

Met North Region School Sport

Event Time Standards

2022

10-12 Years



BOYS			
Freestyle	10yrs	11yrs	12yrs
50m	47.00	45.00	43.00
100m	1:35.00	1:32.00	1:30.00
200m	3:10.00		
Breaststroke	10yrs	11yrs	12yrs
50m	58.00	55.00	52.00
100m	1:59.00	1:53.00	1:44.00
200m	4:00.00		
Backstroke	10yrs	11yrs	12yrs
50m	55.00	52.00	49.00
100m	1:50.00	1:45.00	1:43.00
200m	3:10.00		
Butterfly	10yrs	11yrs	12yrs
50m	55.00	53.00	51.00
100m	2:00.00	1:55.00	1:50.00
Indiv Medley	10yrs	11yrs	12yrs
200m	3:45.00	3:35.00	3:25.00
GIRLS			
Freestyle	10yrs	11yrs	12yrs
50m	47.00	45.00	43.00
100m	1:35.00	1:32.00	1:30.00
200m	3:10.00		
Breaststroke	10yrs	11yrs	12yrs
50m	58.00	55.00	52.00
100m	1:59.00	1:53.00	1:44.00
200m	4:15.00		
Backstroke	10yrs	11yrs	12yrs
50m	55.00	52.00	49.00
100m	1:50.00	1:45.00	1:43.00
200m	3:10.00		
Butterfly	10yrs	11yrs	12yrs
50m	55.00	53.00	51.00
100m	2:00.00	1:55.00	1:50.00
Indiv Medley	10yrs	11yrs	12yrs
200m	3:45.00	3:35.00	3:25.00

Met North Region School Sport

Event Time Standards

2022

13 – 19 Years



BOYS					
Freestyle	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	37.00	35.50	35.50	35.00	35.00
100m	1:14.00	1:12.00	1:10.00	1:09.00	1:08.50
200m	2:30.00	2:28.00	2:25.00	2:22.00	2:20.00
Breaststroke	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	47.50	45.00	44.00	43.50	43.50
100m	1:37.00	1:35.00	1:33.00	1:31.00	1:29.00
200m	3:15.00	3:10.00	3:06.00	3:03.00	3:00.00
Backstroke	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	43.50	41.00	41.00	40.50	40.00
100m	1:26.00	1:24.00	1:22.00	1:21.00	1:17.00
200m	2:55.00	2:50.00	2:45.00	2:41.00	2:36.00
Butterfly	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	40.50	39.50	38.00	37.50	37.50
100m	1:24.00	1:22.00	1:20.00	1:18.00	1:15.00
Indiv Medley	13yrs	14yrs	15yrs	16yrs	17-19yrs
200m	2:50.00	2:48.00	2:45.00	2:42.00	2:40.00
GIRLS					
Freestyle	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	39.50	38.50	38.00	37.50	37.50
100m	1:18.00	1:17.00	1:14.00	1:13.00	1:13.00
200m	2:39.00	2:35.00	2:33.00	2:31.00	2:31.00
Breaststroke	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	48.00	47.00	46.50	46.00	45.50
100m	1:38.00	1:39.00	1:38.00	1:37.00	1:33.00
200m	3:20.00	3:15.00	3:13.00	3:12.00	3:10.00
Backstroke	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	43.00	43.50	43.00	41.50	41.50
100m	1:30.00	1:27.00	1:25.00	1:23.00	1:21.00
200m	3:00.00	2:57.00	2:52.00	2:48.00	2:46.00
Butterfly	13yrs	14yrs	15yrs	16yrs	17-19yrs
50m	41.50	41.00	40.50	40.00	39.50
100m	1:28.00	1:25.00	1:23.00	1:22.00	1:21.00
Indiv Medley	13yrs	14yrs	15yrs	16yrs	17-19yrs
200m	2:58.00	2:55.00	2:50.00	2:48.00	2:48.00