

APPENDIX B

2026 METROPOLITAN WEST SCHOOL SPORT SWIMMING TRIALS

10-12 YEARS MWSS QUALIFYING TIMES

PLEASE NOTE: Districts may also nominate ALL swimmers who equal or are faster than the MWSS Qualifying Time.

BOYS			
Freestyle	10yrs	11yrs	12yrs
50m	42.00	38.50	36.50
100m	1:30.00	1:26.00	1:21.00
200m	2:39.00		
400m	Paper Nomination		
Breaststroke	10yrs	11yrs	12yrs
50m	55.00	52.00	49.00
100m	1:56.00	1:50.00	1:41.00
200m	Paper Nomination		
Backstroke	10yrs	11yrs	12yrs
50m	52.50	49.00	46.00
100m	1:41.00	1:37.00	1:33.00
200m	Paper Nomination		
Butterfly	10yrs	11yrs	12yrs
50m	50.50	47.00	44.00
100m	1:45.00	1:38.00	1:31.00
200m	Paper Nomination		
Indiv Medley	10yrs	11yrs	12yrs
200m	3:36.00	3:22.00	3:12.00
400m	Paper Nomination		

GIRLS			
Freestyle	10yrs	11yrs	12yrs
50m	42.00	38.50	36.50
100m	1:30.00	1:26.00	1:21.00
200m	2:39.00		
400m	Paper Nomination		
Breaststroke	10yrs	11yrs	12yrs
50m	55.50	52.00	49.00
100m	1:56.00	1:50.00	1:41.00
200m	Paper Nomination		
Backstroke	10yrs	11yrs	12yrs
50m	52.50	49.00	46.00
100m	1:41.00	1:37.00	1:33.00
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Butterfly	10yrs	11yrs	12yrs
50m	50.50	47.00	44.00
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200m	3:36.00	3:22.00	3:12.00
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