



## 2026 SGC Winter SC Preparation Meet

### Program of Events

Saturday 20<sup>th</sup> 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	11yrs & 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	11yrs & over 200m Breaststroke	18
19	11yrs & over 400m Freestyle	20
21	11yrs & over 50m Butterfly	22
23	11yrs & 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.**



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### 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	0:45.00	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	0:45.00	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					