

2.4 Competition programme and time standards

Programme - Heat Sessions					Time Standards (to be achieved in 50m pools only, as of 1 st January 2024)		
Session 1 - Friday, 30 th January 2026					Open	Junior	Youth
1	400m Individual Medley	W	direct finals	60 fastest entries	05:21.20	05:37.00	05:48.00
2	400m Individual Medley	M	direct finals	60 fastest entries	04:50.80	05:08.00	05:17.90
3	200m Butterfly	W	heats	120 fastest entries	02:26.60	02:35.10	02:40.20
4	200m Butterfly	M	heats	120 fastest entries	02:12.50	02:20.30	02:24.90
5	800m Freestyle	W	direct finals	40 fastest entries	09:30.00	10:00.00	10:20.00
6	1500m Freestyle	M	direct finals	30 fastest entries	17:00.00	17:40.00	18:10.00
7	100m Backstroke	W	heats		01:08.30	01:12.20	01:14.60
8	100m Backstroke	M	heats		01:01.60	01:05.20	01:07.30
9	50m Butterfly	W	heats		00:30.10	00:31.80	00:32.80
10	50m Butterfly	M	heats		00:26.60	00:28.20	00:29.10
Session 3 - Saturday, 31 st January 2026							
11	50m Breaststroke	W	Heats		00:35.70	00:37.70	00:39.00
12	50m Breaststroke	M	heats		00:31.30	00:33.10	00:34.10
13	50m Backstroke	W	heats		00:32.40	00:34.30	00:35.40
14	50m Backstroke	M	heats		00:28.90	00:30.60	00:31.60
15	200m Freestyle	W	heats	120 fastest entries	02:13.00	02:19.00	02:26.00
16	200m Freestyle	M	heats	120 fastest entries	02:02.00	02:06.50	02:13.50
17	100m Butterfly	W	heats		01:06.50	01:10.40	01:12.70
18	100m Butterfly	M	heats		00:59.30	01:02.80	01:04.50
19	200m Breaststroke	W	heats	120 fastest entries	02:46.50	02:56.00	03:00.00
20	200m Breaststroke	M	heats	120 fastest entries	02:29.20	02:37.90	02:43.00
21	50m Freestyle	W	heats		00:28.30	00:29.50	00:30.50
22	50m Freestyle	M	heats		00:25.00	00:26.50	00:27.50
23	1500m Freestyle	W	direct finals	30 fastest entries	18:44.00	19:29.00	20:02.30
24	800m Freestyle	M	direct finals	40 fastest entries	08:57.40	09:18.90	09:34.70
Session 5 - Sunday, 1 st February 2026							
25	400m Freestyle	W	heats	60 fastest entries	04:42.20	04:51.00	04:58.00
26	400m Freestyle	M	heats	60 fastest entries	04:18.00	04:28.00	04:34.00
27	100m Breaststroke	W	heats		01:16.90	01:21.40	01:24.10
28	100m Breaststroke	M	heats		01:08.60	01:12.60	01:15.00
29	200m Backstroke	W	heats	120 fastest entries	02:28.00	02:36.00	02:40.50
30	200m Backstroke	M	heats	120 fastest entries	02:13.90	02:21.70	02:25.00
31	200m Individual Medley	W	heats	120 fastest entries	02:31.00	02:41.00	02:46.00
32	200m Individual Medley	M	heats	120 fastest entries	02:16.10	02:24.10	02:28.90
33	100m Freestyle	W	heats		01:01.70	01:05.00	01:07.00
34	100m Freestyle	M	heats		00:55.00	00:57.00	01:00.00