

| School Sport South Coast | | | | | | | | | | | |
|---|-------------------|----------|----------|----------|----------------------|----------|----------|----------|---------------|--|--|
| 2024 REGIONAL TRIALS QUALIFYING STANDARDS (GIRLS 10 - 19 YEARS) | | | | | | | | | | | |
| V1 | | | | | | | | | | | |
| GIRLS EVENTS | Stroke | 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 | 33.00 | 32.00 | 31.50 | 31.00 | 31.00 | No QT at Regionals | |
| 50 metres | Breaststroke | 51.50 | 48.50 | 45.50 | 41.50 | 40.50 | 40.00 | 39.50 | 39.00 | No QT at Regionals | |
| 50 metres | Backstroke | 48.50 | 45.50 | 42.50 | 37.50 | 37.00 | 36.50 | 36.00 | 36.00 | No QT at Regionals | |
| 50 metres | Butterflystroke | 45.50 | 42.50 | 40.50 | 35.00 | 34.50 | 34.00 | 33.50 | 33.00 | No QT at Regionals | |
| 100 metres | Freestyle | 1:27.00 | 1:22.00 | 1:18.00 | 1:12.00 | 1:10.00 | 1:08.00 | 1:07.00 | 1:07.00 | No QT at Regionals | |
| 100 metres | Breaststroke | 1:54.00 | 1:48.00 | 1:39.00 | 1:33.00 | 1:32.00 | 1:31.00 | 1:29.00 | 1:26.00 | No QT at Regionals | |
| 100 metres | Backstroke | 1:39.00 | 1:35.00 | 1:31.00 | 1:23.00 | 1:21.00 | 1:20.00 | 1:18.00 | 1:17.00 | No QT at Regionals | |
| 100 metres | Butterflystroke | 1:43.00 | 1:36.00 | 1:29.00 | 1:21.00 | 1:19.00 | 1:17.00 | 1:16.00 | 1:15.00 | No QT at Regionals | |
| 200 metres | Freestyle | | | 2:39.00 | 2:33.00 | 2:29.00 | 2:27.00 | 2:25.00 | 2:25.00 | No QT at Regionals | |
| 200 metres | Breaststroke | | | 3:24.00 | 3:15.00 | 3:10.00 | 3:08.00 | 3:07.00 | 3:05.00 | | |
| 200 metres | Backstroke | | | 3:00.00 | 2:55.00 | 2:51.00 | 2:47.00 | 2:43.00 | 2:41.00 | | |
| 200 metres | Butterflystroke | | | 3:00.00 | 2:55.00 | 2:51.00 | 2:49.00 | 2:47.00 | 2:43.00 | | |
| 200 metres | Individual Medley | 3:33.00 | 3:18.00 | 3:05.00 | 2:53.00 | 2:50.00 | 2:45.00 | 2:43.00 | 2:43.00 | Paper Nominations | |
| 400 metres | Freestyle | | | 5:20.00 | 5:00.00 | 4:50.00 | 4:45.00 | 4:43.00 | 4:41.00 | | |
| 400 metres | Individual Medley | | | 6:28.00 | 6:00.00 | 5:47.20 | 5:40.00 | 5:40.00 | 5:32.90 | | |
| | | | | | 13 - 19 Years | | | | | | |
| 800 metres | Freestyle | | | | | | 9:30.00 | | | | |
| 1500 metres | Freestyle | | | | | | 18:55.0 | | | | |

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 2009
- * 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

