



2023 WELLINGTON LONG COURSE CHAMPIONSHIPS



2023 Qualifying Times

Male Times

Female Times

Event

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Freestyle

50m	0.35	0.34	0.33	0.32	0.32
100m	1.13	1.10	1.08	1.07	1.07
200m	2.30	2.20	2.18	2.16	2.16
400m	5.10	5.00	4.55	4.50	4.50
800m	10.30	10.30	10.30	10.00	10.00
1500m	20.00	20.00	20.00	19.20	19.20

50m	0.37	0.36	0.35	0.34	0.34
100m	1.16	1.15	1.14	1.13	1.13
200m	2.35	2.33	2.31	2.29	2.29
400m	5.25	5.20	5.10	5.05	5.05
800m	11.05	11.05	11.05	10.45	10.45
1500m	21.20	21.20	21.20	20.40	20.40

Backstroke

50m	0.42	0.41	0.40	0.39	0.39
100m	1.26	1.25	1.24	1.23	1.23
200m	2.58	2.53	2.50	2.49	2.49

50m	0.43	0.42	0.41	0.40	0.40
100m	1.29	1.28	1.27	1.26	1.26
200m	3.04	2.59	2.56	2.55	2.55

Breaststroke

50m	0.45	0.44	0.43	0.42	0.42
100m	1.35	1.34	1.33	1.32	1.32
200m	3.14	3.13	3.12	3.11	3.11

50m	0.46	0.45	0.44	0.43	0.43
100m	1.39	1.38	1.37	1.36	1.36
200m	3.25	3.20	3.19	3.18	3.18

Butterfly

50m	0.42	0.41	0.39	0.37	0.37
100m	1.27	1.26	1.25	1.22	1.22
200m	3.18	3.10	3.09	3.08	3.08

50m	0.42	0.41	0.40	0.39	0.39
100m	1.28	1.27	1.26	1.25	1.25
200m	3.18	3.12	3.11	3.10	3.10

Individual Medley

200	3.08	2.54	2.52	2.50	2.50
400	6.30	6.25	6.23	6.20	6.20

200	3.08	3.00	2.59	2.58	2.58
400	6.30	6.25	6.23	6.20	6.20