School Sport South Coast

2026 REGIONAL TRIALS QUALIFYING STANDARDS (BOYS 10 - 19 YEARS)

V1

		10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17-19 Years	Multi-Class 13 – 15 & 16 – 19 Years
50 metres	**Freestyle**	40.50	38.50	35.50	31.50	30.00	29.00	28.50	28.50	No QT at Regionals
50 metres	Breaststroke	51.50	48.50	45.50	41.00	38.50	37.50	37.00	37.00	No QT at Regionals
50 metres	Backstroke	48.50	45.50	42.50	37.00	35.50	34.50	34.00	33.50	No QT at Regionals
50 metres	Butterflystroke	45.50	42.50	40.50	34.00	33.00	31.50	31.00	30.50	No QT at Regionals
100 metres	Freestyle	1:27.00	1:22.00	1:18.00	1:08.00	1:06.00	1:04.00	1:03.00	1:02.50	No QT at Regionals
100 metres	Breaststroke	1:54.00	1:48.00	1:39.00	1:31.00	1:29.00	1:27.00	1:25.00	1:23.00	No QT at Regionals
100 metres	Backstroke	1:39.00	1:35.00	1:31.00	1:20.00	1:18.00	1:16.00	1:15.00	1:11.00	No QT at Regionals
100 metres	Butterflystroke	1:43.00	1:36.00	1:29.00	1:18.00	1:16.00	1:14.00	1:12.00	1:08.00	No QT at Regionals
200 metres	Freestyle			2:39.00	2:25.00	2:23.00	2:20.00	2:17.00	2:15.00	No QT at Regionals
200 metres	Breaststroke			3:24.00	3:10.00	3:05.00	3:01.00	2:58.00	2:55.00	
200 metres	Backstroke			3:00.00	2:50.00	2:45.00	2:40.00	2:36.00	2:31.00	
200 metres	Butterflystroke			3:00.00	2:50.00	2:47.00	2:41.00	2:35.00	2:30.00	
200 metres	Individual Medley	3:33.00	3:18.00	3:05.00	2:45.00	2:43.00	2:40.00	2:37.00	2:35.00	Paper Nominations
400 metres	Freestyle			5:20.00	4:50.00	4:43.00	4:35.00	4:30.00	4:25.00	
400 metres	Individual Medley			6:28.00	5:50.00	5:42.20	5:22.60	5:22.00	5:20.00	
					13 – 19 Years					
800 metres	Freestyle				8:55.00					
1500 metres	Freestyle				17.45.00					

NOTES

* All students must be enrolled in an affiliated school, college, special school or school of distance education.
* Ages are calculated as year of birth eg a student in the 15 years events must be born in 2011
* 400m IM, 400m, 800m & 1500m Freestyle are straight State Qualifying Times, as they are paper nominations
* 200m IM for multi-class are paper nominations. State qualifying times apply
* There are no qualifying standards for relay events
* A 10 - 12 Years swimmer may compete in all individual & open events
* A 13 - 19 Years swimmer may compete in a maximum of nine (9) individual events

NOMINATIONS - Districts will be able to nominate:

50m, 100m & 200m Events

1. **Two (2) automatic** nominations per district
   (except Hinterland Green & Hinterland Gold who have **one (1) automatic** nomination each)
2. Additional students that meet the **stated qualifying times** (above)
   There is a maximum up to a max. of 6 swimmers from points 1 & 2 above
3. Any subsequent swimmers in a particular event, may also be nominated if the time swum is faster than the time listed (see below) in **Extra Swimmer Qualifying Time**
   For 13 - 19 Year olds - Extra Swimmer Qualifying Time (13 - 19 Years)
   For 10 - 12 Year olds - **Tier 3** - Extra Swimmer Qualifying Time (10 - 12 Years)

400m IM, 400m, 800m & 1500m Freestyle Events

Paper nominations only .- All students must meet stated qualifying times

2026 EXTRA QUALIFYING STANDARDS

NB. Times are based on Queensland (10 - 12 Years) & (13 - 19 Years) Schools Swimming Qualifying

