

School Sport NT Interstate Swimming Team, Nomination Process.

School Sport NT competes in the annual School Sport Australia Swimming Championship. Students aged between 10 and 19 in the year of competition are eligible for selection. Multi-class students can be selected for this team.

Benchmark times will be used to determine selection. These will be reviewed annually by the interstate team officials and based on results from the previous year's School Sport Australia Championship. Achievement of a benchmark in one event will be sufficient for consideration for the team.

Benchmark times for 2021 are provided in a separate document.

Team selection will be considered from times recorded at pre-determined and advertised swimming meets across the Northern Territory. In 2021 these events are:

Saturday 6 February	Long Course Qualifying Meet	Parap Pool
Saturday 13 February	Palmerston Invitational	Palmerston Pool
Thursday 4 March–Sunday 7 March	NT Open and Age Long Course Championships	Parap Pool
Saturday 20 March	Swimming NT Incorporated Long Course Meet	Casuarina Pool
Saturday 27 March	Darwin Invitational	Parap Pool

If a student believes he or she is competitive at the relevant standard but is not a member of a swimming club, official timing can be done by a nominated person in each region. Please contact the regional Sport Education Coordinator or the School Sport NT office, (interstate.ssnt@education.nt.gov.au) for details.

Students wishing to nominate are strongly encouraged to participate in their regional inter-school carnival where possible.

Students will be required to nominate the events they wish to be considered for selection in on the nomination form.

2021 School Sport NT Benchmark Times

FEMALE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17-19 years
50 Free	38.50	36.20	34.10	32.30	31.80	31.40	31.20	31.00
100 Free	1.20.5	1.17.4	1.13.0	1.11.0	1.10.8	1.09.0	1.08.5	1.08.0
200 Free	2.33.0			2.32.0		2.31.0		2.30.0
400 Free				5.20.0		5.15.0		5.10.0
800 Free				11.06.60				
1500 Free				21.20.00				
50 Back	43.90	41.60	39.80	37.60		36.00		35.80
100 Back	1.35.00	1.30.00	1.26.00	1.22.00		1.19.00		1.17.60
200 Back				2.51.00		2.50.50		2.49.70
50 Breast	49.50	46.80	44.50	42.00		41.00		40.80
100 Breast	1.47.50	1.45.20	1.41.00	1.35.00		1.32.50		1.29.00
200 Breast				3.20.00		3.18.00		3.15.00
50 Fly	42.00	39.80	37.40	35.20		34.50		33.90
100 Fly	1.28.40	1.26.40	1.23.80	1.19.00		1.17.30		1.16.00
200 Fly				3.02.00		2.53.00		2.50.00
200 IM	3.15.00	3.10.00	3.05.00	2.50.00		2.47.00		2.45.00
400 IM				6.00.00		5.58.00		5.55.00

2021 School Sport NT Benchmark Times

MALE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17-19 years
50 Free	38.50	36.20	34.10	31.50	30.40	29.20	28.50	27.70
100 Free	1.20.5	1.17.4	1.13.0	1.07.6	1.04.8	1.03.0	1.02.0	1.01.3
200 Free	2.33.0			2.22.0		2.14.0		2.10.0
400 Free				5.05.0		5.03.50		5.02.0
800 Free				10.30.00				
1500 Free				20.00.00				
50 Back	43.90	41.60	39.80	35.50		33.50		31.50
100 Back	1.35.00	1.30.00	1.26.00	1.16.00		1.11.20		1.09.40
200 Back				2.42.00		2.38.00		2.35.20
50 Breast	49.50	46.80	44.50	39.00		37.10		34.80
100 Breast	1.47.50	1.45.20	1.41.00	1.28.00		1.25.00		1.22.00
200 Breast				3.12.00		3.11.00		3.10.00
50 Fly	42.00	39.80	37.40	32.00		30.80		29.80
100 Fly	1.28.40	1.26.40	1.23.80	1.15.00		1.12.00		1.10.00
200 Fly				2.50.00		2.45.00		2.40.20
200 IM	3.15.00	3.10.00	3.05.00	2.45.00		2.40.00		2.33.00
400 IM				5.55.40		5.48.30		5.40.00