- Two (2) automatic nominations per district (except Hinterland Green & Hinterland Gold who have one (1) automatic nomination each)
- 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.
- 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
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

| 2024 EXTRA QUALIFYING STANDARDS | | | | | | | |
|---|-------------------|----------|----------|----------------------|----------|---------------|--|
| NB. Times are based on Queensland (10 - 12 Years) & (13 - 19 Years) Schools Swimming Qualifying | | | | | | | |
| 13 - 19 YEARS GIRLS | | | | | | | |
| GIRLS EVENTS | Stroke | 13 Years | 14 Years | 15 Years | 16 Years | 17 - 19 Years | |
| 50 metres | Freestyle | 29.20 | 28.60 | 28.30 | 28.20 | 28.20 | |
| 50 metres | Breaststroke | 38.40 | 38.20 | 37.80 | 37.40 | 37.40 | |
| 50 metres | Backstroke | 34.30 | 33.50 | 33.20 | 33.00 | 33.00 | |
| 50 metres | Butterfly | 31.80 | 31.00 | 30.70 | 30.50 | 30.50 | |
| 100 metres | Freestyle | 1:04.40 | 1:03.00 | 1:02.50 | 1:02.00 | 1:02.00 | |
| 100 metres | Breaststroke | 1:24.20 | 1:24.00 | 1:23.50 | 1:23.00 | 1:22.70 | |
| 100 metres | Backstroke | 1:14.00 | 1:13.00 | 1:12.00 | 1:11.50 | 1:11.00 | |
| 100 metres | Butterfly | 1:12.00 | 1:09.40 | 1:08.70 | 1:08.30 | 1:08.00 | |
| 200 metres | Freestyle | 2:21.00 | 2:18.00 | 2:17.00 | 2:16.20 | 2:15.00 | |
| 200 metres | Breaststroke | 3:05.90 | 3:04.40 | 3:02.00 | 2:58.00 | 2:58.00 | |
| 200 metres | Backstroke | 2:42.70 | 2:37.70 | 2:36.00 | 2:35.40 | 2:35.40 | |
| 200 metres | Butterfly | 2:50.00 | 2:46.00 | 2:44.00 | 2:42.00 | 2:37.40 | |
| 200 metres | Individual Medley | 2:41.30 | 2:39.00 | 2:36.00 | 2:35.00 | 2:35.00 | |
| 400 metres | Freestyle | 5:00.00 | 4:50.00 | 4:45.00 | 4:43.00 | 4:41.00 | |
| 400 metres | Individual Medley | 6:00.00 | 5:47.20 | 5:40.00 | 5:40.00 | 5:32.90 | |
| | | | | 13 - 19 Years | | | |
| 800 metres | Freestyle | | | | 9:30.00 | | |
| 1500 metres | Freestyle | | | | 18:55.00 | | |

| 10 - 12 YEARS GIRLS | | | | | | | | |
|---------------------|-------------------|-----------|-------------|-------------|-------------|-------------|-------------|-------------------|
| GIRLS EVENTS | Stroke | TIER 1 | TIER 2 | | | TIER 3 | | |
| | | 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 | 35.00 | 32.50 | 31.00 |
| 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 | 42.50 | 38.50 | 36.50 |
| 50 metres | Butterfly | 2 | 45.50 | 42.50 | 39.50 | 41.00 | 36.50 | 34.00 |
| 100 metres | Freestyle | 2 | 1:25.00 | 1:20.00 | 1:16.00 | 1:19.00 | 1:11.00 | 1:08.00 |
| 100 metres | Breaststroke | 2 | 1:51.00 | 1:46.00 | 1:37.00 | 1:45.00 | 1:38.00 | 1:31.00 |
| 100 metres | Backstroke | 2 | 1:36.00 | 1:32.00 | 1:28.00 | 1:32.00 | 1:26.00 | 1:20.00 |
| 100 metres | Butterfly | 2 | 1:41.00 | 1:34.00 | 1:28.00 | 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 | 3:28.00 | 3:15.00 | 3:01.00 | 3:18.00 | 3:04.00 | 2:53.00 |
| 400 metres | Freestyle | 2 | | | 5:20.00 | | | No extra swimmers |
| 400 metres | Individual Medley | 2 | | | 6:28.00 | | | No extra swimmers |
| 800 metres | Freestyle | 2 | | | | | | |
| 1500 metres | 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. |