24/25 Squad Qualifying Times

FEMALE		
Event	Gold	Silver
50m Free	25.67	26.16
100m Free	55.82	56.89
200m Free	2:01.15	2:03.48
400m Free	4:14.78	4:19.68
800m Free	8:42.29	8:52.33
1500m Free	16:40.43	16:59.67
100m Back	1:02.00	1:03.20
200m Back	2:14.93	2:17.52
100m Breast	1:08.96	1:10.29
200m Breast	2:29.93	2:32.81
100m Fly	59.46	1:00.60
200m Fly	2:12.83	2:15.38
200m IM	2:15.81	2:18.46
400m IM	4:50.64	4:56.23
	4.0%	6.0%

MALE			
Event	Gold	Silver *20&O*	Silver *U20*
50m Free	22.79	23.22	23.44
100m Free	49.98	50.94	51.42
200m Free	1:50.21	1:52.33	1:53.39
400m Free	3:54.45	3:58.96	4:01.21
800m Free	8:04.43	8:13.75	8:18.41
1500m Free	15:30.06	15:47.95	15:56.89
100m Back	55.34	56.40	56.93
200m Back	2:01.97	2:04.32	2:05.49
100m Breast	1:01.88	1:03.07	1:03.67
200m Breast	2:14.68	2:17.27	2:18.56
100m Fly	53.84	54.88	55.39
200m Fly	1:59.57	2:01.87	2:03.02
200m IM	2:01.92	2:04.26	2:05.44
400m IM	4:22.96	4:28.02	4:30.55
	4.0%	6.0%	7.0%

SQ Squad Qualification Times (Gold & Silver) are calculated from the 2023 World Championships. The SQ Development squads for the 24/25 season will recognise performances from 1 May 2023 – 20 April 2024. 12yr olds that swim as 13yr olds in the School Sport system and achieve a time are recognised. National Benchmark Team Members are not recognised in SQ squads.

24/25 Squad Qualifying Times

	FEMALE														
	13 Years			**14 Years**			**15 Years**			**16 Years**			**17-18 Years**	
	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze
50m Free	27.55	28.57	29.34	27.30	28.32	29.08	27.04	28.06	28.83	26.79	27.81	28.57	26.53	27.55
100m Free	60.03	1:02.25	1:03.92	59.47	1:01.69	1:03.36	58.91	1:01.14	1:02.81	58.36	1:00.58	1:02.25	57.80	60.03
200m Free	2:10.25	2:15.07	2:18.69	2:09.04	2:13.87	2:17.48	2:07.84	2:12.66	2:16.28	2:06.63	2:11.45	2:15.07	2:05.42	2:10.25
400m Free	4:33.10	4:43.21	4:50.80	4:30.57	4:40.69	4:48.27	4:28.04	4:38.16	4:45.74	4:25.51	4:35.63	4:43.21	4:22.98	4:33.10
800m Free	9:23.21	9:44.07	9:59.71	9:17.99	9:38.85	9:54.50	9:12.78	9:33.64	9:49.28	9:07.56	9:28.42	9:44.07	9:02.35	9:23.21
1500m Free	17:51.49	18:31.17	19:00.94	17:41.57	18:21.25	18:51.02	17:31.65	18:11.33	18:41.10	17:21.73	18:01.41	18:31.17	17:11.80	17:51.49
100m Back	1:06.63	1:09.09	1:10.94	1:06.01	1:08.48	1:10.33	1:05.39	1:07.86	1:09.71	1:04.77	1:07.24	1:09.09	1:04.16	1:06.63
200m Back	2:24.89	2:30.26	2:34.28	2:23.55	2:28.92	2:32.94	2:22.21	2:27.58	2:31.60	2:20.87	2:26.23	2:30.26	2:19.53	2:24.89
100m Breast	1:13.90	1:16.64	1:18.69	1:13.22	1:15.96	1:18.01	1:12.54	1:15.27	1:17.33	1:11.85	1:14.59	1:16.64	1:11.17	1:13.90
200m Breast	2:43.11	2:49.15	2:53.68	2:41.60	2:47.64	2:52.17	2:40.09	2:46.13	2:50.66	2:38.58	2:44.62	2:49.15	2:37.07	2:43.11
100m Fly	1:04.25	1:06.63	1:08.41	1:03.65	1:06.03	1:07.82	1:03.06	1:05.44	1:07.22	1:02.46	1:04.84	1:06.63	1:01.87	1:04.25
200m Fly	2:23.28	2:28.59	2:32.57	2:21.96	2:27.26	2:31.24	2:20.63	2:25.94	2:29.92	2:19.30	2:24.61	2:28.59	2:17.98	2:23.28
200m IM	2:22.65	2:27.93	2:31.89	2:21.33	2:26.61	2:30.57	2:20.00	2:25.29	2:29.25	2:18.68	2:23.97	2:27.93	2:17.36	2:22.65
400m IM	5:13.99	5:25.62	5:34.34	5:11.08	5:22.71	5:31.43	5:08.17	5:19.80	5:28.52	5:05.27	5:16.90	5:25.62	5:02.36	5:13.99

SQ Squad Qualification Times (YDS, Bronze and JDS) are calculated from the 2023 World Junior Championships. The SQ Development squads for the 24/25 season will recognise performances from 1 May 2023 – 20 April 2024. 12yr olds that swim as 13yr olds in the School Sport system and achieve a time are recognised. National Benchmark Team Members are not recognised in SQ squads.

