

SUNSHINE COAST SCHOOL SPORT

10-19 REGIONAL SWIMMING TRIAL REGIONAL 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 2024 and 17 February 2025**.
- 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 | 3:35.00 |
| ★ 200m Individual Medley | 11 Years | 3:20.00 |
| ★ 200m Individual Medley | 12 Years | 3:05.00 |
| ★ 200m Freestyle | 10, 11 & 12 Years | 2:42.00 |
| ★ 200m Breaststroke | 12 Years & Under | 3:35.00 |
| ★ 200m Backstroke | 12 Years & Under | 3:00.00 |
| ★ 200m Butterfly | 12 Years & Under | 3:05.00 |
| 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 2025.