

Boys/Men (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto
50m Freestyle	32.20	31.60	30.10	29.60	29.10	28.60	27.60	27.00	27.20	26.70	25.40	25.00
100m Freestyle	1.10.80	1.09.20	1.05.90	1.04.20	1.02.80	1.01.50	58.90	58.10	58.30	57.50	54.80	54.20
200m Freestyle	2.30.80	2.28.00	2.22.20	2.19.20	2.15.90	2.13.90	2.09.40	2.08.20	2.07.70	2.05.30	2.01.50	1.59.50
400m Freestyle	5.09.00	5.03.50	4.55.70	4.46.90	4.43.00	4.38.40	4.32.40	4.23.60	4.30.60	4.25.00	4.17.20	4.13.50
1500m Freestyle	21.00.00	20.29.40	19.51.10	19.23.30	18.57.10	18.26.50	18.16.00	17.56.70	18.05.20	17.44.10	17.59.30	17.57.90
50m Breaststroke	43.20	42.30	40.20	39.30	38.30	37.30	37.10	35.20	35.40	35.00	33.40	32.30
100m Breaststroke	1.32.90	1.31.70	1.28.00	1.26.70	1.21.90	1.20.00	1.17.20	1.16.80	1.16.30	1.15.30	1.11.20	1.10.70
200m Breaststroke	3.17.70	3.11.10	3.09.50	3.04.50	2.57.00	2.52.80	2.49.40	2.46.70	2.46.70	2.45.90	2.37.00	2.36.00
50m Butterfly	36.50	35.70	33.80	33.20	32.90	31.60	30.20	29.80	30.00	29.40	28.00	27.40
100m Butterfly	1.23.50	1.19.30	1.18.80	1.16.30	1.12.90	1.10.70	1.06.90	1.05.30	1.05.40	1.03.70	1.01.70	1.00.60
200m Butterfly	3.06.80	3.00.80	3.01.40	2.56.60	2.42.60	2.37.50	2.31.10	2.28.10	2.30.50	2.27.20	2.27.90	2.21.20
50m Backstroke	37.30	36.40	35.30	34.30	33.90	33.10	31.60	31.20	32.00	30.90	30.50	29.50
100m Backstroke	1.19.30	1.18.30	1.15.40	1.13.50	1.12.20	1.10.90	1.07.20	1.06.20	1.07.40	1.06.20	1.03.60	1.02.90
200m Backstroke	2.48.00	2.45.30	2.40.00	2.36.20	2.32.10	2.30.70	2.28.80	2.23.10	2.23.70	2.19.90	2.18.10	2.15.60
200m Ind Medley	2.52.90	2.49.60	2.43.10	2.38.20	2.36.50	2.34.30	2.28.00	2.25.90	2.25.10	2.23.90	2.16.10	2.15.10
400m Ind Medley	6.08.50	5.54.00	5.41.00	5.32.20	5.25.50	5.16.60	5.09.80	5.02.40	5.10.70	5.02.20	4.48.70	4.42.00
Boys/Men (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto
50m Freestyle	31.40	30.90	29.40	29.40	28.40	27.90	26.80	26.20	26.40	25.90	24.60	24.20
100m Freestyle	1.09.60	1.08.00	1.04.60	1.02.90	1.01.40	1.00.10	57.50	56.40	56.90	56.00	53.30	52.60
200m Freestyle	2.28.50	2.25.60	2.19.70	2.16.70	2.13.30	2.11.30	2.06.70	2.05.50	2.05.00	2.02.50	1.58.60	1.56.60
400m Freestyle	5.04.40	4.58.80	4.50.90	4.42.00	4.38.00	4.33.30	4.27.20	4.18.20	4.25.40	4.19.70	4.11.70	4.07.90
1500m Freestyle	10.43.50	20.12.50	19.33.60	19.05.40	18.38.80	18.07.70	17.57.00	17.37.40	17.46.00	17.24.60	17.40.00	17.38.60
50m Breaststroke	42.50	41.50	39.40	38.50	37.50	36.40	36.20	34.30	34.50	34.10	32.40	31.30
100m Breaststroke	1.31.50	1.30.30	1.26.60	1.25.20	1.20.30	1.18.40	1.15.60	1.15.10	1.14.60	1.13.60	1.09.40	1.08.90
200m Breaststroke	3.15.00	3.08.30	3.06.70	3.01.60	2.54.00	2.49.70	2.46.30	2.43.50	2.43.50	2.42.70	2.33.60	2.32.60
50m Butterfly	36.00	35.20	33.20	32.60	32.30	31.00	29.60	29.20	29.40	28.70	27.30	26.70
100m Butterfly	1.22.60	1.18.30	1.17.80	1.15.30	1.11.80	1.09.60	1.05.80	1.04.10	1.04.20	1.02.50	1.00.50	59.30
200m Butterfly	3.05.10	2.59.00	2.59.60	2.54.80	2.40.60	2.35.50	2.29.00	2.26.00	2.28.40	2.25.00	2.25.70	2.18.90
50m Backstroke	36.70	35.80	34.70	33.70	33.30	32.50	30.90	30.50	31.40	30.20	29.80	28.80
100m Backstroke	1.18.20	1.17.20	1.14.30	1.12.40	1.11.10	1.09.70	1.06.00	1.04.90	1.06.20	1.04.90	1.02.30	1.01.60
200m Backstroke	2.46.00	2.43.20	2.37.80	2.34.00	2.29.80	2.28.40	2.26.50	2.20.70	2.21.30	2.17.40	2.15.60	2.13.10
200m Ind Medley	2.50.60	2.47.30	2.40.70	2.35.70	2.34.00	2.31.70	2.25.30	2.23.20	2.22.40	2.21.10	2.13.20	2.12.20
400m Ind Medley	6.03.70	5.49.00	5.35.80	5.26.90	5.20.00	5.11.00	5.04.10	4.56.50	5.05.00	4.56.30	4.42.60	4.35.70

