

As at September 2018

SWIMMING NORTH QUEENSLAND INC.

"A" Grade *LONG COURSE* Times

****Please Note: Swimmer must break these times to be "A" Grade****

Age & Gender	50 Free	50 Back	50 Breast	50 Fly	100 Free	100 Back	100 Breast	100 Fly	200 IM	200 Free	200 Back	200Breast	200 Fly	400 Free	400 IM	800 Free	1500 Free
Girls 8yr	0:45.00	0:56.00	1:00.00	0:55.00													
Boys 8yr	0:45.00	0:56.00	1:00.00	0:55.00													
Girls 9yr	0:43.00	0:52.00	0:57.00	0:51.00	1:37.00	1:51.00	2:06.00	1:53.00	3:50.00								
Boys 9yr	0:43.00	0:52.00	0:57.00	0:51.00	1:37.00	1:51.00	2:06.00	1:53.00	3:50.00								
Girls 10yr	0:41.00	0:50.00	0:55.00	0:48.00	1:33.00	1:45.00	1:58.00	1:49.00	3:40.00	3:00.00							
Boys 10yr	0:41.00	0:50.00	0:55.00	0:48.00	1:33.00	1:45.00	1:58.00	1:49.00	3:40.00	3:00.00							
Girls 11yr	0:39.00	0:48.00	0:53.00	0:44.50	1:24.00	1:37.00	1:52.00	1:43.00	3:32.00	2:59.00	3:26.00	3:55.00	3:27.00	6:20.00	7:32.00	12:52.00	24:36.00
Boys 11yr	0:39.00	0:48.00	0:53.00	0:44.50	1:24.00	1:37.00	1:52.00	1:43.00	3:30.00	2:54.00	3:27.00	3:47.00	3:25.00	6:11.00	7:29.00	12:34.00	24:05.00
Girls 12yr	0:36.50	0:44.50	0:50.00	0:42.00	1:19.00	1:32.00	1:45.00	1:30.00	3:22.00	2:51.00	3:17.00	3:45.00	3:18.00	6:02.00	7:11.00	12:15.00	23:26.00
Boys 12yr	0:36.50	0:44.50	0:50.00	0:42.00	1:17.00	1:32.00	1:42.00	1:28.00	3:20.00	2:46.00	3:18.00	3:37.00	3:15.00	5:54.00	7:08.00	11:58.00	22:56.00
Girls 13yr	0:35.50	0:43.50	0:48.00	0:38.00	1:16.00	1:28.00	1:40.00	1:26.00	3:12.00	2:43.00	3:08.00	3:34.00	3:08.00	5:44.00	6:50.00	11:39.00	22:19.00
Boys 13yr	0:33.50	0:42.50	0:46.50	0:38.00	1:13.00	1:27.00	1:37.00	1:24.00	3:09.00	2:36.00	3:07.00	3:25.00	3:05.00	5:34.00	6:46.00	11:31.00	21:51.00
Girls 14yr	0:33.50	0:41.00	0:45.50	0:37.50	1:15.00	1:26.00	1:38.00	1:24.00	3:09.00	2:39.00	3:04.00	3:30.00	3:04.00	5:37.00	6:42.00	11:25.00	21:52.00
Boys 14yr	0:32.50	0:40.00	0:44.00	0:36.50	1:11.00	1:24.00	1:32.00	1:20.00	3:01.00	2:33.00	2:59.00	3:16.00	2:57.00	5:27.00	6:28.00	11:17.00	21:29.00
Girls 15&O	0:33.00	0:40.50	0:44.50	0:36.50	1:14.00	1:25.00	1:37.00	1:23.00	3:07.00	2:38.00	3:02.00	3:28.00	3:02.00	5:34.00	6:38.00	11:18.00	21:39.00
Boys 15&O	0:31.50	0:37.00	0:41.00	0:33.50	1:09.00	1:21.00	1:30.00	1:18.00	2:56.00	2:27.00	2:54.00	3:10.00	2:52.00	5:14.00	6:16.00	10:51.00	20:38.00