SGC Preparation Meet

Saturday, 21st November 2026

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

For swimmers that have **NT** in 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 NT for 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 NT for a 400m Freestyle, you may request a manual entry provided you have met the 200m Freestyle QT for your age.
- If you have NT for an 800m Freestyle, you may request a manual entry provided you have met the 400m Freestyle QT.
- If you have NT for a 1500m Freestyle, you may request a manual entry provided you have met the 800m Freestyle QT.

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

2026 SGC 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				
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				
200m Individual Medley	3:25.00	3:16.00	3:10.00	3:05.00	2:57.00
400m Individual Medley	6:40.00				