2.14.00
50m Backstroke	36.70	34.80	34.80	33.00	33.00	30.75	30.85	29.70	30.40	29.10	30.00	27.90
100m Backstroke	1.19.60	1.14.30	1.14.30	1.09.75	1.09.75	1.05.50	1.06.00	1.02.95	1.05.00	1.02.00	1.04.00	59.80
200m Backstroke	2.49.10	2.39.65	2.39.65	2.28.60	2.28.60	2.21.80	2.21.80	2.16.70	2.21.30	2.15.50	2.20.80	2.09.40
200m Ind Medley	2.51.40	2.41.80	2.41.80	2.31.20	2.31.20	2.22.90	2.22.90	2.18.20	2.22.40	2.17.80	2.21.90	2.12.50
400m Ind Medley	6.18.00	5.49.40	5.49.40	5.23.20	5.23.20	5.07.30	5.07.30	4.56.50	5.05.00	4.54.30	5.02.00	4.43.00

Girls/Ladies (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	32.7	31.25	31.25	30.25	30.25	29.25	29.80	28.80	29.55	28.45	29.20	28.20
100m Freestyle	1.10.90	1.07.40	1.07.40	1.04.00	1.04.00	1.02.70	1.03.00	1.01.70	1.02.40	1.01.10	1.02.00	59.90
200m Freestyle	2.33.30	2.25.60	2.25.60	2.18.90	2.18.90	2.15.60	2.15.60	2.12.75	2.14.60	2.11.70	2.13.60	2.09.40
400m Freestyle	5.24.20	5.05.20	5.05.20	4.50.50	4.50.50	4.45.25	4.45.25	4.40.40	4.54.80	4.39.10	4.45.25	4.34.70
800m Freestyle	11.39.10	10.29.70	10.29.70	10.04.70	10.04.70	9.53.80	9.59.70	9.50.15	9.54.30	9.47.90	9.49.90	9.34.20
50m Breaststroke	42.40	39.50	39.50	38.30	38.30	37.40	37.60	36.70	37.50	36.50	37.00	35.60
100m Breaststroke	1.33.40	1.26.00	1.26.00	1.22.50	1.22.50	1.20.60	1.21.00	1.18.60	1.20.60	1.18.00	1.20.10	1.17.10
200m Breaststroke	3.17.50	3.05.00	3.05.00	2.57.60	2.57.60	2.53.40	2.53.80	2.51.90	2.52.10	2.49.70	2.50.60	2.46.80
50m Butterfly	36.60	34.60	34.60	33.00	33.00	31.85	32.15	31.15	31.70	30.70	30.50	30.10
100m Butterfly	1.24.30	1.16.50	1.16.50	1.12.40	1.12.40	1.10.50	1.10.50	1.08.80	1.09.90	1.08.00	1.09.30	1.06.00
200m Butterfly	3.07.80	2.57.30	2.57.30	2.41.50	2.41.50	2.36.40	2.37.00	2.33.30	2.35.10	2.31.30	2.33.30	2.27.90
50m Backstroke	37.40	35.45	35.45	33.95	33.95	33.10	33.40	32.40	32.50	31.70	32.30	31.50
100m Backstroke	1.20.50	1.14.60	1.14.60	1.11.50	1.11.50	1.09.80	1.10.20	1.08.20	1.09.00	1.07.60	1.08.80	1.06.85
200m Backstroke	2.50.80	2.39.50	2.39.50	2.32.80	2.32.80	2.28.20	2.29.80	2.27.50	2.28.30	2.25.70	2.26.40	2.24.70
200m Ind Medley	2.53.10	2.44.60	2.44.60	2.36.50	2.36.50	2.33.00	2.33.00	2.31.50	2.32.70	2.31.10	2.32.10	2.27.10
400m Ind Medley	6.11.10	5.50.60	5.50.60	5.34.00	5.34.00	5.27.50	5.30.40	5.22.75	5.25.30	5.20.00	5.24.20	5.16.20
Girls/Ladies (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/O	
Stroke	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT	Base	QT
50m Freestyle	32.05	30.55	30.55	29.55	29.55	28.55	29.10	28.10	28.85	27.75	28.50	27.40
100m Freestyle	1.09.70	1.06.10	1.06.10	1.02.70	1.02.70	1.01.30	1.01.60	1.00.30	1.01.00	59.70	1.00.60	58.50
200m Freestyle	2.31.00	2.23.20	2.23.20	2.16.40	2.16.40	2.13.00	2.13.00	2.10.15	2.12.00	2.09.00	2.11.00	2.06.70
400m Freestyle	5.19.80	5.00.60	5.00.60	4.45.60	4.45.60	4.40.25	4.40.25	4.35.30	4.50.00	4.34.00	4.40.25	4.29.50
800m Freestyle	11.30.80	10.20.40	10.20.40	9.55.10	9.55.10	9.44.00	9.50.00	9.40.25	9.44.50	9.38.00	9.40.00	9.24.00
50m Breaststroke	41.60	38.70	38.70	37.50	37.50	36.50	36.80	35.80	36.60	35.60	36.10	34.70
100m Breaststroke	1.32.00	1.24.50	1.24.50	1.21.00	1.21.00	1.19.00	1.19.40	1.17.00	1.19.00	1.16.40	1.18.50	1.15.40
200m Breaststroke	3.14.80	3.02.10	3.02.10	2.54.60	2.54.60	2.50.30	2.50.70	2.48.80	2.49.00	2.46.60	2.47.50	2.43.60
50m Butterfly	36.10	34.00	34.00	32.40	32.40	31.25	31.55	30.55	31.10	30.10	29.90	29.50
100m Butterfly	1.23.40	1.15.50	1.15.50	1.11.30	1.11.30	1.09.40	1.09.40	1.07.70	1.08.80	1.06.90	1.08.20	1.04.80
200m Butterfly	3.06.10	2.55.50	2.55.50	2.39.50	2.39.50	2.34.40	2.35.00	2.31.20	2.33.00	2.29.20	2.31.20	2.25.70
50m Backstroke	36.80	34.85	34.85	33.35	33.35	32.50	32.80	31.80	31.90	31.00	31.70	30.80
100m Backstroke	1.19.50	1.13.50	1.13.50	1.10.30	1.10.30	1.08.60	1.09.00	1.07.00	1.07.80	1.06.40	1.07.60	1.05.65
200m Backstroke	2.48.80	2.37.30	2.37.30	2.30.50	2.30.50	2.25.90	2.27.50	2.25.20	2.26.00	2.23.30	2.24.00	2.22.30
200m Ind Medley	2.50.80	2.42.20	2.42.20	2.34.00	2.34.00	2.30.40	2.30.40	2.28.90	2.30.10	2.28.50	2.29.50	2.24.40
400m Ind Medley	6.06.30	5.45.50	5.45.50	5.28.70	5.28.70	5.22.10	5.25.00	5.17.25	5.19.80	5.14.50	5.18.70	5.10.60