

SUNSHINE COAST SCHOOL SPORT

10-19 REGIONAL SWIMMING TRIAL

REGIONAL / STATE QUALIFYING TIMES 10-12 YEARS

- Students who wish to nominate for event/s not conducted at the district or regional trial must submit a paper nomination form.
The paper nomination must include an official print out from the "Swimming Australia – Results Central" database to verify the performance/s.
- All submitted times must have been swum between **01 July 2025 and 16 February 2026**.
- ONLY LONG COURSE TIMES WILL BE ACCEPTED.

EVENT	AGE	QUALIFYING TIME
★ 400m Individual Medley	10, 11 & 12 Years	6:28.00 (SQ)
★ 400m Freestyle	10, 11 & 12 Years	5:20.00 (SQ)
★ 200m Individual Medley	10 Years	3:28.00 (SQ)
★ 200m Individual Medley	11 Years	3:15.00 (SQ)
★ 200m Individual Medley	12 Years	3:01.00 (SQ)
★ 200m Freestyle	10, 11 & 12 Years	2:37.00 (SQ)
★ 200m Breaststroke	12 Years & Under	3:30.00 (SQ)
★ 200m Backstroke	12 Years & Under	2:55.00 (SQ)
★ 200m Butterfly	12 Years & Under	3:00.00 (SQ)
100m Freestyle	10 Years	1:28.00
	11 Years	1:23.00
	12 Years	1:18.00
100m Breaststroke	10 Years	1:55.00
	11 Years	1:50.00
	12 Years	1:40.00
100m Backstroke	10 Years	1:40.00
	11 Years	1:36.00
	12 Years	1:31.00
100m Butterfly	10 Years	1:44.00
	11 Years	1:37.00
	12 Years	1:30.00
50m Freestyle	10 Years	40.00
	11 years	38.00
	12 years	36.00
50m Breaststroke	10 years	51.50
	11 Years	49.00
	12 Years	45.50
50m Backstroke	10 Years	49.00
	11 Years	46.50
	12 Years	41.50
50m Butterfly	10 Years	46.50
	11 Years	44.00
	12 Years	41.00

★ These events WILL NOT be conducted at the regional trials in 2026.