

P = paralympisch		Jun 1-2		Jun 3-4		Jeugd 1-2		Senioren	
		I-limiet		I-limiet		H-limiet		H-limiet	
meisjes / dames		25m	50m	25m	50m	25m	50m	25m	50m
50m	rugslag	P 00:38.5	00:40.6	00:36.0	00:38.0	00:33.7	00:35.5	00:33.0	00:34.8
100m	rugslag	P 01:22.9	01:27.6	01:17.6	01:22.0	01:11.4	01:15.4	01:09.2	01:13.1
200m	rugslag	03:00.6	03:07.9	02:49.1	02:55.9	02:35.5	02:41.8	02:31.6	02:37.7
50m	schoolslag	P 00:43.6	00:44.7	00:40.8	00:41.7	00:38.6	00:39.5	00:37.6	00:38.4
100m	schoolslag	P 01:33.9	01:36.9	01:27.8	01:30.6	01:23.1	01:25.8	01:20.6	01:23.2
200m	schoolslag	03:22.2	03:29.0	03:08.9	03:15.3	02:58.9	03:05.0	02:54.5	03:00.4
50m	vlinderslag	P 00:38.9	00:38.9	00:35.7	00:35.7	00:33.4	00:33.4	00:32.1	00:32.2
100m	vlinderslag	P 01:28.3	01:29.9	01:21.0	01:22.5	01:15.9	01:17.4	01:13.5	01:14.9
200m	vlinderslag	03:16.1	03:19.7	03:00.0	03:03.3	02:48.7	02:51.8	02:42.5	02:45.5
50m	vrije slag	P 00:35.6	00:36.4	00:33.5	00:34.2	00:31.1	00:31.4	00:29.6	00:30.2
100m	vrije slag	P 01:16.2	01:17.9	01:11.6	01:13.2	01:05.7	01:07.2	01:04.1	01:05.6
200m	vrije slag	P 02:45.3	02:48.6	02:35.4	02:38.5	02:22.3	02:25.4	02:20.0	02:22.8
400m	vrije slag	P 05:52.1	05:57.9	05:26.9	05:32.2	05:01.9	05:06.9	04:56.9	05:01.7
800m	vrije slag	12:20.3	12:32.8	11:27.3	11:38.9	10:34.8	10:45.5	10:08.0	10:18.2
100m	wisselslag	P 01:23.3	nvt	01:17.9	nvt	01:12.0	nvt	01:10.7	nvt
200m	wisselslag	P 03:05.1	03:11.6	02:53.3	02:59.3	02:39.5	02:45.1	02:35.7	02:41.1
400m	wisselslag	06:47.6	07:01.7	06:21.5	06:34.7	05:57.8	06:10.1	05:48.7	06:00.7

		Jun 1-2		Jun 3-4		Jeugd 1-2		Senioren	
P=paralympisch		K-limiet		K-limiet		I-limiet		H-limiet	
jongens/heren		25m	50m	25m	50m	25m	50m	25m	50m
50m	rugslag	P 00:37.3	00:40.3	00:34.4	00:37.2	00:30.7	00:33.2	00:29.3	00:31.7
100m	rugslag	P 01:21.0	01:25.8	01:14.6	01:19.2	01:06.6	01:10.7	01:04.0	01:07.9
200m	rugslag	02:56.9	03:07.5	02:43.3	02:53.0	02:25.8	02:34.5	02:18.3	02:26.5
50m	schoolslag	P 00:42.8	00:44.8	00:39.5	00:41.3	00:35.1	00:36.7	00:33.2	00:34.7
100m	schoolslag	P 01:33.9	01:37.8	01:26.6	01:30.2	01:16.9	01:20.1	01:13.1	01:16.2
200m	schoolslag	03:20.6	03:31.5	03:05.1	03:15.2	02:44.3	02:53.2	02:36.1	02:44.6
50m	vlinderslag	P 00:39.0	00:40.1	00:34.6	00:35.6	00:31.5	00:32.4	00:29.7	00:30.5
100m	vlinderslag	P 01:26.2	01:28.7	01:16.4	01:18.6	01:09.5	01:11.5	01:04.4	01:06.3
200m	vlinderslag	03:13.7	03:19.0	02:51.6	02:56.3	02:36.2	02:40.5	02:26.9	02:30.9
50m	vrije slag	P 00:34.1	00:35.2	00:31.7	00:32.7	00:28.4	00:29.3	00:26.4	00:27.2
100m	vrije slag	P 01:13.9	01:17.1	01:08.6	01:11.7	01:01.4	01:04.1	00:56.9	00:59.4
200m	vrije slag	P 02:44.7	02:49.0	02:33.0	02:37.0	02:16.8	02:20.5	02:07.4	02:10.7
400m	vrije slag	P 05:47.0	05:59.5	05:22.4	05:34.3	04:47.7	04:58.3	04:27.5	04:37.4
1500m	vrije slag	23:23.6	24:01.7	21:44.1	22:19.5	19:23.5	19:55.1	18:06.8	18:36.3
100m	wisselslag	P 01:22.4	nvt	01:16.1	nvt	01:08.0	nvt	01:05.2	nvt
200m	wisselslag	P 03:03.5	03:10.8	02:49.6	02:56.3	02:31.0	02:37.0	02:22.6	02:28.3
400m	wisselslag	06:50.8	07:05.3	06:19.6	06:33.1	05:39.0	05:51.1	05:12.6	05:23.7

Dames	Junioren 2 el	Junioren 4 el	Jeugd 2 el	Senioren	
Estafette	11-12	11-14	11-16	11-99	
4x100m vrije slag	05:00.0	04:48.0	04:35.0	04:22.0	
4x200m vrije slag	10:36.0	10:18.0	10:00.0	09:40.0	
4x100m wisselslag	05:44.0	05:29.0	05:15.0	05:03.0	
Heren	Junioren 2 el	Junioren 4 el	Jeugd 2 el	Senioren	
Estafette	12-13	12-15	12-17	12-99	
4x100m vrije slag	05:00.0	04:22.0	04:13.0	04:00.0	
4x200m vrije slag	10:24.0	09:35.0	09:17.0	08:56.0	
4x100m wisselslag	05:44.0	05:00.0	04:46.0	05:03.0	
Mixed	Junioren	Jeugd	Senioren		
4x50m vrije slag	Max. 5 series (3x finale + 2 "rest" series)				
4x50m wisselslag	Max. 5 series (3x finale + 2 "rest" series)				