



# Performance Pathway Programs

## SNT YOUTH PERFORMANCE PROGRAM QUALIFYING TIMES – 2024-2025

18-20 Years	16-17 Years	15 Years	13-14 Years	Event	13-14 Years	15 Years	16-17 Years	18-20 Years
20%	22.5%	25%	27.5%		27.5%	25%	22.5%	20%
30.61	31.25	31.89	32.53	50m Freestyle	29.12	28.55	27.98	27.41
1:06.70	1:08.09	1:09.48	1:10.86	100m Freestyle	1:03.79	1:02.54	1:01.29	1:00.04
2:25.08	2:28.10	2:31.13	2:34.15	200m Freestyle	2:20.39	2:17.64	2:14.88	2:12.13
5:03.44	5:09.77	5:16.09	5:22.41	400m Freestyle	4:56.22	4:50.41	4:44.60	4:38.80
10:23.47	10:36.12	10:49.45	11:02.44	800m Freestyle	10:10.89	9:58.91	9:46.93	9:34.96
19:59.14	20:24.12	20:49.10	21:14.08	1500m Freestyle	19:37.46	19:14.38	18:51.29	18:28.20
34.60	35.32	36.04	36.76	50m Backstroke	32.56	31.93	31.29	30.65
1:14.03	1:15.57	1:17.11	1:18.65	100m Backstroke	1:10.34	1:08.96	1:07.58	1:06.20
2:40.99	2:44.35	2:47.70	2:51.05	200m Backstroke	2:35.93	2:32.88	2:29.82	2:26.76
37.90	38.69	39.48	40.26	50m Breaststroke	36.21	35.50	34.79	34.08
1:22.12	1:23.83	1:25.54	1:27.25	100m Breaststroke	1:19.37	1:17.81	1:16.26	1:14.70
3:01.24	3:05.01	3:08.79	3:12.56	200m Breaststroke	2:54.05	2:50.64	2:47.22	2:43.81
32.28	32.95	33.63	34.30	50m Butterfly	30.83	30.23	29.62	29.02
1:11.39	1:12.87	1:14.36	1:15.85	100m Butterfly	1:08.35	1:07.01	1:05.67	1:04.33
2:38.50	2:41.80	2:45.10	2:48.40	200m Butterfly	2:32.81	2:29.81	2:26.82	2:23.82
2:44.24	2:47.67	2:51.09	2:54.51	200m IM	2:35.81	2:32.75	2:29.70	2:26.64
5:48.88	5:56.14	6:03.41	6:10.68	400m IM	5:37.06	5:30.45	5:23.84	5:17.23





# Performance Pathway Programs

## SNT YOUTH PERFORMANCE 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	43.41	41.18	39.96	37.21	34.51	39.09	35.26	34.55	35.69	34.28	38.64	34.51	38.00	35.69
100m Freestyle	3:59.12	3:37.04	2:44.30	2:15.30	2:00.19	1:35.50	1:28.81	1:27.15	1:20.40	1:16.71	1:25.80	1:18.30	1:17.34	1:17.15	1:15.41	1:20.02	1:16.71	1:24.59	1:17.15
200m Freestyle	8:12.11	7:08.34	5:42.66	4:51.90	4:45.50	4:38.37	3:53.71	3:50.35	3:33.92	3:17.38	5:28.59	3:54.35	3:23.76	3:03.06	3:06.81	3:27.13	3:17.38	3:32.12	3:03.06
50m Backstroke	2:02.00	1:31.26	1:14.59	1:09.78	1:00.77	57.36	56.23	49.26	44.62	46.11	51.90	49.68	42.76	42.57	39.39	44.87	46.11	45.22	42.57
100m Backstroke	4:38.51	3:15.28	3:48.48	2:44.94	3:42.00	1:55.80	1:44.49	1:38.35	1:29.22	1:28.48	1:42.04	1:36.28	1:28.38	1:27.46	1:24.36	1:36.23	1:28.48	1:37.49	1:27.46
50m Breaststroke	2:33.12	1:40.22	1:21.79	1:27.97	1:12.14	59.26	54.64	50.98	48.04		54.13	54.32	47.24	43.63	41.03	45.72	48.04	49.90	43.63
100m Breaststroke			3:16.96	2:49.02	2:33.20	2:00.58	1:57.26	1:45.05	1:43.01		1:50.16	1:46.11	1:35.28	1:34.28	1:27.44	2:15.77	1:43.01	1:52.01	1:34.28
50m Butterfly				1:19.28	57.68	46.31	42.93	41.27	41.25	39.96	44.82	43.76	41.04	38.33	36.13	44.86	39.96	40.77	38.33
100m Butterfly							1:47.53	1:31.96	1:28.83	1:23.42	1:32.28	1:27.86	1:22.56	1:22.69	1:18.55	1:28.61	1:23.42	1:32.55	1:22.69
150/200m IM		9:21.94	4:59.06	4:25.04	5:12.02	4:01.79	3:40.55	3:35.09	3:24.44	3:14.13	3:34.85	3:51.35	3:12.91	3:12.53	2:58.87	3:33.81	3:14.13	3:36.43	3:12.53

### 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	48.62	48.72	46.86	42.20	41.14	45.11	40.54	39.24	40.64	38.11	43.33	41.14	43.20	40.64
100m Freestyle	4:30.88	3:59.85	3:21.68	2:26.03	2:14.42	1:47.36	1:46.85	1:38.40	1:31.86	1:28.81	1:47.88	1:28.81	1:27.77	1:28.23	1:23.42	1:33.64	1:28.81	1:37.90	1:28.23
200m Freestyle	8:57.16	8:39.00	7:56.93	5:08.59	5:07.38	5:01.22	4:31.22	4:26.22	3:59.49	3:55.58	6:12.08	5:12.08	4:42.08	3:29.95	3:39.42	3:54.99	3:55.58	3:51.26	3:29.95
50m Backstroke	2:03.06	1:55.82	1:38.11	1:22.62	1:14.03	1:04.38	1:03.57	59.49	51.23	49.95	59.29	51.68	52.35	45.41	44.14	52.30	49.95	52.99	45.41
100m Backstroke	4:41.98	4:10.34	3:50.20	3:45.30	3:53.14	2:01.02	2:02.41	1:56.80	1:43.44	1:41.85	2:03.29	1:46.79	1:38.38	1:40.17	1:34.82	1:59.83	1:41.85	1:55.89	1:40.17
50m Breaststroke	3:54.66	2:44.66	1:35.44	2:10.42	1:22.06	1:11.85	1:11.63	1:00.99	54.98		1:02.26	1:17.97	52.88	50.61	47.62	54.19	54.98	58.09	50.61
100m Breaststroke			4:03.28	3:29.86	3:08.45	2:26.70	2:19.84	2:00.23	1:51.29		2:10.96	2:04.54	1:50.85	1:52.01	1:45.78	2:04.80	1:51.29	2:09.45	1:52.01
50m Butterfly				2:11.10	1:08.86	53.91	51.33	53.43	45.85	45.24	54.46	52.46	50.46	44.32	41.36	46.10	45.24	53.67	44.32
100m Butterfly							1:57.86	1:55.48	1:39.28	1:39.32	3:46.50	1:40.05	1:40.12	1:37.54	1:33.08	2:15.12	1:39.32	1:54.75	1:37.54
150/200m IM		10:33.49	6:13.49	4:59.10	6:03.36	4:24.47	4:24.29	4:08.73	3:48.45	3:41.53	4:29.27	3:55.67	3:34.27	3:40.55	3:26.63	4:07.52	3:41.53	4:15.91	3:40.55