

7Oaks Swimming Club
SUMMER SPRINT 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 Events	
	50m	100m	50m	100m	50m	100m	50m	100m	100IM	200IM
9/10 Years	30.5	59.5	30.5	1.01.50	29.5	1.00.50	34.5	1.07.50	1.06.50	2.09.50
11 Years	30.5	58.5	30.5	1.00.50	28.5	59.5	33.5	1.06.50	1.05.50	2.07.50
12 Years	27.5	57.5	29.5	59.5	27.5	58.5	33.5	1.05.50	1.04.50	2.05.50
13 Years	26.5	56.5	28.5	59.5	26.5	57.5	31.5	1.04.50	1.03.50	2.04.50
14 Years	25.5	55.5	27.5	58.5	25.5	56.5	30.5	1.03.50	1.02.50	2.03.50
15 Years	24.5	54.5	26.5	57.5	24.5	55.5	29.5	1.02.50	1.01.50	2.02.50
16 Years	23.5	53.5	25.5	56.5	24.5	54.5	28.5	1.01.50	1.00.50	2.01.50
17&Over	22.5	49.5	24.5	55.5	23.5	53.5	27.5	1.00.50	59.5	2.00.50

Female	Freestyle Events		Backstroke Events		Butterfly Events		Breaststroke Events		Individual Medley Events	
	50m	100m	50m	100m	50m	100m	50m	100m	100IM	200IM
9/10 Years	29.5	59.5	32.5	1.08.50	30.5	1.07.50	34.5	1.14.50	1.06.50	2.26.50
11 Years	28.5	58.5	31.5	1.07.50	29.5	1.06.50	33.5	1.12.50	1.05.50	2.24.50
12 Years	28.5	57.5	31.5	1.06.50	29.5	1.05.50	33.5	1.11.50	1.04.50	2.22.50
13 Years	27.5	56.5	30.5	1.06.50	28.5	1.04.50	32.5	1.10.50	1.03.50	2.22.50
14 Years	27.5	54.5	30.5	1.05.50	27.5	1.03.50	32.5	1.10.50	1.02.50	2.21.50
15 Years	26.5	53.5	29.5	1.04.50	26.5	1.02.50	31.5	1.09.50	1.01.50	2.20.50
16 Years	26.5	53.5	29.5	1.04.50	26.5	1.00.50	31.5	1.09.50	1.01.50	2.19.50
17&Over	24.5	52.5	28.5	1.03.50	25.5	59.5	30.5	1.08.50	1.00.50	2.18.50