Times highlighted have changed Short course times adjusted accordingly Updated on 15/01/2016

Girls/Ladies (LC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto
50m Freestyle	32.10	31.60	30.90	30.60	30.40	29.90	29.80	29.20	29.60	29.20	29.00	28.80
100m Freestyle	1.10.00	1.08.70	1.07.00	1.06.20	1.05.90	1.04.00	1.03.00	1.02.70	1.02.40	1.01.40	1.02.00	1.01.30
200m Freestyle	2.31.10	2.28.80	2.25.10	2.22.40	2.21.80	2.18.80	2.18.80	2.14.70	2.14.70	2.13.60	2.13.60	2.10.10
400m Freestyle	5.13.50	5.06.20	4.58.60	4.54.40	4.50.50	4.44.90	4.44.30	4.42.90	4.40.70	4.34.80	4.33.90	4.29.20
800m Freestyle	10.46.00	10.36.70	10.21.00	10.10.20	10.04.70	9.49.00	9.52.00	9.43.80	9.54.30	9.43.70	9.49.90	9.27.00
50m Breaststroke	42.30	41.20	40.40	39.30	39.10	38.70	38.40	37.60	38.30	37.50	37.60	36.60
100m Breaststroke	1.32.40	1.30.10	1.27.00	1.24.50	1.25.90	1.23.80	1.24.50	1.22.60	1.23.80	1.22.30	1.20.10	1.19.20
200m Breaststroke	3.15.40	3.12.30	3.05.40	3.01.70	3.03.50	2.59.60	2.57.50	2.52.40	2.57.20	2.53.10	2.53.80	2.50.30
50m Butterfly	35.70	34.80	34.60	33.70	33.40	32.70	32.20	31.80	31.70	31.30	31.30	30.40
100m Butterfly	1.21.30	1.19.10	1.18.90	1.16.50	1.14.00	1.12.00	1.10.50	1.09.90	1.09.90	1.08.70	1.09.00	1.08.40
200m Butterfly	3.07.80	3.01.10	3.03.10	2.57.20	2.50.50	2.41.50	2.39.50	2.36.70	2.38.00	2.36.50	2.36.00	2.30.40
50m Backstroke	37.00	36.10	35.50	34.00	35.00	34.80	34.50	33.50	33.70	33.20	33.80	33.30
100m Backstroke	1.19.40	1.18.00	1.16.80	1.14.80	1.15.50	1.13.50	1.14.00	1.10.80	1.12.80	1.11.60	1.11.10	1.08.60
200m Backstroke	2.48.00	2.45.30	2.39.50	2.37.50	2.35.00	2.34.00	2.32.50	2.31.20	2.32.00	2.30.00	2.32.00	2.27.20
200m Ind Medley	2.50.60	2.49.00	2.44.60	2.41.30	2.39.00	2.37.50	2.37.90	2.35.00	2.37.90	2.33.30	2.32.10	2.30.90
400m Ind Medley	5.55.20	5.50.10	5.45.60	5.36.70	5.34.00	5.26.00	5.27.60	5.21.80	5.22.40	5.18.40	5.19.80	5.09.90
Girls/Ladies (SC)	Age 11/12		Age 13		Age 14		Age 15		Age 16		Age 17/Over	
