





(Based on a 25m pool)

Boys						(Based on a 25m pool	Girls					
11/12	13	14	15	16	17/OV		11/12	13	14	15	16	17/OV
00:31.5	00:295	00:27.7	00:27.1	00:26.3	00:25.4	50 Freestyle	00:31.9	00:30.3	00:29.3	00:29.1	00:29.0	00:28.6
01:10.4	01:05.2	01:01.4	00:58.8	00:58.3	00:55.6	100 Freestyle	01:10.2	01:06.2	01:04.0	01:03.1	01:02.5	01:01.1
02:31.2	02:21.5	02:13.4	02:08.3	02:07.8	02:02.1	200 Freestyle	02:31.4	02:22.9	02:18.1	02:16.6	02:15.2	02:12.4
05:18.5	05:00.0	04:43.0	04:32.8	04:32.7	04:20.1	400 Freestyle	05:17.3	04:59.6	04:51.1	04:47.1	04:46.1	04:36.7
						800 Freestyle *	11:00.3	10:22.7	10:00.4	09:52.2	09:51.1	09:39.5
20:57.1	19:49.1	19:11.4	18:31.2	18:21.1	17:28.6	1500 Freestyle *						
00:42.5	00:39.1	00:36.7	00:35.3	00:35.0	00:33.1	50 Breast	00:41.6	00:39.4	00:38.0	00:37.8	00:37.5	00:36.8
01:33.0	01:26.1	01:20.0	01:16.8	01:16.3	01:12.2	100 Breast	01:31.7	01:25.9	01:23.2	01:22.3	01:21.4	01:19.7
03:15.2	03:08.4	02:57.1	02:45.8	02:41.4	02:37.3	200 Breast	03:16.0	03:04.4	02:58.1	02:57.1	02:55.1	02:52.3
00:35.8	00:33.1	00:30.9	00:29.8	00:29.4	00:27.9	50 Fly	00:35.7	00:33.4	00:32.0	00:31.8	00:31.5	00:30.9
01:22.9	01:15.3	01:09.9	01:06.0	01:05.6	01:02.2	100 Fly	01:21.6	01:15.9	01:12.7	01:11.4	01:10.9	01:08.9
03:06.0	02:50.4	02:38.7	02:28.3	02:27.5	02:19.6	200 Fly	03.06.0	02:51.2	02:43.9	02:39.9	02:38.8	02:34.6
00:37.0	00:34.6	00:32.4	00:31.8	00:31.4	00:29.8	50 Back	00:37.2	00:34.8	00:33.9	00:33.5	00:33.1	00:32.6
01:20.9	01:14.7	01:10.4	01:07.5	01:06.8	01:03.6	100 Back	01:17.4	01:13.5	01:11.8	01:10.4	01:10.0	01:09.4
02:49.5	02:38.5	02:30.2	02:24.8	02:24.3	02:17.8	200 Back	02:48.4	02:39.5	02:35.2	02:33.3	02:32.1	02:29.3
02:53.7	02:41.9	02:32.4	02:27.1	02:26.9	02:16.4	200 IM	02:53.0	02:39.5	02:35.5	02:33.6	02:32.2	02:31.2
06:10.7	05:45.4	05:27.1	05:12.8	05:11.8	04:55.0	400 IM	06:07.7	05:44.4	05:34.6	05:32.3	05:30.6	05:27.6

Age as at 31st December 2018 – All times to be achieved in licensed meets L1, 2 or 3 between 1st September 2017 and the closing date of 11th April 2018.

*Boys 800 Freestyle and Girls 1500 Freestyle – 2 age groups 14/under and 15/over. Top 16 swimmers with 3 reserves in each age group/event will be invited to swim – taken from rankings from boys 1500 and girls 800 events as at 28th February 2018.