

Female Swimmer No slower than LC Q times (Equivalent of 100 Para Points)														
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50M Freestyle	01.50.50	01.56.00	01.26.00	01.19.50	01.13.20	01.10.00	01.08.00	01.04.30	00.58.70	00.58.30	01.02.25	00.57.30	00.57.20	00.56.50
100M Freestyle	03.58.00	04.11.00	03.08.50	02.50.50	02.34.00	02.30.00	02.27.50	02.17.00	02.07.50	02.05.00	02.19.00	02.06.50	02.03.50	
200M Freestyle	08.34.00	10.00.00	07.00.00	06.09.00	05.49.00									04.26.00
400M Freestyle						10.55.00	10.26.00	10.10.00	09.55.00	09.28.00	10.32.00	09.25.00	09.27.00	09.34.00
50M Backstroke	02.23.00	02.13.50	01.55.20	01.44.00	01.19.70									
100M Backstroke						02.51.00	02.51.00	02.28.50	02.26.00	02.23.50	02.37.50	02.26.00	02.19.00	02.19.00
50M Breaststroke	02.54.50	02.18.50	01.54.50											
100M Breaststroke				03.44.50	03.36.00	03.16.50	03.05.00	02.45.00	02.32.50		02.46.50	02.36.00	02.39.50	02.35.00
50M Butterfly	01.50.00	02.05.50	01.38.00	01.26.50	01.22.00	01.14.30	01.11.00							
100M Butterfly								02.30.00	02.20.00	02.21.00	02.41.50	02.15.75	02.14.50	02.15.50
150M Ind Medley	08.06.00	10.03.00	06.05.00	06.05.00										
200M Ind Medley					07.01.00	06.16.00	06.07.00	05.40.00	05.29.00	05.12.00	05.39.00	05.11.00	05.04.00	05.03.00
Open/Male Swimmer No slower than LC Q times (Equivalent of 100 Para Points)														
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50M Freestyle	02.17.00	01.49.00	01.36.00	01.16.50	01.03.00	01.01.40	00.56.70	00.54.50	00.51.40	00.49.60	00.55.70	00.49.50	00.50.00	00.49.40
100M Freestyle	04.52.00	03.49.00	03.19.30	02.50.00	02.24.00	02.15.00	02.08.40	02.04.00	01.52.50	01.48.75	02.00.70	01.53.50	01.49.00	
200M Freestyle	10.00.00	08.34.00	07.09.00	05.54.00	05.14.00									03.59.00
400M Freestyle						10.20.00	09.53.00	09.26.00	09.00.00	08.31.00	09.32.00	08.48.50	08.32.00	08.48.00
50M Backstroke	02.15.00	01.49.45	01.36.30	01.28.30	01.07.50									
100M Backstroke						02.36.30	02.25.60	02.14.50	02.08.50	02.03.00	02.21.50	02.07.00	02.01.40	02.01.50
50M Breaststroke	02.48.45	02.00.30	01.43.30											
100M Breaststroke				03.18.00	03.03.30	02.47.00	02.31.00	02.24.50	02.20.50		02.31.00	02.18.00	02.13.00	02.15.00
50M Butterfly	04.14.00	01.52.50	01.41.00	01.21.90	01.05.20	01.05.55	01.01.75							
100M Butterfly								02.13.50	02.04.70	01.56.50	02.07.00	02.02.00	01.55.50	01.56.50
150M Ind Medley	10.30.45	07.19.00	06.19.00	05.04.00										
200M Ind Medley					05.58.00	05.38.00	05.19.00	05.02.00	04.43.70	04.30.00	04.51.00	04.41.50	04.22.50	04.31.00