13 - 19 YEARS BOYS

BOYS EVENTS	Stroke	13 Years	14 Years	15 Years	16 Years	17-19 Years
50 metres	Freestyle	28.40	27.00	26.10	25.70	25.30
50 metres	Breaststroke	38.00	36.50	34.40	33.90	33.50
50 metres	Backstroke	34.10	32.40	31.10	30.70	30.40
50 metres	Butterfly	31.60	29.70	28.80	28.10	27.70
100 metres	Freestyle	1:02.40	59.50	58.20	56.80	55.50
100 metres	Breaststroke	1:24.70	1:20.00	1:16.40	1:15.60	1:14.50
100 metres	Backstroke	1:13.90	1:10.10	1:07.70	1:06.00	1:05.50
100 metres	Butterfly	1:12.80	1:08.00	1:05.10	1:03.40	1:03.30
200 metres	Freestyle	2:20.00	2:12.60	2:07.70	2:06.40	2:06.00
200 metres	Breaststroke	3:05.00	3:00.00	2:54.00	2:53.00	2:50.00
200 metres	Backstroke	2:45.00	2:34.60	2:31.50	2:29.60	2:26.00
200 metres	Butterfly	2:45.00	2:42.00	2:36.00	2:30.00	2:25.00
200 metres	Individual Medley	2:40.00	2:33.80	2:29.30	2:26.40	2:25.00
400 metres	Freestyle	4:50.00	4:43.00	4:35.00	4:30.00	4:25.00
400 metres	Individual Medley	5:50.00	5:42.20	5:22.60	5:22.00	5:20.00
		13 – 19 Years				
800 metres	Freestyle	8:55.00				
1500 metres	Freestyle	17:45.00				

10 - 12 YEARS BOYS

		TIER 1	TIER 2				TIER 3		
BOYS EVENTS	**Stroke**	**Automatic**	**10 Years T2**	**11 Years T2**	**12 Years T2**		**10 Years T3**	**11 Years T3**	**12 Years T3**
50 metres	Freestyle	2	39.50	37.50	35.00		34.50	32.50	30.50
50 metres	Breaststroke	2	51.00	48.00	44.50		47.50	44.00	41.00
50 metres	Backstroke	2	47.00	44.50	41.00		42.00	38.00	36.00
50 metres	Butterfly	2	45.50	42.50	39.50		39.75	36.50	33.50
100 metres	Freestyle	2	1.25.00	1.20.00	1.16.00		1.18.00	1.11.00	1.07.50
100 metres	Breaststroke	2	1.51.00	1.46.00	1.37.00		1.45.00	1.38.00	1.30.50
100 metres	Backstroke	2	1.36.00	1.32.00	1:28.00		1.31.00	1.26.00	1.20.00
100 metres	Butterfly	2	1.41.00	1.34.00	1.27.00		1.39.00	1.27.00	1.20.00
200 metres	Freestyle	2			2.37.00				2.28.00
200 metres	Breaststroke	2			3.30.00				No extra swimmers
200 metres	Backstroke	2			2.55.00				No extra swimmers
200 metres	Butterfly	2			3.00.00				No extra swimmers
200 metres	Individual Medley	2	03:28.0	3.15.00	3.01.00		3.18.00	3.01.00	2.51.00
400 metres	Freestyle	2			5:20.00				No extra swimmers
400 metres	Individual Medley	2			6.28.00				No extra swimmers
800 m	Freestyle	2							
1500 m	Freestyle	2							

At the QRSS 10 - 12 Years State Swimming Championships South Coast region may nominate the following:

TIER 1	In all 50m, 100m and 200m events, up to a maximum of 2 'automatic' nominations will be accepted.
TIER 2	a) In all 50m, 100m and 200m freestyle events a further 3 nominations making a maximum of 5 swimmers per event who must all equal or be faster than the Qualifying Time. b) In all 200m form strokes and 400m events, a maximum of 2 swimmer who must both equal or be faster than the Qualifying Time.
TIER 3	A region will be allowed to exceed the number of nominations in Tier 2 (a) above provided that all competitors nominated for that event have swum a time which would have equalled or faster than the EXTRA qualifying time at their respective regional trials or If the region uses paper nominations then the time must have been swum at a recognised Swimming Queensland or Swimming Australia event on or after 1 July, the previous year.