Stroke	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto	2016 Base	2016 Auto
50m Freestyle	31.40	30.90	30.20	29.90	32.80	29.20	29.10	28.50	28.90	28.50	28.30	28.10
100m Freestyle	1.08.80	1.07.50	1.05.70	1.04.60	1.04.60	1.02.70	1.01.70	1.01.30	1.01.00	1.00.00	1.00.60	59.90
200m Freestyle	2.28.60	2.26.40	2.22.70	2.19.90	2.19.30	2.16.30	2.16.30	2.12.10	2.12.10	2.11.00	2.11.00	2.07.40
400m Freestyle	5.09.00	5.01.60	4.53.90	4.49.60	4.45.60	4.39.90	4.39.30	4.37.90	4.35.70	4.29.60	4.28.70	4.23.90
800m Freestyle	10.37.00	10.27.50	10.11.60	10.00.60	9.55.10	9.39.10	9.42.20	9.33.80	9.44.50	9.33.70	9.40.00	9.27.00
50m Breaststroke	41.50	40.40	39.60	38.50	38.30	37.90	37.60	36.80	37.50	36.70	36.80	35.70
100m Breaststroke	1.31.00	1.28.70	1.25.50	1.23.00	1.24.40	1.22.30	1.23.00	1.21.10	1.22.30	1.20.70	1.18.50	1.17.60
200m Breaststroke	3.12.70	3.09.50	3.02.50	2.58.80	3.00.60	2.56.60	2.54.50	2.49.30	2.54.20	2.50.00	2.50.70	2.47.20
50m Butterfly	35.20	34.30	34.00	33.10	32.80	32.10	31.60	31.20	31.10	30.70	30.70	29.80
100m Butterfly	1.20.40	1.18.10	1.17.90	1.15.50	1.13.00	1.10.90	1.09.40	1.08.80	1.08.80	1.07.60	1.07.90	1.07.30
200m Butterfly	3.06.10	2.59.30	3.01.40	2.55.40	2.48.60	2.39.50	2.37.50	2.34.70	2.36.00	2.34.50	2.34.00	2.28.20
50m Backstroke	36.40	35.50	34.90	33.40	34.40	34.20	33.90	32.90	33.10	32.60	33.20	32.70
100m Backstroke	1.18.30	1.16.90	1.15.70	1.13.70	1.14.40	1.12.40	1.12.90	1.09.60	1.11.70	1.10.40	1.09.90	1.07.40
200m Backstroke	2.46.00	2.41.70	2.37.30	2.35.30	2.32.80	2.31.80	2.30.20	2.28.90	2.29.70	2.27.70	2.29.70	2.24.90
200m Ind Medley	2.48.30	2.46.70	2.42.20	2.38.80	2.36.50	2.35.00	2.35.40	2.32.40	2.35.40	2.30.70	2.29.50	2.28.30
400m Ind Medley	5.50.20	5.45.00	5.40.50	5.31.40	5.28.70	5.20.60	5.22.20	5.16.30	5.16.90	5.12.80	5.14.20	5.04.20

Times highlighted have changed

Short course times adjusted accordingly

Updated on 15/01/2016