TIMES NEEDS FOR 1,000 POINTS EFFECTIVE FROM 1 MAY 2026 – FOR BOTH THE 25 EN 50 METER SWIMMING POOL

AGE GROUP	FOR 2027 SEASON		RUNNING		SWIMMING - 50 METER POOL		SWIMMING - 25 METER POOL		BONUS POINTS
	YEAR BORN	AGE END OF 2027	DISTANCE	TIME	DISTANCE	TIME	DISTANCE	TIME	PER YEAR OVER BASE
GIRLS									
U/ 8	2020 and later	7 and younger	400	2 min 00 sec	25	0 min 35 sec	25	0 min 35.0 sec	0
U/ 9	2019	8	400	1 min 47 sec	50	0 min 56 sec	50	0 min 55.2 sec	0
U/ 11	2017-2018	9 and 10	400	1 min 38 sec	50	0 min 46 sec	50	0 min 45.2 sec	0
U/13	2015-2016	11 and 12	800	3 min 01 sec	50	0 min 38 sec	50	0 min 37.2 sec	0
U/15	2013-2014	13 and 14	800	2 min 53 sec	100	1 min 15 sec	100	1 min 13.4 sec	0
U/17	2011-2012	15 and 16	800	2 min 43 sec	100	1 min 15 sec	100	1 min 13.4 sec	0
U/19	2009-2010	17 and 18	800	2 min 54 sec	100	1 min 14 sec	100	1 min 12.4 sec	0
Juniors	2000-2008	19 -27	800	2 min 58 sec	100	1 min 19 sec	100	1 min 17.4 sec	0
Seniors	1988-1999	28 -39	800	3 min 06 sec	100	1 min 25 sec	100	1 min 23.4 sec	3
Masters	1978-1987	40 -49	800	3 min 11 sec	100	1 min 24 sec	100	1 min 22.4 sec	6
Masters	1968-1977	50 -59	800	3 min 10 sec	100	1 min 34 sec	100	1 min 32.4 sec	5
Masters	1958-1967	60 -69	400	1 min 46 sec	50	0 min 51 sec	50	0 min 50.2 sec	6
Masters	1948-1957	70 - 79	400	1 min 58 sec	50	0 min 58 sec	50	0 min 57.2 sec	10
Masters	1947 and earlier	80 and older	400	2 min 37 sec	50	1 min 10 sec	50	1 min 09.2 sec	12
Special needs	Any date	Any age	400	2 min 00 sec	50	0 min 45 sec	50	0 min 44.2 sec	0
BOYS									
U/ 8	2020 and later	7 and younger	400	1 min 58 sec	25	0 min 33 sec	25	0 min 33.0 sec	0
U/ 9	2019	8	400	1 min 43 sec	50	0 min 51 sec	50	0 min 50.2 sec	0
U/ 11	2017-2018	9 and 10	400	1 min 37 sec	50	0 min 44 sec	50	0 min 43.2 sec	0
U/13	2015-2016	11 and 12	800	3 min 00 sec	50	0 min 36 sec	50	0 min 35.2 sec	0
U/15	2013-2014	13 and 14	800	2 min 47 sec	100	1 min 13 sec	100	1 min 11.4 sec	0
U/17	2011-2012	15 and 16	800	2 min 36 sec	100	1 min 10 sec	100	1 min 08.4 sec	0
U/19	2009-2010	17 and 18	800	2 min 29 sec	100	1 min 08 sec	100	1 min 06.4 sec	0
Juniors	2000-2008	19 -27	800	2 min 35 sec	100	1 min 09 sec	100	1 min 07.4 sec	0
Seniors	1988-1999	28 -39	800	2 min 40 sec	100	1 min 15 sec	100	1 min 13.4 sec	3
Masters	1978-1987	40 -49	800	2 min 40 sec	100	1 min 15 sec	100	1 min 13.4 sec	5
Masters	1968-1977	50 -59	800	2 min 46 sec	100	1 min 18 sec	100	1 min 16.4 sec	5
Masters	1958-1967	60 -69	400	1 min 30 sec	50	0 min 43 sec	50	0 min 42.2 sec	6
Masters	1948-1957	70 - 79	400	1 min 40 sec	50	0 min 50 sec	50	0 min 49.2 sec	10
Masters	1947 and earlier	80 and older	400	2 min 17 sec	50	0 min 53 sec	50	0 min 52.2 sec	12
Special needs	Any date	Any age	400	2 min 00 sec	50	0 min 45 sec	50	0 min 44.2 sec	0