| School Sport South Coast |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2024 REGIONAL TRIALS QUALIFYING STANDARDS (BOYS 10-19 YEARS) |  |  |  |  |  |  |  |  |  |  |
|  |  | 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 |  |  |  |

$\frac{\text { NOTES }}{* \text { All }}$
*Ages arents 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 2009
* 200 m IM for $\mathrm{m}, 800 \mathrm{~m}$ \& 1500 m Freestyle are straight State Qualifying Times, as they are paper nominations
* There are no qualifying standards for relay events
*A 10-12 Years swimmer may compete in all individual \& open events
A13-19 Years swimmer may compete in a maximum of nine (9) individual events
NOMINATIONS - Districts will be able to nominate:
$\begin{aligned} & 50 \mathrm{~m}, 100 \mathrm{~m} \text { \& } 200 \mathrm{~m} \text { Events }\end{aligned}$
$\frac{50 \mathrm{~m}, 100 \mathrm{~m} \& 200 \mathrm{~m} \text { Events }}{1 . \mathrm{T}}$
(except Hinterland Green \& Hinter district

2. Additional students that meet the stated qualifying times (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)

## $400 \mathrm{~m} \mathrm{IM}, 400 \mathrm{~m}, 800 \mathrm{~m}$ \& 1500 m Freestyle Events

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

2024 EXTRA QUALIFYING STANDARDS
NB. Times are based on Queensland (10-12 Years) \& ( $\mathbf{1 3}-19$ 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 | 25.3 |
| 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 72 | 11 Years T2 | 12 Years T2 | 10 Years 73 | 11 Years T3 | 12 Years 73 |
| 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 |  |  | $\begin{aligned} & \text { No extra } \\ & \text { swimmers } \end{aligned}$ |
| 800 m | Freestyle | 2 |  |  |  |  |  |  |
| 1500 m | Freestyle | 2 |  |  |  |  |  |  |


| TIER 1 | In all $50 \mathrm{~m}, 100 \mathrm{~m}$ and 200 m events, up to a maximum of 2 'automatic' nominations will be accepted. |
| :---: | :---: |
| TIER 2 | a) In all $50 \mathrm{~m}, 100 \mathrm{~m}$ and 200 m freestyle events a further 3 nominations $m$ aking a maximum of 5 swimmers per event who must all equal or be faster than the Qualifying Time. <br> b) In all 200 m torm strokes and 400 m events, a maxımum 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 atime 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. |

