

| Girls Events | 9 Years | 10 Years | 11 Years | 12 Years | 13 Years | 14 Years | 15 Years | 16 Years | 17+ Years |
|---------------------|----------------|-----------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 50m Back | 47.0 | 42.5 | 40.1 | 38.1 | 36.0 | 35.5 | 35.1 | 34.6 | 34.4 |
| 50m Breast | 54.0 | 48.4 | 46.4 | 43.8 | 41.5 | 40.8 | 40.3 | 40.0 | 39.9 |
| 50m Fly | 49.5 | 41.2 | 38.9 | 36.9 | 34.9 | 34.4 | 33.6 | 33.3 | 33.2 |
| 50m Free | 40.5 | 37.3 | 35.4 | 33.7 | 31.8 | 31.3 | 31.0 | 30.7 | 30.6 |
| | | | | | | | | | |
| 100m Back | | | 1.24.2 | 1.19.3 | 1.17.5 | 1.15.9 | 1.14.4 | 1.13.6 | 1.13.2 |
| 100m Breast | | | 1.37.7 | 1.31.4 | 1.29.0 | 1.26.1 | 1.25.5 | 1.24.4 | 1.23.7 |
| 100m Fly | | | 1.24.9 | 1.19.0 | 1.17.0 | 1.14.8 | 1.14.2 | 1.13.3 | 1.12.5 |
| 100m Free | | | 1.13.2 | 1.10.2 | 1.07.9 | 1.06.2 | 1.05.3 | 1.04.3 | 1.04.2 |
| | | | | | | | | | |
| 200m Back | 3.47.9 | 3.20.5 | 2.58.2 | 2.48.8 | 2.43.0 | 2.40.9 | 2.38.4 | 2.37.3 | 2.36.4 |
| 200m Breast | 4.19.8 | 3.50.5 | 3.29.8 | 3.17.9 | 3.10.5 | 3.07.4 | 3.04.4 | 3:03.7 | 3:03.0 |
| 200m Fly | 4.15.4 | 3.31.5 | 3.05.6 | 2.53.3 | 2.48.0 | 2.44.1 | 2.40.4 | 2.38.7 | 2.37.5 |
| 200m Free | 3.26.7 | 2.59.1 | 2.42.0 | 2.31.0 | 2.25.0 | 2.23.0 | 2.21.6 | 2.19.9 | 2.18.7 |
| | | | | | | | | | |
| 400m Free | | 6:04.0 | 5.28.4 | 5.09.0 | 4.59.0 | 4.55.0 | 4.52.0 | 4.50.0 | 4.47.0 |
| 800m Free | | | C 12:08.3 11.08.3 | C 11:08.3 10.35.4 | C 10:35.4 10.07.0 | C 10:07.0 9.57.5 | C 10:07.0 9.51.7 | C 10:07.0 9.48.4 | C 10.07.0 9.47.7 |
| 1500m Free | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| 100m I/M | 1.52.3 | 1.38.0 | 1.26.0 | 1.21.7 | 1.18.4 | 1.16.9 | 1.16.5 | 1.15.6 | 1.15.5 |
| 200m I/M | 3.45.1 | 3.24.4 | 3.02.0 | 2.51.8 | 2.44.9 | 2.40.7 | 2.39.8 | 2.39.2 | 2.38.6 |
| 400m I/M | | 7:00.0 | 6.18.7 | 5.54.1 | 5.43.0 | 5.36.8 | 5.32.5 | 5.31.1 | 5.29.0 |
| | | | | | | | | | |
| | | | | | | | | | |
| Boys Events | 9 Years | 10 Years | 11 Years | 12 Years | 13 Years | 14 Years | 15 Years | 16 Years | 17+ Years |
| 50m Back | 48.5 | 43.8 | 40.5 | 38.4 | 35.5 | 34.0 | 32.4 | 31.9 | 31.2 |
| 50m Breast | 55.2 | 49.8 | 46.8 | 44.0 | 40.6 | 38.6 | 37.1 | 36.4 | 36.0 |
| 50m Fly | 50.5 | 42.5 | 39.0 | 37.0 | 34.3 | 32.5 | 31.0 | 30.2 | 29.6 |
| 50m Free | 42.0 | 37.7 | 34.9 | 32.9 | 31.2 | 29.7 | 28.5 | 27.8 | 27.3 |
| | | | | | | | | | |
| 100m Back | | | | 1.19.0 | 1.15.2 | 1.11.2 | 1.09.2 | 1.06.4 | 1.05.1 |
| 100m Breast | | | | 1.32.6 | 1.27.3 | 1.23.4 | 1.20.2 | 1.17.0 | 1.16.0 |
| 100m Fly | | | | 1.19.5 | 1.15.2 | 1.11.3 | 1.08.3 | 1.05.8 | 1.04.4 |
| 100m Free | | | | 1.09.9 | 1.05.5 | 1.02.6 | 1.00.9 | 59.9 | 58.5 |
| | | | | | | | | | |
| 200m Back | 3.47.9 | 3.21.0 | 3.01.0 | 2.50.0 | 2.41.0 | 2.34.0 | 2.29.1 | 2.25.1 | 2.23.4 |
| 200m Breast | 4.31.4 | 4:06.0 | 3.32.0 | 3.19.8 | 3.09.2 | 2.59.9 | 2.53.7 | 2.48.8 | 2.46.3 |
| 200m Fly | 4.14.5 | 3.36.2 | 3.08.9 | 2.55.5 | 2.46.0 | 2.36.2 | 2.30.4 | 2.26.5 | 2.23.2 |
| 200m Free | 3.26.6 | 2.59.0 | 2.43.0 | 2.30.0 | 2.23.8 | 2.16.5 | 2.12.5 | 2.10.3 | 2.08.0 |
| | | | | | | | | | |
| 400m Free | | 6:06.0 | 5.32.0 | 5.07.0 | 4.50.9 | 4.39.7 | 4.30.9 | 4.26.8 | 4.23.7 |
| 800m Free | | | | | | | | | |
| 1500m Free | | | | C 21:14.0 20.14.0 | C 20:14.0 19.11.4 | C 19:11.1 18.28.3 | C 18:28.3 17.54.4 | C 17:54.4 17.40.3 | C 17:40.3 17.29.9 |
| | | | | | | | | | |
| | | | | | | | | | |
| 100m I/M | 1.54.2 | 1.39.5 | 1.27.1 | 1.22.3 | 1.17.5 | 1.13.2 | 1.10.5 | 1.08.2 | 1.07.0 |
| 200m I/M | 3.53.4 | 3.26.0 | 3.04.5 | 2.52.6 | 2.43.4 | 2.34.7 | 2.29.1 | 2.25.6 | 2.23.2 |
| 400m I/M | | 7:09.0 | 6.25.6 | 5.54.2 | 5.40.0 | 5.19.8 | 5.08.4 | 5.01.9 | 4.57.4 |

All Times must be Licensed with the exception of the youngest Age group in each Event ie 9yr olds all events, 10yr olds 400's , 11yr old girls 800's & 100 's (not IM) and 12yr old boys 100's (not IM) and 1500 Proof must be submitted of times for 11yr old Girls 800 and 12yr old boys 1500