

**MQS's season 2018/2019**

	World Short Course Championship 2018 11-16 Dec 2018		World Long Course Championship 2019 21-28 Jul 2019		GSSE 2019 27 May - 01 Jun 2019		Junior European Championship 2019 03-07 Jul 2019 (TBC)		Junior World Championship 2019 20-25 Aug 2019		EYOF 2019 20-28 Jul 2019	
	Men	Women	Men	Women	Men	Women	Boys 2001-2004	Girls 2002-2005	Boys 2001-2004	Girls 2002-2005	Boys 2003-2004	Girls 2004-2005
50 freestyle	0:22.47	0:25.46	0:22.96	0:25.92	0:23.35	0:26.50	0:24.38	0:27.39	0:23.89	0:26.84	0:24.86	0:27.93
100 freestyle	0:49.45	0:55.66	0:50.51	0:56.40	0:51.64	0:57.97	0:53.20	0:59.31	0:52.13	0:58.12	0:54.26	1:00.49
200 freestyle	1:48.70	2:00.59	1:51.16	2:02.81	1:53.85	2:03.33	1:56.35	2:07.67	1:54.02	2:05.11	1:58.67	2:10.22
400 freestyle	3:51.93	4:15.95	3:56.14	4:19.34	4:04.71	4:23.39	4:05.16	4:27.67	4:00.25	4:22.31	4:14.96	4:33.02
800 freestyle	-----	8:53.74	8:10.91	8:56.71	-----	9:03.00	8:34.30	9:19.07	8:24.01	9:07.88	-----	9:30.25
1500 freestyle	15:20.42	-----	15:39.14	17:06.76	16:22.00	-----	16:35.0	17:50.0	16:15.10	17:28.60	16:54.90	-----
50 breaststroke	0:27.71	0:31.77	0:28.35	0:32.31	-----	-----	0:30.05	0:33.83	0:29.44	0:33.15	-----	-----
100 breaststroke	1:00.21	1:08.50	1:02.05	1:09.79	1:05.23	1:13.98	1:05.93	1:14.50	1:04.61	1:13.01	1:07.24	1:15.99
200 breaststroke	2:11.27	2:29.66	2:15.59	2:31.02	2:17.21	2:38.00	2:22.93	2:40.87	2:20.07	2:37.65	2:25.78	2:44.08
50 butterfly	0:24.03	0:27.18	0:24.49	0:27.26	-----	-----	0:25.95	0:29.07	0:25.43	0:28.48	-----	-----
100 butterfly	0:53.36	1:00.31	0:53.78	1:00.53	0:56.04	1:03.22	0:57.54	1:04.21	0:56.38	1:02.92	0:58.99	1:05.49
200 butterfly	1:58.86	2:14.30	2:00.80	2:13.73	2:07.00	2:24.31	2:08.13	2:21.11	2:05.56	2:18.28	2:10.69	2:23.93
50 backstroke	0:24.82	0:27.96	0:26.05	0:29.21	-----	-----	0:27.67	0:30.88	0:27.11	0:30.26	-----	-----
100 backstroke	0:53.42	1:00.11	0:55.95	1:02.71	0:57.50	1:05.56	0:58.95	1:05.65	0:57.77	1:04.33	1:00.12	1:06.96
200 backstroke	1:57.32	2:11.64	2:02.48	2:16.13	2:09.76	2:24.81	2:09.89	2:22.65	2:07.29	2:19.79	2:12.48	2:25.50
100 IM	0:55.44	1:03.35	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
200 IM	2:00.77	2:17.09	2:04.43	2:17.69	2:09.32	2:22.91	2:12.15	2:25.32	2:09.50	2:22.41	2:14.79	2:28.22
400 IM	4:19.03	4:53.35	4:26.93	4:52.97	4:37.60	5:03.93	4:42.00	5:07.00	4:36.36	5:00.86	4:47.64	5:13.14

World SC Championship 2018	MQS's provided by FINA. Times must be achieved during FINA approved 25m pool competitions only. Qualifying period 01.09.2018 - 29.10.2018 If no swimmers achieve the MQSs, the ASA will nominate up to 4 swimmers with balanced gender (2 Male + 2 Female)
World LC Championship 2019	MQS's provided by FINA. Times must be achieved during FINA approved 50m pool competitions only. Qualifying period to obtain times 01.03.2018 – 01.06.2019, to qualify by points 01.01.2019 – 01.06.2019 If no swimmers achieve the MQS's, the ASA will nominate up to 4 swimmers with balanced gender (2 Male + 2 Female). Swimmers achieving a Gold Medal at the GSSE will be given priority in selection.
GSSE 2019	MQS's provided by MOC. Times must be achieved during ASA/MOC approved 50m pool competitions. Qualifying period 01.04.2018 – 28.02.2019
Junior European Championship 2019	MQS's must be achieved during ASA approved competitions. Qualifying period to obtain times 01.06.18 – 01.05.19, to qualify by points 01.01.2019 – 01.05.2019 If no swimmers achieve the MQS's, the ASA will nominate up to 8 swimmers regardless of gender
Junior World Championship 2019 EYOF 2019	MQS's must be achieved during ASA approved competitions. Qualifying period to obtain times 01.06.18 – 01.06.19 If no swimmers achieve the MQS's, the ASA will nominate up to 4 swimmers regardless of gender MQS's must be achieved during ASA/MOC approved competitions. Qualifying period to obtain times 01.06.18 – 01.06.19. The final selection decision will be made by the MOC. ASA guarantee participation of all swimmers who achieve MQS's. If no swimmers achieve the MQS's the ASA will nominate up to 4 swimmers regardless of gender.

1. Only swimmers regularly training and having positive dynamic results in the 12 months leading the deadline set by ASA can be selected.
2. Only swimmers who achieve the MQS's will be guaranteed participation (unless there is any disciplinary offense or disqualification).
3. Qualified swimmers may be requested to carry out a Doping test by the National Anti Doping Agency.
4. To qualify for international competitions all locally based swimmers must take part in at least 50% of the local competitions organized by ASA during one swimming season.
5. To qualify for international competitions swimmers based abroad must have at least 8 starts in a minimum 4 local or international competitions during one swimming season. Results from these competitions must be forwarded to the ASA as per Swimming Competition rules and before the deadline for selection.

Rev: 07 Feb 2019