



SOUTH ISLAND SHORT COURSE CHAMPIONSHIPS

MALE				FEMALE		
12-14	15-16	17 & over	FREESTYLE	12-14	15-16	17 & over
35.77	33.66	32.55	50	37.44	37.09	36.41
1:12.02	1:07.55	1:04.62	100	1:16.25	1:15.52	1:14.68
2:24.40	2:16.94	2:08.88	200	2:32.07	2:30.06	2:25.67
4:48.79	4:37.40	4:24.06	400	5:06.27	4:59.06	4:54.66
9:59.75	9:40.49	9:32.43	800	10:35.43	09:51.70	9:35.17
17:52.73	17:26.64	17:13.46	1500	21:37.16	21:09.18	20:38.47
			BACKSTROKE			
40.68	37.16	35.99	50	42.56	42.23	41.99
1:20.72	1:17.94	1:12.75	100	1:24.49	1:22.54	1:21.41
2:39.42	2:34.31	2:26.69	200	2:43.93	2:40.79	2:38.58
			BREASTSTROKE			
44.51	41.88	40.56	50	47.35	46.77	45.07
1:29.95	1:23.47	1:20.91	100	1:35.73	1:32.99	1:30.78
3:00.44	2:48.58	2:39.71	200	3:07.24	3:04.81	2:54.96
			BUTTERFLY			
39.39	36.15	34.68	50	40.80	40.02	39.89
1:20.54	1:14.10	1:10.99	100	1:23.31	1:22.68	1:21.26
2:43.91	2:32.96	2:28.79	200	2:53.26	2:50.71	2:44.92
			MEDLEY			
1:15.10	1:11.28	1:08.89	100	1:21.28	1:20.85	1:19.21
2:43.27	2:30.05	2:26.30	200	2:53.05	2:46.51	2:43.56
5:31.82	5:22.94	5:08.83	400	5:49.03	5:36.76	5:33.04

PARA ATHLETES DO NOT NEED TO MEET QUALIFYING TIMES BUT MUST HAVE A VALID ENTRY TIME

Qualifying Period: 1 January 2022 to 20 June 2023

Entry times must have been obtained at a Designated or Development meet and be available within the Swimming NZ Results Database, during the qualifying period.