

Appendix 1 - SNT Performance Pathway Program - QT's

SNT FLIPPERS PROGRAM QUALIFYING TIMES – 2024-2025

20yrs & over	18Yrs - 19Yrs	17yrs & under	Event	18Yrs & under	19-20Yrs	21Yrs & over
8%	12%	17%		17%	12%	8%
26.65	27.64	28.88	50m Freestyle	25.63	24.54	23.66
57.96	1:00.11	1:02.79	100m Freestyle	56.23	53.83	51.90
2:05.81	2:10.47	2:16.29	200m Freestyle	2:03.98	1:58.69	1:54.45
4:24.58	4:34.38	4:46.63	400m Freestyle	4:23.75	4:12.48	4:03.46
9:02.38	9:22.46	9:47.57	800m Freestyle	9:04.99	8:41.70	8:23.06
17:18.91	17:57.38	18:45.48	1500m Freestyle	17:26.32	16:41.60	16:05.83
29.96	31.07	32.46	50m Backstroke	29.03	27.79	26.79
1:04.39	1:06.77	1:09.76	100m Backstroke	1:02.26	59.60	57.47
2:20.12	2:25.31	2:31.80	200m Backstroke	2:17.22	2:11.35	2:06.66
32.76	33.97	35.49	50m Breaststroke	31.68	30.33	29.25
1:11.61	1:14.27	1:17.58	100m Breaststroke	1:09.62	1:06.64	1:04.26
2:35.69	2:41.46	2:48.67	200m Breaststroke	2:31.52	2:25.04	2:19.86
27.83	28.86	30.15	50m Butterfly	26.70	25.82	24.89
1:01.74	1:04.03	1:06.89	100m Butterfly	1:00.57	57.98	55.91
2:17.94	2:23.05	2:29.43	200m Butterfly	2:14.51	2:08.77	2:04.17
2:21.07	2:26.29	2:32.83	200m IM	2:17.16	2:11.30	2:06.61
5:01.82	5:13.00	5:26.97	400m IM	4:55.83	4:43.19	4:33.08





Performance Pathway Programs

SNT FLIPPERS PROGRAM PARA QUALIFYING TIMES – 2024-2025

MALE

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Freestyle	1:52.01	1:34.58	1:14.32	1:02.38	54.10	40.42	38.34	37.21	34.64	32.13	36.40	32.83	32.17	33.25	31.97	35.21	32.13	35.53	33.25
100m Freestyle	3:59.12	3:37.04	2:44.30	2:15.30	2:00.19	1:28.91	1:22.69	1:21.14	1:14.86	1:11.41	1:19.88	1:12.90	1:12.01	1:11.83	1:10.31	1:14.68	1:11.41	1:20.65	1:11.83
200m Freestyle	8:12.11	7:08.34	5:42.66	4:51.90	4:45.50	4:03.57	3:24.50	3:21.56	3:07.18	2:52.70	4:47.52	3:25.06	2:58.29	2:40.17	2:45.13	3:06.18	2:52.70	3:00.93	2:40.17
400m Freestyle						7:11.02	6:36.35	6:22.72	5:55.67	5:49.83	6:32.91	6:56.82	6:03.02	6:06.49	5:46.20	7:04.10	5:49.83	6:27.56	6:06.49
50m Backstroke	2:02.00	1:31.26	1:14.59	1:09.78	1:00.77	53.41	52.35	45.86	41.54	42.93	48.32	46.25	39.81	39.68	36.73	41.86	42.93	42.92	39.68
100m Backstroke	4:38.51	3:15.28	3:48.48	2:44.94	3:42.00	1:47.81	1:37.28	1:31.57	1:23.07	1:22.38	1:35.00	1:29.64	1:22.28	1:21.43	1:18.67	1:29.80	1:22.38	1:32.95	1:21.43
50m Breaststroke	2:33.12	1:40.22	1:21.79	1:27.97	1:12.14	55.17	50.87	47.47	44.73		50.40	50.57	43.98	40.66	38.26	42.67	44.73	47.57	40.66
100m Breaststroke			3:16.96	2:49.02	2:33.20	1:52.27	1:49.17	1:37.81	1:35.90		1:42.56	1:38.79	1:28.71	1:27.78	1:21.52	1:35.61	1:35.90	1:46.79	1:27.78
50m Butterfly				1:19.28	57.68	43.12	39.97	38.42	38.41	37.21	41.73	40.74	38.20	35.78	33.68	36.95	37.21	38.36	35.78
100m Butterfly							1:40.12	1:25.62	1:22.70	1:17.67	1:25.91	1:21.80	1:16.87	1:16.99	1:13.23	1:23.14	1:17.67	1:28.24	1:16.99
150/200m IM		9:21.94	4:59.06	4:25.04	5:12.02	3:45.11	3:25.34	3:20.26	3:10.34	3:00.74	3:20.03	3:35.39	2:59.60	2:59.25	2:46.74	3:19.67	3:00.74	3:26.36	2:59.25

