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| SHORT COURSE UPPER CUT OFF TIMES  |
| MALE |
| AGE | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16yrs+ |
| 50m |  |  |  |  |  |  |  |  |
| Freestyle | 34.90 | 32.40 | 30.80 | 29.10 | 27.70 | 26.60 | 25.80 | 25.30 |
| 100m |  |  |  |  |  |  |  |  |
| Freestyle | 1:18.90 | 1:10.60 | 1:06.60 | 1:02.50 | 59.20 | 57.00 | 55.60 | 54.40 |
| 200m |  |  |  |  |  |  |  |  |
| Freestyle | 2:47.90 | 2:32.30 | 2:24.00 | 2:15.60 | 2:08.70 | 2:03.80 | 2:00.80 | 1:58.30 |
| 400m |  |  |  |  |  |  |  |  |
| Freestyle | 6:06.00 | 5:20.50 | 5:00.40 | 4:44.00 | 4:30.90 | 4:21.90 | 4:15.20 | 4:10.50 |
|  |  |  |  |  |  |  |  |  |
| 50m |  |  |  |  |  |  |  |  |
| Breaststroke | 46.00 | 42.50 | 40.00 | 37.50 | 35.10 | 33.70 | 32.60 | 31.70 |
| 100m |  |  |  |  |  |  |  |  |
| Breaststroke | 1:44.00 | 1:32.80 | 1:26.00 | 1:20.50 | 1:15.30 | 1:12.20 | 1:09.80 | 1:08.20 |
| 200m |  |  |  |  |  |  |  |  |
| Breaststroke | 3:35.40 | 3:18.10 | 3:04.70 | 2:53.60 | 2:43.20 | 2:36.10 | 2:31.50 | 2:28.70 |
|  |  |  |  |  |  |  |  |  |
| 50m |  |  |  |  |  |  |  |  |
| Butterfly | 39.70 | 36.40 | 34.10 | 32.30 | 30.50 | 29.20 | 28.10 | 27.60 |
| 100m |  |  |  |  |  |  |  |  |
| Butterfly | 1:36.60 | 1:22.60 | 1:15.40 | 1:10.40 | 1:06.20 | 1:03.20 | 1:00.90 | 1:00.00 |
| 200m |  |  |  |  |  |  |  |  |
| Butterfly | 3:30.10 | 3:00.80 | 2:44.70 | 2:35.10 | 2:26.30 | 2:19.90 | 2:13.80 | 2:12.10 |
|  |  |  |  |  |  |  |  |  |
| 50m |  |  |  |  |  |  |  |  |
| Backstroke | 40.60 | 37.40 | 35.50 | 33.60 | 31.60 | 30.50 | 29.40 | 28.50 |
| 100m |  |  |  |  |  |  |  |  |
| Backstroke | 1:29.60 | 1:21.40 | 1:15.30 | 1:10.90 | 1:06.70 | 1:03.80 | 1:01.70 | 1:00.50 |
| 200m |  |  |  |  |  |  |  |  |
| Backstroke | 3:06.50 | 2:50.80 | 2:40.10 | 2:31.20 | 2:22.90 | 2:16.90 | 2:16.10 | 2:13.70 |
|  |  |  |  |  |  |  |  |  |
| 100m |  |  |  |  |  |  |  |  |
| I/M | 1:29.50 | 1:22.40 | 1:18.20 | 1:13.90 |  |
| 200m |  |  |  |  |  |  |  |  |
| I/M | 3:10.80 | 2:54.90 | 2:43.40 | 2:34.20 | 2:26.60 | 2:19.90 | 2:16.10 | 2:13.70 |
| 400m |  |  |  |  |  |  |  |  |
| I/M |  | 5:09.60 | 4:56.40 | 4:47.50 | 4:42.80 |

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| FEMALE |
| AGE | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16yrs+ |
| 50m |  |  |  |  |  |  |  |  |
| Freestyle | 35.30 | 32.80 | 31.30 | 29.90 | 29.00 | 28.50 | 28.10 | 27.90 |
| 100m |  |  |  |  |  |  |  |  |
| Freestyle | 1:20.00 | 1:12.10 | 1:07.20 | 1:03.70 | 1:02.00 | 1:00.90 | 1:00.20 | 59.50 |
| 200m |  |  |  |  |  |  |  |  |
| Freestyle | 2:49.70 | 2:33.10 | 2:24.50 | 2:16.90 | 2:12.90 | 2:10.90 | 2:09.90 | 2:08.00 |
| 400m |  |  |  |  |  |  |  |  |
| Freestyle | 6:12.50 | 5:24.90 | 5:00.10 | 4:44.60 | 4:37.20 | 4:33.10 | 4:29.30 | 4:26.80 |
|  |  |  |  |  |  |  |  |  |
| 50m |  |  |  |  |  |  |  |  |
| Breaststroke | 46.80 | 42.70 | 40.10 | 38.00 | 36.60 | 35.80 | 35.20 | 35.00 |
| 100m |  |  |  |  |  |  |  |  |
| Breaststroke | 1:44.30 | 1:33.30 | 1:25.90 | 1:21.30 | 1:18.10 | 1:15.80 | 1:15.10 | 1:14.80 |
| 200m |  |  |  |  |  |  |  |  |
| Breaststroke | 3:37.50 | 3:18.30 | 3:04.40 | 2:54.30 | 2:47.30 | 2:43.70 | 2:41.40 | 2:40.60 |
|  |  |  |  |  |  |  |  |  |
| 50m |  |  |  |  |  |  |  |  |
| Butterfly | 40.20 | 36.30 | 34.50 | 32.70 | 31.70 | 31.00 | 30.40 | 30.30 |
| 100m |  |  |  |  |  |  |  |  |
| Butterfly | 1:37.60 | 1:22.50 | 1:15.70 | 1:11.00 | 1:08.80 | 1:07.00 | 1:06.40 | 1:06.00 |
| 200m |  |  |  |  |  |  |  |  |
| Butterfly | 3:33.10 | 3:03.10 | 2:46.50 | 2:35.80 | 2:30.20 | 2:26.40 | 2:23.90 | 2:23.10 |
|  |  |  |  |  |  |  |  |  |
| 50m |  |  |  |  |  |  |  |  |
| Backstroke | 40.70 | 37.40 | 35.50 | 33.90 | 32.80 | 32.10 | 31.80 | 31.40 |
| 100m |  |  |  |  |  |  |  |  |
| Backstroke | 1:31.10 | 1:21.40 | 1:15.40 | 1:11.20 | 1:08.80 | 1:07.60 | 1:06.40 | 1:06.10 |
| 200m |  |  |  |  |  |  |  |  |
| Backstroke | 3:08.40 | 2:54.80 | 2:43.20 | 2:31.30 | 2:27.30 | 2:24.60 | 2:22.00 | 2:20.80 |
|  |  |  |  |  |  |  |  |  |
| 100m |  |  |  |  |  |  |  |  |
| I/M | 1:30.70 | 1:20.80 | 1:18.00 | 1:14.30 |  |
| 200m |  |  |  |  |  |  |  |  |
| I/M | 3:12.50 | 2:54.80 | 2:43.20 | 2:34.70 | 2:30.70 | 2:27.70 | 2:25.80 | 2:24.90 |
| 400m |  |  |  |  |  |  |  |  |
| I/M |  | 5:15.30 | 5:09.70 | 5:06.00 | 5:03.40 |