

7Oaks Swimming Club
SCHOOLS OUT FOR SUMMER 2026
UPPER QUALIFYING (NOT FASTER THAN) TIMES

TIMES ARE SHORT COURSE AGE AS AT DATE OF THE MEET.
LONG COURSE CONVERSIONS WILL BE ACCEPTED. SPOT CHECKS WILL BE MADE

Male/Open	Freestyle Events			Backstroke Events			Butterfly Events			Breaststroke Events			Individual Medley		
	50m	100m	200m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100IM	200IM	400IM
9/10 Years	30.5	59.5	2.04.50	30.5	1.01.50	2.12.50	29.5	1.00.50	2.07.50	34.5	1.07.50	2.28.50	1.06.50	2.09.50	5.04.50
11 Years	30.5	58.5	2.02.50	30.5	1.00.50	2.10.50	28.5	59.5	2.06.50	33.5	1.06.50	2.27.50	1.05.50	2.07.50	5.02.50
12 Years	27.5	57.5	2.00.50	29.5	59.5	2.08.50	27.5	58.5	2.04.50	33.5	1.05.50	2.26.50	1.04.50	2.05.50	4.49.50
13 Years	26.5	56.5	1.58.50	28.5	59.5	2.07.50	26.5	57.5	2.02.50	31.5	1.04.50	2.25.50	1.03.50	2.04.50	4.57.50
14 Years	25.5	55.5	1.56.50	27.5	58.5	2.05.50	25.5	56.5	2.00.50	30.5	1.03.50	2.24.50	1.02.50	2.03.50	4.52.50
15 Years	24.5	54.5	1.54.50	26.5	57.5	2.03.50	24.5	55.5	1.59.50	29.5	1.02.50	2.23.50	1.01.50	2.02.50	4.51.50
16 Years	23.5	53.5	1.52.50	25.5	56.5	2.02.50	24.5	54.5	1.58.50	28.5	1.01.50	2.22.50	1.00.50	2.01.50	4.50.50
17&Over	22.5	49.5	1.47.50	24.5	55.5	2.00.50	23.5	53.5	1.56.50	27.5	1.00.50	2.20.50	59.5	2.00.50	4.49.50

Female	Freestyle Events			Backstroke Events			Butterfly Events			Breaststroke Events			Individual Medley		
	50m	100m	200m	50m	100m	200m	50m	100m	200m	50m	100m	200m	100IM	200IM	400IM
9/10 Years	29.5	59.5	2.07.50	32.5	1.08.50	2.22.50	30.5	1.07.50	2.29.50	34.5	1.14.50	2.32.50	1.06.50	2.26.50	5.20.50
11 Years	28.5	58.5	2.04.50	31.5	1.07.50	2.20.50	29.5	1.06.50	2.28.50	33.5	1.12.50	2.31.50	1.05.50	2.24.50	5.18.50
12 Years	28.5	57.5	2.04.50	31.5	1.06.50	2.19.50	29.5	1.05.50	2.27.50	33.5	1.11.50	2.30.50	1.04.50	2.22.50	5.16.50
13 Years	27.5	56.5	2.02.50	30.5	1.06.50	2.18.50	28.5	1.04.50	2.26.50	32.5	1.10.50	2.29.50	1.03.50	2.22.50	5.14.50
14 Years	27.5	54.5	2.00.50	30.5	1.05.50	2.18.50	27.5	1.03.50	2.25.50	32.5	1.10.50	2.29.50	1.02.50	2.21.50	5.12.50
15 Years	26.5	53.5	2.00.50	29.5	1.04.50	2.17.50	26.5	1.02.50	2.25.50	31.5	1.09.50	2.28.50	1.01.50	2.20.50	5.09.50
16 Years	26.5	53.5	1.59.50	29.5	1.04.50	2.16.50	26.5	1.00.50	2.25.50	31.5	1.09.50	2.28.50	1.01.50	2.19.50	5.08.50
17&Over	24.5	52.5	1.58.50	28.5	1.03.50	2.15.50	25.5	59.5	2.24.50	30.5	1.08.50	2.27.50	1.00.50	2.18.50	5.05.50