2025 SGC Winter SC Preparation Meet

Program of Events

Saturday 28th June 2025

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

SWIMMING GOLD COAST

2025 SGC Winter SC Preparation Meet

Qualifying Times

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

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