

MEN	EVENT	WOMEN
24.51	50m Freestyle	27.56
53.96	100m Freestyle	59.54
1:57.14	200m Freestyle	2:10.63
4:10.70	400m Freestyle	4:36.95
8:41.49	800m Freestyle	9:17.66
16:37.10	1500m Freestyle	17:55.51
28.28	50m Backstroke	31.96
1:01.14	100m Backstroke	1:08.31
2:13.10	200m Backstroke	2:27.54
31.30	50m Breaststroke	35.71
1:09.08	100m Breaststroke	1:17.73
2:31.60	200m Breaststroke	2:47.16
26.14	50m Butterfly	29.35
58.68	100m Butterfly	1:05.03
2:11.95	200m Butterfly	2:27.04
2:13.92	200m Individual Medley	2:26.80
4:49.72	400m Individual Medley	5:12.76
RELAYS		
3:40.00	4 x 100m Free	4:01.00
7:55.00	4 x 200m Free	8:45.00
4:00.00	4 x 100m Medley	4:29.00
4:12.00	MIXED 4 x 100m Medley	4:12.00

Age as at 6th April 2026.

Only Long Course times will be accepted.

Qualifying times must be achieved after 1st January 2025.

Entries close 12noon (midday) AEDT Friday 20th March 2026 - Times achieved after the closing date will not be accepted under any circumstances.

NOTE: SwimAus strongly advises all participants to check the Start List on the day it is published to ensure your seed times are correct. All care is taken to ensure the most recent times are used, however due to unexpected system delays, this may not always be the case. Swimmers will have a small window of time to submit any changes if needed.