

SQUAD QUALIFICATION TIMES

MALE

Event	Target	Gold	Silver 20&O	Silver U20
50m Free	21.99	22.64	23.08	23.29
100m Free	48.81	50.26	51.23	51.71
200m Free	1:46.82	1:49.99	1:52.11	1:53.16
400m Free	3:48.60	3:55.39	3:59.92	4:02.18
800m Free	7:52.80	8:06.84	8:16.21	8:20.89
1500m Free	15:04.01	15:30.86	15:48.76	15:57.71
100m Back	53.93	55.54	56.60	57.14
200m Back	1:58.43	2:01.95	2:04.30	2:05.47
100m Breast	59.80	1:01.58	1:02.76	1:03.35
200m Breast	2:09.56	2:13.41	2:15.98	2:17.26
100m Fly	52.22	53.77	54.80	55.32
200m Fly	1:57.41	2:00.90	2:03.23	2:04.39
200m IM	1:59.16	2:02.70	2:05.06	2:06.24
400m IM	4:17.69	4:25.35	4:30.45	4:33.00
	1.0%	4.0%	6.0%	7.0%



FEMALE

Event	Target	Gold	Silver
50m Free	24.70	25.44	25.93
100m Free	53.84	55.44	56.51
200m Free	1:57.99	2:01.49	2:03.83
400m Free	4:03.70	4:10.94	4:15.77
800m Free	8:34.80	8:50.09	9:00.28
1500m Free	16:12.38	16:41.26	17:00.52
100m Back	1:00.31	1:02.10	1:03.29
200m Back	2:10.69	2:14.58	2:17.16
100m Breast	1:07.64	1:09.65	1:10.99
200m Breast	2:25.62	2:29.95	2:32.83
100m Fly	57.67	59.38	1:00.53
200m Fly	2:10.35	2:14.22	2:16.80
200m IM	2:11.79	2:15.71	2:18.32
400m IM	4:41.72	4:50.09	4:55.67
	1.0%	4.0%	6.0%

SQ Squad Qualification Times (Target, Gold, Silver) are calculated from the swimmers 8th place time into the final at the 2019 World Championships. The SQ Development squads for the 2022-23 season will recognise performances from 1 May 2021 – 22 May 2022.

SQUAD QUALIFICATION TIMES

FEMALE

13 Years

14 Years

15 Years

Event	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze	JDS
50m Free	27.56	28.58	29.35	27.31	28.33	29.09	27.05	28.07	28.84
100m Free	59.79	1:02.00	1:03.66	59.24	1:01.45	1:03.11	58.68	1:00.90	1:02.56
200m Free	2:10.59	2:15.43	2:19.06	2:09.38	2:14.22	2:17.85	2:08.18	2:13.01	2:16.64
400m Free	4:31.98	4:42.05	4:49.60	4:29.46	4:39.53	4:47.09	4:26.94	4:37.01	4:44.57
800m Free	9:21.20	9:41.99	9:57.57	9:16.00	9:36.79	9:52.38	9:10.81	9:31.59	9:47.18
1500m Free	17:47.04	18:26.56	18:56.20	17:37.16	18:16.68	18:46.32	17:27.28	18:06.80	18:36.44
100m Back	1:06.37	1:08.82	1:10.67	1:05.75	1:08.21	1:10.05	1:05.14	1:07.60	1:09.44
200m Back	2:23.08	2:28.38	2:32.35	2:21.75	2:27.05	2:31.03	2:20.43	2:25.73	2:29.70
100m Breast	1:14.00	1:16.74	1:18.80	1:13.32	1:16.06	1:18.11	1:12.63	1:15.37	1:17.43
200m Breast	2:40.30	2:46.24	2:50.69	2:38.82	2:44.76	2:49.21	2:37.34	2:43.27	2:47.73
100m Fly	1:04.54	1:06.93	1:08.72	1:03.94	1:06.33	1:08.13	1:03.35	1:05.74	1:07.53
200m Fly	2:23.48	2:28.79	2:32.78	2:22.15	2:27.46	2:31.45	2:20.82	2:26.14	2:30.12
200m IM	2:26.72	2:32.15	2:36.23	2:25.36	2:30.79	2:34.87	2:24.00	2:29.44	2:33.51
400m IM	5:10.02	5:21.51	5:30.12	5:07.15	5:18.64	5:27.25	5:04.28	5:15.77	5:24.38

