



Cut off Times – Long Course (Swimmers must be slower than these times)

Event		MALE/OPEN						FEMALES					
		9	10	11	12	13	14+	9	10	11	12	13	14+
Freestyle 50m	Cut off	35.00	33.50	32.00	29.00	27.00	24.00	36.00	34.00	33.00	30.00	29.00	28.00
Freestyle 100m	Cut off	1.13.00	1.10.00	1.07.00	1.03.00	59.00	53.00	1.15.00	1.11.00	1.08.00	1.05.00	1.03.00	59.00
Freestyle 200m	Cut off	2.40.00	2.32.00	2.24.00	2.16.00	2.06.00	1.59.00	2.44.00	2.33.00	2.24.00	2.18.00	2.14.00	2.10.00
Freestyle 400m	Cut off	5.30.00	5.12.00	4.58.00	4.42.00	4.30.00	4.20.00	5.40.00	5.18.00	5:00.00	4.48.00	4.40.00	4.32.00
Breaststroke 50m	Cut off	43.00	40.00	38.00	36.00	34.00	32.00	44.00	42.00	40.00	38.00	37.00	34.00
Breaststroke 100m	Cut off	1.29.50	1.25.50	1.21.50	1.17.50	1.12.00	1.04.00	1.34.00	1.29.00	1.25.00	1.21.00	1.18.00	1.14.00
Breaststroke 200m	Cut off	3.08.50	3.00.50	2.52.50	2.46.50	2.38.50	2.23.50	3.12.00	3.08.00	2.59.00	2.53.00	2.48.00	2.40.00
Butterfly 50m	Cut off	37.50	35.50	33.50	31.50	29.50	26.00	38.50	36.00	34.00	32.00	31.50	28.00
Butterfly 100m	Cut off	1.23.00	1.19.00	1.15.00	1.11.00	1.06.00	58.00	1.23.00	1.20.00	1.16.00	1.12.00	1.09.00	1.04.00
Butterfly 200m	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.26.00	2.18.00	2.58.00	2.50.00	2.42.00	2.37.00	2.32.00	2.27.00
Backstroke 50m	Cut off	40.50	38.50	36.50	34.50	31.50	29.00	41.00	39.00	37.00	35.00	34.00	32.00
Backstroke 100m	Cut off	1.24.00	1.20.00	1.16.00	1.12.00	1.05.00	1.04.00	1.25.00	1.21.00	1.19.00	1.15.00	1.11.00	1.08.00
Backstroke 200m	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.20.00	2.18.00	2.58.00	2.50.00	2.44.00	2.38.00	2.30.00	2.26.00
Ind Medley 200m	Cut off	2.58.00	2.50.00	2.42.00	2.34.00	2.20.00	2.14.00	2.58.00	2.50.00	2.44.00	2.40.00	2.34.00	2.28.00
Ind Medley 400m	Cut off		6.00.00	5.44.00	5.26.00	5.10.00	4.5.00		6.00.00	5.48.00	5.40.00	5.28.00	5.16.00