

Event	Project 28 - Female Consideration Times (Short Course/25m)			
	Born 2007	Born 2006	Born 2005	Born 2004
50m Freestyle	28.90	27.86	27.35	26.85
100m Freestyle	1:02.60	1:00.36	59.26	58.16
200m Freestyle	2:17.78	2:12.83	2:10.42	2:08.00
40m Freestyle	4:52.41	4:41.91	4:36.78	4:31.66
800m Freestyle	9:59.00	9:36.90	9:26.00	9:15.10
1500m Freestyle	18:58.94	18:17.18	17:56.79	17:36.41
100m Backstroke	1:10.36	1:07.83	1:06.59	1:05.36
200m Backstroke	2:32.20	2:26.73	2:24.06	2:21.39
100m Breaststroke	1:16.94	1:14.18	1:12.83	1:11.49
200m Breaststroke	2:48.38	2:42.34	2:39.39	2:36.43
100m Butterfly	1:08.07	1:05.63	1:04.44	1:03.23
200m Butterfly	2:30.79	2:25.37	2:22.72	2:20.08
200m IM	2:33.80	2:28.10	2:25.20	2:22.50
400m IM	5:26.66	5:14.94	5:09.21	5:03.48

Event	Project 28 - Male Consideration Times (Short Course/25m)			
	Born 2007	Born 2006	Born 2005	Born 2004
50m Freestyle	26.73	25.31	24.40	23.95
100m Freestyle	58.77	55.65	53.66	52.68
200m Freestyle	2:09.82	2:02.93	1:58.51	1:56.35
40m Freestyle	4:38.07	4:23.29	4:13.84	4:09.22
800m Freestyle	9:37.30	9:05.50	8:45.10	8:35.20
1500m Freestyle	18:18.77	17:19.13	16:40.96	16:22.32
100m Backstroke	1:05.12	1:01.66	59.44	58.36
200m Backstroke	2:22.29	2:14.74	2:09.89	2:07.53
100m Breaststroke	1:11.56	1:07.76	1:05.33	1:04.14
200m Breaststroke	2:36.08	2:27.79	2:22.48	2:19.90
100m Butterfly	1:03.72	1:00.33	58.16	57.11
200m Butterfly	2:22.24	2:14.69	2:09.85	2:07.49
200m IM	2:25.90	2:17.90	2:12.80	2:10.20
400m IM	5:08.39	4:52.00	4:41.51	4:36.40

Pool & gym sessions within a regular training week will be allocated on an individualised basis, with age, event specificity, athletic development, home location and academic commitments all taken into account. There may be a degree of flexibility and manoeuvre in some school holiday periods.

Monday	0530 – 0730	LCM	National Aquatic Centre
Monday	1630 – 1745	GYM	National Indoor Arena
Monday	1800 – 1900	SCM	National Aquatic Centre
Tuesday	0530 – 0730	LCM	National Aquatic Centre
Tuesday	1700 – 1900	LCM	National Aquatic Centre
Wednesday	0530 – 0730	LCM	National Aquatic Centre
Thursday	1700 – 1900	SCM	National Aquatic Centre
Friday	0530 – 0730	LCM	National Aquatic Centre
Friday	1630 – 1745	GYM	National Indoor Arena
Friday	1800 – 1900	SCM	National Aquatic Centre
Saturday	0600 – 0800	LCM	National Aquatic Centre