



2023 WELLINGTON LONG COURSE CHAMPIONSHIPS



2023 Qualifying Times

Male Times

Female Times

Event

13 14 15 16 17&O

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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