

Meisjes/Dames									
		onder 14		onder 16		onder 18		18 en ouder	
		25m	50m*	25m	50m*	25m	50m*	25m	50m*
50m vrije slag	P	00:35,90	00:36,90	00:33,65	00:34,70	00:31,75	00:32,70	00:31,00	00:31,90
100m vrije slag	P	01:16,85	01:19,00	01:12,05	01:14,20	01:08,40	01:10,40	01:07,20	01:09,20
200m vrije slag	P	02:53,20	02:57,30	02:39,50	02:43,20	02:29,00	02:32,40	02:26,80	02:30,20
400m vrije slag	P	05:53,10	05:59,40	05:29,90	05:35,60	05:15,50	05:21,10	05:11,30	05:16,80
800m vrije slag		12:22,35	12:33,90	11:33,60	11:44,40	10:55,00	11:05,30	10:37,70	10:47,40
50m rugcrawl	P	00:40,85	00:43,50	00:38,25	00:40,70	00:36,50	00:38,80	00:35,90	00:38,20
100m rugcrawl	P	01:28,20	01:32,10	01:22,60	01:26,30	01:18,30	01:21,70	01:16,70	01:20,10
200m rugcrawl		03:09,20	03:16,00	02:57,20	03:03,50	02:48,40	02:54,40	02:45,40	02:51,20
50m schoolslag	P	00:44,90	00:46,20	00:42,30	00:43,50	00:40,40	00:41,50	00:39,60	00:40,70
100m schoolslag	P	01:37,50	01:40,20	01:31,75	01:34,40	01:27,50	01:30,00	01:25,80	01:28,20
200m schoolslag		03:30,25	03:35,00	03:17,90	03:22,40	03:09,40	03:13,50	03:06,00	03:10,10
50m vlinderslag	P	00:38,85	00:38,90	00:36,00	00:36,10	00:34,00	00:34,10	00:33,20	00:33,30
100m vlinderslag	P	01:29,55	01:31,90	01:23,10	01:25,30	01:18,80	01:20,90	01:17,20	01:19,30
200m vlinderslag		03:18,85	03:22,40	03:04,50	03:08,00	02:54,50	02:57,70	02:50,40	02:53,50
200m wisselslag	P	03:06,35	03:12,80	02:54,60	03:00,70	02:46,10	02:51,90	02:43,25	02:48,00
400 wisselslag		06:49,75	07:00,90	06:30,35	06:40,80	06:18,70	06:28,70	06:01,80	06:11,40

\*50m limieten zijn vastgesteld op het zelfde aantal FINA punten als de korte baan tijden

Jongens/Heren									
		onder 14		onder 16		onder 18		18 en ouder	
		25m	50m*	25m	50m*	25m	50m*	25m	50m*
50m vrije slag	P	00:34,10	00:35,40	00:31,70	00:32,90	00:28,30	00:29,30	00:27,70	00:28,70
100m vrije slag	P	01:13,90	01:17,30	01:08,70	01:11,80	01:01,40	01:04,20	01:00,00	01:02,70
200m vrije slag	P	02:44,80	02:49,20	02:33,20	02:37,20	02:16,80	02:20,50	02:14,30	02:17,90
400m vrije slag	P	05:47,50	06:00,20	05:22,80	05:34,80	04:47,60	04:58,20	04:42,10	04:52,50
1500m vrije slag		22:31,60	23:10,10	20:55,70	21:31,10	19:23,50	19:56,30	18:52,10	19:24,00
50m rugcrawl	P	00:37,20	00:39,60	00:34,40	00:36,60	00:30,70	00:32,70	00:29,90	00:31,90
100m rugcrawl	P	01:20,80	01:26,30	01:14,70	01:19,70	01:06,50	01:11,00	01:05,50	01:09,90
200m rugcrawl		02:57,10	03:07,70	02:43,50	02:53,20	02:25,70	02:34,40	02:24,00	02:32,50
50m schoolslag	P	00:42,90	00:44,60	00:39,50	00:41,10	00:35,00	00:36,40	00:34,00	00:35,40
100m schoolslag	P	01:33,90	01:36,60	01:26,70	01:29,20	01:16,80	01:19,00	01:14,90	01:17,10
200m schoolslag		03:20,80	03:29,80	03:05,30	03:13,40	02:44,20	02:51,50	02:39,90	02:47,00
50m vlinderslag	P	00:39,10	00:40,00	00:34,60	00:35,50	00:31,40	00:32,20	00:30,80	00:31,50
100m vlinderslag	P	01:26,40	01:29,40	01:16,50	01:19,10	01:09,50	01:11,90	01:08,10	01:10,50
200m vlinderslag		03:14,30	03:20,80	02:52,00	02:57,60	02:36,20	02:41,30	02:32,70	02:37,60
200m wisselslag	P	03:03,70	03:10,90	02:49,70	02:56,40	02:31,00	02:37,00	02:28,50	02:34,50
400 wisselslag		06:51,80	07:05,60	06:20,60	06:33,00	05:39,00	05:50,20	05:33,10	05:44,10

\*50m limieten zijn vastgesteld op het zelfde aantal FINA punten als de korte baan tijden

Dames		onder 14		onder 16		onder 18		senioren	
		25m	50m	25m	50m	25m	50m	25m	50m
4 x 100m vrije slag		05:07,40	05:16,00	04:48,20	04:56,80	04:33,60	04:41,60	04:28,80	04:36,80
4 x 100m wisselslag		05:52,10	06:03,20	05:29,50	05:40,20	05:13,00	05:23,00	05:06,90	05:16,80
Heren		onder 14		onder 16		onder 18		senioren	
		25m	50m	25m	50m	25m	50m	25m	50m
4 x 100m vrije slag		04:55,60	05:09,20	04:34,80	04:47,20	04:05,60	04:16,80	04:00,00	04:10,80
4 x 100m wisselslag		05:35,00	05:49,60	05:06,60	05:19,80	04:34,20	04:46,10	04:28,50	04:40,20
Mixed									
4 x 50m vrije slag		max. 5 series (3x finale + 2 'rest' series)							
4 x 100m vrije slag									
4 x 50m wisselslag									
4 x 100m wisselslag									