

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

2026 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	39.00	36.00	33.00	32.00	31.50	31.00	30.50	30.00
100 Free	1:25.00	1:20.00	1:15.00	1:10.00	1:09.00	1:08.00	1:07.00	1:06.00
200 Free	2:40.00			2:32.50		2:27.50		2:24.00
400 Free				5:15.00		5:10.00		5:05.00
800 Free				10:30.00				
1500 Free				20:30.00				
50 Back	45.00	42.00	39.00	37.00		36.00		35.00
100 Back	1:39.00	1:30.00	1:25.00	1:22.00		1:19.00		1:17.00
200 Back				2:50.00		2:44.00		2:40.00
50 Breast	50.00	47.50	45.00	43.00		41.50		40.00
100 Breast	1:50.00	1:46.00	1:42.50	1:38.00		1:34.00		1:30.00
200 Breast				3:25.00		3:17.50		3:10.00
50 Fly	45.00	42.00	39.00	36.00		34.50		33.00
100 Fly	1:40.00	1:32.50	1:27.50	1:20.00		1:17.50		1:15.00
200 Fly				3:00.00		2:50.00		2:45.00
200 IM	3:30.00	3:20.00	3:10.00	2:55.00		2:50.00		2:45.00
400 IM				6:10.00		6:00.00		5:50.00

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Benchmark Times.**

2026 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	39.00	36.00	33.00	31.00	30.00	29.00	28.00	27.50
100 Free	1:25.00	1:18.00	1:13.00	1:08.00	1:05.00	1:03.00	1:01.00	59.50
200 Free	2:37.50			2:30.00		2:20.00		2:12.50
400 Free				5:00.00		4:55.00		4:50.00
800 Free				10:15.00				
1500 Free				19:30.00				
50 Back	44.00	40.00	38.00	36.00		34.00		32.00
100 Back	1:39.00	1:30.00	1:24.00	1:18.00		1:14.00		1:10.00
200 Back				2:44.00		2:36.00		2:30.00
50 Breast	50.00	47.00	44.00	40.00		37.50		35.50
100 Breast	1:50.00	1:45.00	1:40.00	1:32.00		1:26.50		1:21.00
200 Breast				3:17.50		3:10.00		3:00.00
50 Fly	45.00	41.00	37.00	34.00		32.00		30.50
100 Fly	1:35.00	1:29.00	1:24.00	1:17.50		1:12.50		1:07.50
200 Fly				2:50.00		2:45.00		2:40.00
200 IM	3:25.00	3:15.00	3:05.00	2:50.00		2:42.50		2:32.50
400 IM				6.00.00		5:45.00		5:30.00