

Club Qualifying Times For Longer Distances

25m time needed to progress to 50m

Freestyle	28.00
Backstroke	30.00/33.00*
Breaststroke	30.00/33.00*
Butterfly	30.00/33.00*

*Under 33.00 may elect to swim 50m. Under 30.00 must swim 50m or NO points awarded.

50m time needed to progress to 100m

Freestyle	45.00
Backstroke	52.00
Breaststroke	1:00.00
Butterfly	50.00

100m time needed to progress to 200m

Freestyle	1:40.00
Backstroke	1:45.00
Breaststroke	1:55.00
Butterfly	1:40.00
Ind Medley	1:45.00

Distance Qualifying Time

400 Freestyle	200FS in 3:20.00
800 Freestyle	400FS in 6:30.00
1500 Freestyle	800FS in 12:00.00
400 Ind Medley	200IM in 3:45.00