



2026 SGC Winter SC Preparation Meet

Program of Events

Saturday 20th June 2026

| Event No. Boys | Event | Event No. Girls |
|-------------------|--------------------------------|--------------------|
| 1 | 11yrs & over 200m Freestyle | 2 |
| 3 | 11yrs & over 100m IM | 4 |
| 5 | 11yrs & over 50m Breaststroke | 6 |
| 7 | 12yrs & over 200m Butterfly | 8 |
| 9 | 11yrs & over 100m Backstroke | 10 |
| 11 | 12yrs & over 400m IM | 12 |
| 13 | 11yrs & over 50m Freestyle | 14 |
| 15 | 11yrs & over 100m Butterfly | 16 |
| 17 | 12yrs & over 200m Breaststroke | 18 |
| 19 | 11yrs & over 400m Freestyle | 20 |
| 21 | 11yrs & over 50m Butterfly | 22 |
| 23 | 12yrs & over 200m Backstroke | 24 |
| 25 | 11yrs & over 100m Freestyle | 26 |
| 27 | 11yrs & over 200m IM | 28 |
| 29 | 11yrs & over 50m Backstroke | 30 |
| 31 | 11yrs & over 100m Breaststroke | 32 |
| 33 | 12yrs & over 800m Freestyle | 34 |
| 35 | 13yrs & over 1500m Freestyle | 36 |

For swimmers that have **NEVER COMPLETED** a 400m Freestyle, IM, 800m Freestyle or 1500m Freestyle, they may apply to the SGC Race Secretary for a QT exemption provided they have met the QT in the same stroke one distance level below. This does not apply for any 50m, 100m or 200m events. For example:

- If you have never completed a 400m Individual Medley, you may request a manual entry provided you have met the 200m Individual Medley QT for your age.
- If you have never completed a 400m Freestyle, you may request a manual entry provided you have met the 200m Freestyle QT for your age.
- If you have never completed a 800m Freestyle, you may request a manual entry provided you have met the 400m Freestyle QT for your age.
- If you have never completed a 1500m Freestyle, you may request a manual entry provided you have met the 800m Freestyle QT for your age.

PLEASE NOTE: ALL REQUESTS MUST COME FROM THE COACH OF THE SWIMMER, NO PARENT REQUESTS WILL BE ENTERTAINED.



2026 SGC Winter SC Preparation Meet

Qualifying Times

| Event | Age (Boys) | | | | | |
|------------------------|------------|---------|---------|---------|---------|-----------|
| | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs | 16 & Over |
| 50m Freestyle | 0:40.00 | 0:39.00 | 0:37.50 | 0:36.00 | 0:34.00 | 0:32.00 |
| 100m Freestyle | 1:28.00 | 1:25.00 | 1:20.00 | 1:15.00 | 1:12.50 | 1:10.00 |
| 200m Freestyle | 2:55.00 | 2:50.00 | 2:45.00 | 2:40.00 | 2:32.00 | 2:25.00 |
| 400m Freestyle | 6:00.00 | | | | | |
| 800m Freestyle | 13:00.00 | | | | | |
| 1500m Freestyle | 22:00.00 | | | | | |
| 50m Backstroke | 0:48.00 | 0:46.00 | 0:42.00 | 0:40.00 | 0:38.00 | 0:36.00 |
| 100m Backstroke | 1:40.00 | 1:38.00 | 1:32.00 | 1:28.00 | 1:25.00 | 1:22.00 |
| 200m Backstroke | 3:20.00 | | | | | |
| 50m Breaststroke | 0:52.00 | 0:50.00 | 0:46.00 | 0:43.00 | 0:41.00 | 0:40.00 |
| 100m Breaststroke | 1:52.00 | 1:50.00 | 1:45.00 | 1:40.00 | 1:35.00 | 1:30.00 |
| 200m Breaststroke | 3:40.00 | | | | | |
| 50m Butterfly | 0:46.00 | 0:43.00 | 0:40.00 | 0:38.00 | 0:36.00 | 0:34.00 |
| 100m Butterfly | 1:39.00 | 1:35.00 | 1:30.00 | 1:25.00 | 1:20.00 | 1:16.00 |
| 200m Butterfly | 3:20.00 | | | | | |
| 100m Individual Medley | 1:38.00 | 1:35.00 | 1:30.00 | 1:25.00 | 1:20.00 | 1:16.00 |
| 200m Individual Medley | 3:25.00 | 3:20.00 | 3:10.00 | 3:00.00 | 2:52.00 | 2:45.00 |
| 400m Individual Medley | 6:30.00 | | | | | |

| Event | Age (Girls) | | | | | |
|------------------------|-------------|---------|---------|---------|---------|-----------|
| | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs | 16 & Over |
| 50m Freestyle | 0:41.00 | 0:40.00 | 0:38.00 | 0:36.50 | 0:35.00 | 0:34.00 |
| 100m Freestyle | 1:30.00 | 1:28.00 | 1:24.00 | 1:20.00 | 1:16.00 | 1:12.00 |
| 200m Freestyle | 2:58.00 | 2:55.00 | 2:50.00 | 2:45.00 | 2:40.00 | 2:35.00 |
| 400m Freestyle | 6:00.00 | | | | | |
| 800m Freestyle | 13:00.00 | | | | | |
| 1500m Freestyle | 22:00.00 | | | | | |
| 50m Backstroke | 0:48.00 | 0:46.00 | 0:43.00 | 0:41.00 | 0:40.00 | 0:39.00 |
| 100m Backstroke | 1:42.00 | 1:40.00 | 1:36.00 | 1:32.00 | 1:27.00 | 1:24.00 |
| 200m Backstroke | 3:25.00 | | | | | |
| 50m Breaststroke | 0:52.00 | 0:50.00 | 0:47.00 | 0:45.00 | 0:44.00 | 0:43.00 |
| 100m Breaststroke | 1:54.00 | 1:52.00 | 1:48.00 | 1:44.00 | 1:40.00 | 1:36.00 |
| 200m Breaststroke | 3:45.00 | | | | | |
| 50m Butterfly | 0:46.00 | 0:43.00 | 0:41.00 | 0:39.00 | 0:37.00 | 0:36.00 |
| 100m Butterfly | 1:39.00 | 1:36.00 | 1:32.00 | 1:28.00 | 1:25.00 | 1:22.00 |
| 200m Butterfly | 3:30.00 | | | | | |
| 100m Individual Medley | 1:38.00 | 1:35.00 | 1:32.50 | 1:30.00 | 1:27.50 | 1:25.00 |
| 200m Individual Medley | 3:28.00 | 3:25.00 | 3:16.00 | 3:10.00 | 3:05.00 | 2:57.00 |
| 400m Individual Medley | 6:40.00 | | | | | |