24/25 Squad Qualifying Times

	13 Years			14 Years			15 Years			16 Years			17-18 Years	
MALE	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	Bronze
50m Free	26.04	26.95	27.86	25.12	26.04	26.72	24.44	25.35	26.04	24.21	25.12	25.81	23.98	24.90
100m Free	57.03	59.04	1:01.04	55.03	57.03	58.54	53.53	55.53	57.03	53.03	55.03	56.53	52.53	54.53
200m Free	2:05.53	2:09.93	2:14.33	2:01.12	2:05.53	2:08.83	1:57.82	2:02.22	2:05.53	1:56.72	2:01.12	2:04.42	1:55.62	2:00.02
400m Free	4:24.86	4:34.15	4:43.44	4:15.56	4:24.86	4:31.83	4:08.59	4:17.89	4:24.86	4:06.27	4:15.56	4:22.53	4:03.95	4:13.24
800m Free	9:10.61	9:29.93	9:49.25	8:51.29	9:10.61	9:25.10	8:36.80	8:56.12	9:10.61	8:31.97	8:51.29	9:05.78	8:27.14	8:46.46
1500m Free	17:35.40	18:12.43	18:49.46	16:58.37	17:35.40	18:03.17	16:30.60	17:07.63	17:35.40	16:21.34	16:58.37	17:26.14	16:12.08	16:49.11
100m Back	1:02.89	1:05.10	1:07.31	1:00.69	1:02.89	1:04.55	59.03	1:01.24	1:02.89	58.48	1:00.69	1:02.34	57.93	60.14
200m Back	2:19.42	2:24.31	2:29.21	2:14.53	2:19.42	2:23.09	2:10.86	2:15.75	2:19.42	2:09.64	2:14.53	2:18.20	2:08.41	2:13.31
100m Breast	1:10.96	1:13.45	1:15.95	1:08.48	1:10.96	1:12.83	1:06.61	1:09.10	1:10.96	1:05.99	1:08.48	1:10.34	1:05.36	1:07.85
200m Breast	2:35.54	2:41.00	2:46.46	2:30.08	2:35.54	2:39.63	2:25.99	2:31.45	2:35.54	2:24.63	2:30.08	2:34.18	2:23.26	2:28.72
100m Fly	1:01.12	1:03.26	1:05.40	58.97	1:01.12	1:02.72	57.36	59.51	1:01.12	56.83	58.97	60.58	56.29	58.43
200m Fly	2:16.63	2:21.42	2:26.22	2:11.84	2:16.63	2:20.22	2:08.24	2:13.03	2:16.63	2:07.04	2:11.84	2:15.43	2:05.84	2:10.64
200m IM	2:19.31	2:24.20	2:29.08	2:14.42	2:19.31	2:22.97	2:10.75	2:15.64	2:19.31	2:09.53	2:14.42	2:18.09	2:08.31	2:13.20
400m IM	5:01.37	5:11.94	5:22.52	4:50.80	5:01.37	5:09.30	4:42.87	4:53.44	5:01.37	4:40.22	4:50.80	4:58.73	4:37.58	4:48.15

SQ Squad Qualification Times (YDS, Bronze and JDS) are calculated from the 2023 World Junior Championships. The SQ Development squads for the 24/25 season will recognise performances from 1 May 2023 – 20 April 2024. 12yr olds that swim as 13yr olds in the School Sport system and achieve a time are recognised. National Benchmark Team Members are not recognised in SQ squads.

24/25 Squad Qualifying Times

MALE MULTI CLASS JDS - GOLD SQUADS

Age	JDS	BRONZE	YDS	SILVER	GOLD
12	180	230	280		
13	220	270	320	360	
14	260	330	390	440	
15	300	390	460	520	
16	340	450	530	600	
17		510	600	680	760
18		570	660	740	820
19&O			720	800	880

FEMALE MULTI CLASS JDS - GOLD SQUADS

Age	JDS	BRONZE	YDS	SILVER	GOLD
12	180	230	280		
13	220	270	320	360	
14	260	330	390	440	
15	300	390	460	520	
16	340	450	530	600	
17		510	600	680	760
18		570	660	740	820
19&O			720	800	880

24/25 SQ Multi Class Squad recognition for Gold, Silver, Youth Development, Bronze and Junior Development Squads will be determined using the National Multi Class Point Score (MCPS) system for performances between 1 May 2023 and 20 April 2024. Swimmers that swam School Sport as a 12yr olds that were regcognised as 13yr olds in the School Sport System will be recognised as 13yr olds in SQ squads. National Benchmark Team Members are not recognised in SQ Squads.