FEMALE

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Freestyle	2:06.07	1:56.79	1:33.39	1:03.74	59.82	45.27	45.36	43.63	39.29	38.30	42.00	37.75	36.53	37.83	35.53	40.43	38.30	40.74	37.83
100m Freestyle	4:30.88	3:59.85	3:21.68	2:26.03	2:14.42	1:39.95	1:39.48	1:31.61	1:25.52	1:22.69	1:40.44	1:22.69	1:21.72	1:22.15	1:17.76	1:27.38	1:22.69	1:32.56	1:22.15
200m Freestyle	8:57.16	8:39.00	7:56.93	5:08.59	5:07.38	4:51.22	4:01.22	3:52.95	3:29.55	3:26.14	5:25.57	4:25.57	3:55.57	3:03.71	3:06.06	3:35.31	3:26.14	3:25.00	3:03.71
400m Freestyle						7:44.41	7:30.95	7:07.56	6:39.97	6:47.02	7:38.28	6:38.28	6:12.60	7:27.22	6:27.97	7:46.89	6:47.02	7:19.94	7:27.22
50m Backstroke	2:03.06	1:55.82	1:38.11	1:22.62	1:14.03	59.94	59.18	55.39	47.70	46.51	55.68	48.11	48.74	42.33	41.17	48.78	46.51	50.52	42.33
100m Backstroke	4:41.98	4:10.34	3:50.20	3:45.30	3:53.14	1:52.67	1:53.97	1:48.74	1:36.31	1:34.82	1:54.79	1:39.43	1:31.60	1:33.26	1:28.43	1:51.88	1:34.82	1:50.49	1:33.26
50m Breaststroke	3:54.66	2:44.66	1:35.44	2:10.42	1:22.06	1:06.89	1:06.69	56.78	51.19		57.97	1:12.59	49.23	47.17	44.40	50.56	51.19	55.39	47.17
100m Breaststroke			4:03.28	3:29.86	3:08.45	2:16.58	2:10.19	1:51.94	1:43.61		2:01.93	1:55.95	1:43.21	1:44.29	1:38.64	1:56.45	1:43.61	2:03.42	1:44.29
50m Butterfly				2:11.10	1:08.86	50.19	47.79	49.75	42.69	42.12	50.98	48.98	46.98	41.29	38.58	43.01	42.12	45.64	41.29
100m Butterfly							1:52.28	1:47.51	1:32.43	1:32.47	3:30.88	1:33.15	1:33.22	1:30.81	1:26.77	2:06.37	1:32.47	1:49.41	1:30.81
150/200m IM		10:33.11	6:13.49	4:59.10	6:03.36	4:06.23	4:06.06	3:51.58	3:32.69	3:26.25	4:10.70	3:39.42	3:19.49	3:25.34	3:12.65	3:51.06	3:26.25	4:03.99	3:25.34