Lane Criteria for Swimmers based on 100m IM Time

Thursday night/Saturday morning

Coach – Fiona Hillier

Lane 1 1:30 – 1:40

Lane 2 1:40 – 1:50

Lane 3 1:50 – 2:00

Thursday night/Saturday morning

Coach – Robin Higgins

Lane 4 2:00 – 2:05

Lane 5 2:05 – 2:10

Lane 6 2:10 – 2:15

Attendance Criteria for Sunday

Sunday morning

Coach – Fiona Hillier

- Previous season Age Group Qualifying Time
- 100m IM in under 1:45

Afternoon

Coach – Robin Higgins

- 100 IM over 1:45
- Swimmer with a 100m IM under 1:45 if morning does not suit