

School of Sport Education NT Interstate Swimming Team,
Benchmark Times.

2025 School of Sport Education NT Benchmark Times.								
FEMALE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17-19 years
50 Free	40.00	37.00	35.00	32.50	32.00	31.50	31.00	31.00
100 Free	1:28.00	1:22.00	1:16.00	1:12.00	1:10.00	1:09.00	1:08.00	1:07.50
200 Free	2:45.00			2:35.00		2:30.00		2:25.00
400 Free				5:20.00		5:15.00		5:10.00
800 Free				11:00.00				
1500 Free				20:30.00				
50 Back	45.00	42.00	39.50	38.00		36.50		36.00
100 Back	1:40.00	1:32.00	1:26.00	1:23.00		1:20.00		1:17.50
200 Back				2:50.00		2:45.00		2:42.50
50 Breast	52.00	48.50	47.00	44.00		42.50		41.00
100 Breast	1:55.00	1:48.00	1:44.00	1:40.00		1:36.00		1:32.00
200 Breast				3:30.00		3:20.00		3:12.00
50 Fly	45.00	42.00	39.00	37.00		35.50		34.50
100 Fly	1:40.00	1:33.00	1:27.00	1:22.00		1:18.50		1:16.00
200 Fly				3:00.00		2:50.00		2:45.00
200 IM	3:30.00	3:20.00	3:10.00	3:00.00		2:52.50		2:45.00
400 IM				6:10.00		6:00.00		5:50.00

School of Sport Education NT Interstate Swimming Team,
Benchmark Times.

2025 School of Sport Education NT Benchmark Times.								
MALE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17-19 years
50 Free	40.00	37.00	34.00	31.50	30.00	29.00	28.00	27.50
100 Free	1:25.00	1:20.00	1:14.00	1:08.00	1:06.00	1:04.00	1:02.00	1:00.00
200 Free	2:40.00			2:32.50		2:20.00		2:12.50
400 Free				5:05.00		5:00.00		4:55.00
800 Free				10:30.00				
1500 Free				19:30.00				
50 Back	45.00	40.00	39.00	36.50		34.50		32.50
100 Back	1:40.00	1:32.00	1:25.00	1:19.00		1:15.00		1:12.00
200 Back				2:44.00		2:36.00		2:30.00
50 Breast	52.00	48.00	45.00	41.00		38.00		36.50
100 Breast	1:55.00	1:47.50	1:40.00	1:32.50		1:27.50		1:22.50
200 Breast				3:20.00		3:10.00		3:00.00
50 Fly	45.00	41.50	38.00	34.50		32.50		31.00
100 Fly	1:35.00	1:30.00	1:25.00	1:18.00		1:13.50		1:10.00
200 Fly				2:50.00		2:45.00		2:40.00
200 IM	3:25.00	3:15.00	3:05.00	2:55.00		2:45.00		2:35.00
400 IM				6.00.00		5:45.00		5:30.00