

## Standard for Swimming (Division One) 2024-2025

(updated on : 18 December 2023)

Events	Boys			Girls		
	A	B	C	A	B	C
50m Free Style	28.50	30.00	32.50	35.00	35.00	36.00
100m Free Style	1:12.00	1:15.00	1:17.00	1:27.00	1:28.00	1:28.00
200m Free Style	3:10.00	3:12.00	3:20.00	3:35.00	3:35.00	3:40.00
50m Back Stroke	40.00	40.00	41.50	45.00	47.00	49.00
100m Back Stroke	1:38.00	1:40.00	1:45.00	1:55.00	1:55.00	1:55.00
50m Breast Stroke	39.00	40.00	44.00	47.00	48.00	48.50
100m Breast Stroke	1:35.00	1:36.00	1:39.00	1:55.00	1:55.00	1:55.00
200m Breast Stroke	3:35.00	3:38.00	3:48.00	4:00.00	4:05.00	4:05.00
50m Butterfly	35.50	36.50	38.50	42.00	44.00	45.00
200m Individual Medley	3:30.00	3:33.00	3:38.00	3:40.00	3:50.00	4:00.00
4 x 50m Medley Relay	2:15.00	2:15.00	2:35.00	2:45.00	2:45.00	2:45.00
4 x 50m Free Style Relay	1:58.00	2:00.00	2:10.00	2:25.00	2:25.00	2:25.00