

# 2023-2024 SWA JUNIOR CHAMPIONSHIP LONG COURSE QUALIFYING TIMES

<b>Male</b>		<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>
<b>Freestyle</b>	50m	0:40.01	0:37.62	0:35.00	0:32.89	0:30.99
	100m	1:42.00	1:21.00	1:17.01	1:11.05	1:04.86
	200m	3:36.00	3:15.00	2:43.00	2:35.00	2:26.19
	400m			5:42.00	5:26.00	5:09.96
	800m			11:53.00	11:23.00	10:51.85
<b>Backstroke</b>	50m	0:45.27	0:41.89	0:39.62	0:36.28	0:35.09
	100m	1:47.00	1:35.60	1:24.20	1:17.62	1:14.13
	200m		3:24.00	3:15.50	3:00.27	2:49.14
<b>Breaststroke</b>	50m	0:50.01	0:46.39	0:43.51	0:40.11	0:39.27
	100m	2:04.00	1:38.00	1:34.80	1:28.00	1:24.56
	200m		3:55.00	3:44.75	3:26.50	3:11.32
<b>Butterfly</b>	50m	0:42.55	0:39.18	0:37.02	0:34.88	0:32.78
	100m	1:49.00	1:27.00	1:21.41	1:15.82	1:12.04
	200m			3:14.72	2:53.45	2:47.47
<b>Ind. Medley</b>	200m	4:10.54	3:46.00	3:07.08	2:55.00	2:50.62
	400m			6:36.00	6:22.44	6:08.89

<b>Female</b>		<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>
<b>Freestyle</b>	50m	0:41.51	0:38.14	0:35.47	0:34.02
	100m	1:43.00	1:22.00	1:17.62	1:13.02
	200m	3:36.00	3:15.00	2:43.00	2:40.00
	400m			5:42.00	5:34.00
	800m			11:53.00	11:31.00
<b>Backstroke</b>	50m	0:46.58	0:42.18	0:39.89	0:37.31
	100m	1:52.00	1:26.00	1:23.45	1:20.89
	200m		3:24.00	3:09.83	2:55.66
<b>Breaststroke</b>	50m	0:51.72	0:47.51	0:44.56	0:42.21
	100m	2:11.00	1:40.00	1:35.24	1:31.26
	200m		3:55.00	3:46.17	3:37.35
<b>Butterfly</b>	50m	0:44.04	0:40.02	0:37.93	0:35.69
	100m	1:53.00	1:28.00	1:23.07	1:18.01
	200m			3:17.33	2:58.66
<b>Ind. Medley</b>	200m	4:05.69	3:42.10	3:08.83	2:59.00
	400m			6:36.00	6:26.17