

Boys Cut Off Times							Short Course Times	Girls Cut Off Times						
9	10	11	12	13	14	15/OV	Event	9	10	11	12	13	14	15/OV
34.43	32.97	31.50	30.04	28.40	27.03	25.66	50m Free	32.24	31.48	30.71	29.95	29.23	27.95	27.66
1:16.37	1:12.89	1:09.43	1:05.95	1:02.44	58.99	55.53	100m Free	1:10.46	1:08.63	1:06.80	1:04.97	1:02.81	1:00.37	59.48
2:42.99	2:36.04	2:29.07	2:22.12	2:15.64	2:08.44	2:01.25	200m Free	2:31.22	2:27.54	2:23.88	2:20.20	2:15.23	2:10.96	2:09.18
5:34.85	5:22.23	5:09.62	4:57.01	4:45.64	4:32.40	4:19.17	400m Free	5:14.46	5:06.93	4:59.39	4:51.86	4:42.60	4:36.93	4:29.26
46.60	44.41	42.23	40.04	37.56	35.53	33.49	50m Brst	42.17	41.21	40.26	39.30	37.32	36.88	36.43
1:42.90	1:37.92	1:32.93	1:27.94	1:21.86	1:17.43	1:12.98	100m Brst	1:32.21	1:29.90	1:27.58	1:25.27	1:20.05	1:19.64	1:18.34
3:33.49	3:24.16	3:14.84	3:05.51	2:59.03	2:48.27	2:37.52	200m Brst	3:14.19	3:09.92	3:05.65	3:01.38	2:53.72	2:49.99	2:48.58
39.97	38.07	36.17	34.27	31.99	30.28	28.57	50m Fly	36.88	35.84	34.80	33.76	32.23	30.83	30.65
1:35.66	1:30.28	1:24.90	1:19.51	1:12.99	1:08.17	1:03.36	100m Fly	1:25.61	1:22.74	1:19.85	1:16.97	1:13.14	1:10.01	1:08.32
3:37.54	3:25.43	3:13.32	3:01.20	2:52.26	2:38.56	2:24.87	200m Fly	3:18.04	3:11.23	3:04.40	2:57.59	2:54.42	2:41.14	2:37.15
39.45	37.84	36.21	34.60	33.03	31.39	29.74	50m Back	36.85	36.00	35.15	34.30	33.10	32.26	31.74
1:25.71	1:22.11	1:18.50	1:14.90	1:10.98	1:07.54	1:04.09	100m Back	1:19.13	1:17.15	1:15.18	1:13.21	1:10.23	1:08.18	1:07.29
2:56.94	2:50.28	2:43.61	2:36.95	2:31.91	2:24.44	2:16.96	200m Back	2:44.60	2:41.40	2:38.20	2:35.01	2:31.22	2:28.66	2:25.43
1:30.96	1:28.02	1:18.54	1:09.72	1:02.79	0:57.98	0:57.67	100m IM	1:25.16	1:22.21	1:13.70	1:07.42	1:03.15	1:01.04	1:00.71
3:07.18	2:59.10	2:51.03	2:42.95	2:33.87	2:26.30	2:18.73	200m IM	2:49.60	2:45.77	2:41.94	2:38.10	2:34.95	2:28.68	2:26.59
6:32.55	6:16.67	6:00.77	5:44.89	5:29.07	5:13.15	4:57.23	400m IM	5:59.96	5:52.92	5:45.90	5:38.87	5:29.36	5:19.85	5:17.77

You must be SLOWER than the above times to enter. Age as at 16<sup>th</sup> December 2018