

13-19yrs Peninsula School Swimming Time Standards 2026

BOYS EVENTS						
		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	32.00	30.00	29.00	28.50	28.00
50 metres	Breaststroke	39.50	37.00	36.00	35.50	35.50
50 metres	Backstroke	36.50	34.00	33.00	32.50	32.00
50 metres	Butterfly	33.50	32.00	31.00	30.00	29.00
100 metres	Freestyle	1:07.00	1:05.00	1:03.00	1:00.00	59.50
100 metres	Breaststroke	1:30.00	1:28.00	1:24.00	1:22.00	1:20.00
100 metres	Backstroke	1:19.00	1:17.00	1:15.00	1:13.00	1:08.00
100 metres	Butterfly	1:17.00	1:15.00	1:11.00	1:10.00	1:05.00
200 metres	Freestyle	2:22.00	2:20.00	2:18.00	2:15.00	2:12.00
200 metres	Breaststroke	3:07.00	3:05.00	3:00.00	2:56.00	2:53.00
200 metres	Backstroke	2:45.00	2:40.00	2:35.00	2:31.00	2:26.00
200 metres	Butterfly	2:45.00	2:42.00	2:36.00	2:30.00	2:25.00
200 metres	Individual Medley	2:40.00	2:38.00	2:35.00	2:32.00	2:30.00
400 metres	Freestyle	5:00.00	4:50.00	4:45.00	4:40.00	4:30.00
400 metres	Individual Medley	5:50.00	5:45.00	5:35.00	5:30.00	5:20.00
800 metres	Freestyle			13 – 19 Years 9:10.00		
1500metres	Freestyle			13 – 19 Years 18:10.00		
GIRLS EVENTS						
		13 years	14 years	15 years	16 years	17-19 years
50 metres	Freestyle	32.00	31.00	30.50	30.00	29.50
50 metres	Breaststroke	40.00	39.00	38.50	38.00	37.50
50 metres	Backstroke	37.00	36.00	35.00	34.50	34.50
50 metres	Butterfly	34.50	33.50	33.00	32.00	31.50
100 metres	Freestyle	1:10.00	1:09.00	1:07.00	1:05.00	1:04.00
100 metres	Breaststroke	1:31.00	1:30.00	1:29.00	1:28.00	1:26.00
100 metres	Backstroke	1:22.00	1:20.00	1:18.00	1:17.00	1:15.00
100 metres	Butterfly	1:19.00	1:18.00	1:16.00	1:14.00	1:13.00
200 metres	Freestyle	2:29.00	2:26.00	2:24.00	2:22.00	2:20.00
200 metres	Breaststroke	3:12.00	3:07.00	3:03.00	3:02.00	3:00.00
200 metres	Backstroke	2:50.00	2:46.00	2:42.00	2:38.00	2:36.00
200 metres	Butterfly	2:50.00	2:46.00	2:44.00	2:42.00	2:38.00
200 metres	Individual Medley	2:48.00	2:45.00	2:40.00	2:38.00	2:38.00
400 metres	Freestyle	5:10.00	5:00.00	4:50.00	4:45.00	4:45.00
400 metres	Individual Medley	6:00.00	5:50.00	5:45.00	5:40.00	5:35.00
800 metres	Freestyle			13 – 19 Years 9:40.00		
1500 metres	Freestyle			13 – 19 Years 19:20.00		

Please contact the Peninsula School Sport Office for multi-class times and information.

Please note these time standards should be used as a guide when nominating for the 2026 Peninsula Swimming Team.

These are not the QRSS Time Standards or 2025 Extra Qualifying Standards.