16 Years

17-18 Years

Event	YDS	Bronze	JDS	YDS	Bronze
50m Free	26.80	27.82	28.58	26.54	27.56
100m Free	58.13	1:00.34	1:02.00	57.57	59.79
200m Free	2:06.97	2:11.80	2:15.43	2:05.76	2:10.59
400m Free	4:24.42	4:34.49	4:42.05	4:21.90	4:31.98
800m Free	9:05.61	9:26.40	9:41.99	9:00.42	9:21.20
1500m Free	17:17.40	17:56.92	18:26.56	17:07.52	17:47.04
100m Back	1:04.52	1:06.98	1:08.82	1:03.91	1:06.37
200m Back	2:19.10	2:24.40	2:28.38	2:17.78	2:23.08
100m Breast	1:11.95	1:14.69	1:16.74	1:11.26	1:14.00
200m Breast	2:35.85	2:41.79	2:46.24	2:34.37	2:40.30
100m Fly	1:02.75	1:05.14	1:06.93	1:02.15	1:04.54
200m Fly	2:19.49	2:24.81	2:28.79	2:18.16	2:23.48
200m IM	2:22.64	2:28.08	2:32.15	2:21.28	2:26.72
400m IM	5:01.41	5:12.90	5:21.51	4:58.54	5:10.02



SQ Squad Qualification Times (YDS, Bronze and JDS) are calculated from the 2019 World Junior Championships. The SQ Development squads for the 2022-23 season will recognise performances from 1 May 2021 – 22 May 2022.

SQUAD QUALIFICATION TIMES

MALE

13 Years

14 Years

15 Years

Event	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze	JDS
50m Free	25.99	26.90	27.82	25.08	25.99	26.68	24.40	25.31	25.99
100m Free	57.01	59.01	1:01.01	55.01	57.01	58.51	53.51	55.51	57.01
200m Free	2:04.54	2:08.91	2:13.28	2:00.18	2:04.54	2:07.82	1:56.90	2:01.27	2:04.54
400m Free	4:24.19	4:33.46	4:42.73	4:14.93	4:24.19	4:31.15	4:07.97	4:17.24	4:24.19
800m Free	9:06.89	9:26.08	9:45.27	8:47.70	9:06.89	9:21.28	8:33.31	8:52.50	9:06.89
1500m Free	17:30.35	18:07.20	18:44.06	16:53.50	17:30.35	17:57.99	16:25.86	17:02.71	17:30.35
100m Back	1:02.47	1:04.66	1:06.86	1:00.28	1:02.47	1:04.12	58.64	1:00.83	1:02.47
200m Back	2:16.88	2:21.68	2:26.49	2:12.08	2:16.88	2:20.48	2:08.47	2:13.28	2:16.88
100m Breast	1:09.73	1:12.18	1:14.63	1:07.29	1:09.73	1:11.57	1:05.45	1:07.90	1:09.73
200m Breast	2:33.10	2:38.47	2:43.85	2:27.73	2:33.10	2:37.13	2:23.70	2:29.07	2:33.10
100m Fly	1:00.16	1:02.27	1:04.38	58.05	1:00.16	1:01.74	56.46	58.57	1:00.16
200m Fly	2:15.85	2:20.62	2:25.39	2:11.09	2:15.85	2:19.43	2:07.51	2:12.28	2:15.85
200m IM	2:18.98	2:23.85	2:28.73	2:14.10	2:18.98	2:22.63	2:10.44	2:15.32	2:18.98
400m IM	4:57.06	5:07.48	5:17.91	4:46.64	4:57.06	5:04.88	4:38.82	4:49.24	4:57.06

16 Years

17-18 Years

Event	YDS	Bronze	JDS	YDS	Bronze
50m Free	24.17	25.08	25.76	23.94	24.85
100m Free	53.01	55.01	56.51	52.51	54.51
200m Free	1:55.80	2:00.18	2:03.45	1:54.71	1:59.08
400m Free	4:05.65	4:14.93	4:21.88	4:03.34	4:12.61
800m Free	8:28.51	8:47.70	9:02.09	8:23.72	8:42.91
1500m Free	16:16.64	16:53.50	17:21.14	16:07.43	16:44.28
100m Back	58.09	1:00.28	1:01.92	57.54	59.73
200m Back	2:07.27	2:12.08	2:15.68	2:06.07	2:10.88
100m Breast	1:04.84	1:07.29	1:09.12	1:04.23	1:06.68
200m Breast	2:22.36	2:27.73	2:31.76	2:21.02	2:26.39
100m Fly	55.94	58.05	59.63	55.41	57.52
200m Fly	2:06.32	2:11.09	2:14.66	2:05.13	2:09.90
200m IM	2:09.22	2:14.10	2:17.76	2:08.01	2:12.88
400m IM	4:36.21	4:46.64	4:54.46	4:33.61	4:44.03



SQ Squad Qualification Times (YDS, Bronze and JDS) are calculated from the 2019 World Junior Championships. The SQ Development squads for the 2022-23 season will recognise performances from 1 May 2021 – 22 May 2022.