



## AGE GROUPS & EVENTS

### INTRODUCTION

WOMEN'S AGE GROUPS	MEN'S AGE GROUPS	EVENTS
10 & Under, 11-12	11 & Under, 12-13	50 butterfly 50 backstroke 50 breaststroke 50 freestyle 100 IM
13-15, 16 & Over	14-16, 17 & Over	100 butterfly 100 backstroke 100 breaststroke 100 freestyle 200 IM
Multiclass Para Swimming	Multiclass Para Swimming	50 butterfly (S1-7), or 100 butterfly (S8-14) 50 backstroke (S1-5), or 100 back (S6-14) 50 breaststroke (SB1-3), or 100m breaststroke (SB4-SB14) 100 freestyle (S1-S14) 150 (SM1-SM4), or 200 IM (SM5-SM14)

### #RACEAGAIN CHALLENGE – STAGES 1-3

WOMEN'S AGE GROUPS	MEN'S AGE GROUPS	EVENTS
10 & Under	11 & Under	50, 100, 200, 400 freestyle 50, 100, 200 backstroke 50, 100, 200 breaststroke 50, 100 butterfly 200 IM
11-12	12-13	50, 100, 200, 400, 800 freestyle 50, 100, 200 backstroke 50, 100, 200 breaststroke 50, 100, 200 butterfly 200, 400 IM
13-15, 16 & Over	14-16, 17 & Over	50, 100, 200, 400, 800, 1500 freestyle 50, 100, 200 backstroke 50, 100, 200 breaststroke 50, 100, 200 butterfly 200, 400 IM
13 & Over	14 & Over	5 km
Multiclass Para Swimming	Multiclass Para Swimming	50, 100 free 200/400 free 50/100 backstroke 50/100 breaststroke 50/100 butterfly 150/200 IM