



QUALIFYING TIMES

2023 Apollo Projects
New Zealand Swimming
Championships


Updated: 05 November 2022

OPEN AGE TIMES

This is a living document and amendments may be made. The information in this booklet is correct at the time of publishing. Swimming New Zealand will not be held liable for any costs and expenses incurred by any person following changes to the information outlined in this booklet. Swimming New Zealand reserves the right to use discretion and make adjustments to the contents and rules outlined in this document. For the latest information, please check the event page on the Swimming New Zealand website to ensure you have the up-to-date version.

For further information please contact:
Chloe Francis, SNZ Event Manager

 events@swimming.org.nz

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EVENT		MALE	FEMALE
50m	Free	25.48	28.30
100m	Free	55.50	1:00.50
200m	Free	2:00.00	2:13.00
400m	Free	4:19.00	4:40.00
800m	Free	8:45.00	9:40.00
1500m	Free	17:20.00	18:28.00
50m	Back	29.00	31.80
100m	Back	1:02.80	1:09.60
200m	Back	2:16.70	2:30.50
50m	Breast	32.30	35.30
100m	Breast	1:10.70	1:18.70
200m	Breast	2:32.80	2:49.30
50m	Fly	27.40	30.30
100m	Fly	1:00.50	1:07.80
200m	Fly	2:15.00	2:29.00
200m	IM	2:16.50	2:33.00
400m	IM	4:55.00	5:23.70

MALE PARA MULTI CLASS

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CLASS	FREESTYLE				BACKSTROKE		BUTTERFLY	
	50M	100M	200M	400M	50M	100M	50M	100M
S14	34.97	1:20.92	2:53.90	6:00.75	42.74	1:24.04	40.64	1:29.85
S13	34.97	1:20.92	2:53.90	6:00.75	42.74	1:24.04	40.64	1:29.85
S12	37.91	1:23.86	2:57.26	6:05.60	46.07	1:30.17	41.52	1:26.47
S11	39.34	1:28.55	3:33.89	6:36.21	54.92	2:11.29	53.59	1:29.59
S10	34.97	1:20.92	2:53.90	6:00.75	42.74	1:24.04	40.64	1:29.85
S9	37.91	1:23.86	2:57.26	6:05.60	46.07	1:30.17	41.52	1:26.47
S8	40.50	1:28.55	3:14.20	6:36.21	54.92	1:38.48	43.31	1:22.39
S7	42.04	1:32.07	3:27.11	6:52.66	57.48	1:44.87	46.47	1:25.49
S6	45.39	1:44.13	3:59.69	7:21.64	59.51	1:45.18	46.47	1:25.49
S5	52.16	1:46.83	4:27.69	7:21.64	1:08.01	2:24.00	53.59	2:28.44
S4	1:05.35	2:36.19	5:03.81	7:21.64	1:08.35	2:48.35	1:03.51	2:28.44
S1-3	2:04.38	5:14.65	9:00.00	-----	2:26.12	4:56.01	1:37.04	3:20.00


CLASS	BREAST STROKE		CLASS	MEDLEY	
	50M	100M		150M	200M
SB14	45.51	1:40.09	SM14	-----	3:00.49
SB13	45.51	1:40.09	SM13	-----	3:00.49
SB12	47.51	1:45.07	SM12	-----	3:14.84
SB11	51.20	2:00.32	SM11	-----	3:30.78
SB9	45.51	1:40.09	SM10	-----	3:00.49
SB8	48.60	1:46.01	SM9	-----	3:08.82
SB7	49.60	1:47.42	SM8	-----	3:10.17
SB6	57.56	1:59.51	SM7	-----	3:54.28
SB5	1:01.83	2:33.34	SM6	-----	4:01.71
SB4	1:01.83	2:33.34	SM5	-----	4:01.71
SB1-3	2:44.00	2:33.34	SM4	6:17.44	-----
			SM1-3	6:17.44	-----

FEMALE PARA MULTI CLASS

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CLASS	FREESTYLE				BACKSTROKE		BUTTERFLY	
	50M	100M	200M	400M	50M	100M	50M	100M
S14	38.58	1:31.26	3:15.07	6:47.22	45.56	1:42.80	45.20	1:41.19
S13	38.58	1:31.26	3:15.07	6:47.22	45.56	1:42.80	45.20	1:41.19
S12	39.05	1:33.50	3:23.79	6:55.74	51.38	1:52.72	47.99	1:51.47
S11	47.20	1:42.62	3:50.75	7:35.16	56.04	1:59.13	53.36	2:05.45
S10	38.58	1:31.26	3:15.07	6:47.22	45.56	1:42.80	45.20	1:41.19
S9	39.05	1:33.50	3:23.79	6:55.74	51.38	1:52.72	47.99	1:51.47
S8	45.55	1:38.99	3:40.44	7:41.88	56.04	1:59.13	53.36	2:05.45
S7	48.09	1:42.62	3:50.56	7:54.17	58.99	2:05.99	54.20	2:08.25
S6	54.43	1:54.99	3:59.85	7:59.53	1:15.70	2:40.84	1:15.80	2:40.50
S5	56.39	2:02.61	5:12.40	7:59.53	1:19.53	3:45.00	1:37.04	3:20.00
S4	1:38.38	2:31.32	5:12.40	7:59.53	1:45.06	3:50.06	1:37.04	3:20.00
S1-3	2:04.38	5:14.65	9:00.00	-----	2:26.12	4:56.04	1:37.04	3:20.00

CLASS	BREAST STROKE		CLASS	MEDLEY	
	50M	100M		150M	200M
SB14	50.54	1:51.02	SM14	-----	3:46.08
SB13	50.54	1:51.02	SM13	-----	3:46.09
SB12	53.20	2:03.49	SM12	-----	3:51.05
SB11	58.82	2:16.09	SM11	-----	4:16.71
SB9	50.54	1:51.02	SM10	-----	3:46.08
SB8	53.20	2:03.49	SM9	-----	3:51.05
SB7	1:11.37	2:30.00	SM8	-----	4:16.71
SB6	1:15.99	2:35.82	SM7	-----	4:32.96
SB5	1:30.00	3:10.49	SM6	-----	5:25.06
SB4	1:21.80	4:16.59	SM5	-----	6:05.46
SB1-3	2:44.00	2:33.34	SM4	6:17.44	-----
			SM1-3	6:17.44	-----