

UniSport Australia Guideline

Swimming

Men and Women

UniSport Australia (UniSport) swimming competitions are conducted in accordance with the rules of [Swimming New South Wales \(Swimming NSW\)](#) except where these differ from UniSport sports guidelines; in which case the latter shall take precedence.

1. Team/squad size

- Maximum registrations per individual event – no limit
- Maximum entries per university per relay event – 1*

**Multiple teams per university may be entered but only the highest placing team will count towards the point score.*

2. Competition format

- 2.1. The general format and conduct of the events will be contested under the rules of the specific event organisers. Late entries will only be accepted for 24 hours after the close date, at the discretion of the event organiser and will attract a late fee.
- 2.2. If a nominated competitor withdraws from a relay event, a team may replace this withdrawal with another member of their named swimming squad. This applies only for heats.
- 2.3. Heats, if necessary, shall be conducted in the morning session preceding the finals session in the evening.
- 2.4. The following events are offered, and all events shall be conducted for both men and women competitors.
 - 2.4.1. Freestyle: 50m, 100m, 200m, 400m, 800m, 1,500m
 - 2.4.2. Backstroke: 50m, 100m, 200m
 - 2.4.3. Breaststroke: 50m, 100m, 200m
 - 2.4.4. Butterfly: 50m, 100m, 200m
 - 2.4.5. Medley: 200m, 400m
 - 2.4.6. Relays: 4x200m freestyle, 4x100m freestyle, 4x100m medley, 4x100m mixed medley
- 2.5. Finals will be conducted as 'A' and 'B' finals provided that twenty-five (25) swimmers contest the heats of that event. The top 10 fastest from the heats, regardless of club or university, will compete in the 'A' final and the next ten (10) fastest from the heats, regardless of club or university, will compete in the 'B' final.
 - 2.5.1. 800m and 1500m freestyle events will be swum as timed finals with the fastest heat swum in the finals' session.
 - 2.5.2. All relays will be swum in the finals' session.
- 2.6. The UniSport Nationals medallists will be determined in the following manner:
 - 2.6.1. 'A' Final placings take precedence over 'B' Final placings. For example, if there are two university competitors in the 'A' Final, they will receive the UniSport gold and silver medals in order of their finishing position. The bronze medal will be awarded to the first-place finisher in the 'B' final.
 - 2.6.2. If no university placing can be determined from the combined 'A' and 'B' final, then the next fastest time from the heats' session will earn that undetermined placing.
- 2.7. No 'B' Finals will be conducted for Multi-Class Events. Each Multi-Class Final will consist of a maximum of ten (10) swimmers. The Final will be filled with the top 10 qualifiers based on Para points. Multi-class events are offered in selected races (see page 4 & 5 for qualifying times). Medals are awarded to the top three university and top three club swimmers.
- 2.8. Assisted self-marshalling will be the check-in process for all participants. Check starters will be available to assist, support, and direct swimmers on the pool deck. The Call Room

Supervisor in the marshalling area will indicate when the next heat is required to move to the chairs behind the blocks.

2.8.1. Swimmers are expected to know what event, heats, and lane they will be swimming in from the program.

2.8.2. For Heats, swimmers will report to the chairs behind the blocks for their event, preferably via the marshalling area. The fastest heats will report first. To avoid congestion, swimmers need only enter the marshalling area:

2.8.2.1. Four (4) heats prior for 50m, 100m, and 200m events.

2.8.2.2. Two (2) heats prior for 400m, 800m, and 1500m events.

2.8.2.3. The first heat of each session must report five (5) minutes prior to the scheduled start time.

2.8.3. For Finals, swimmers must report two (2) events prior.

2.9 Swimmers who are entered into and contesting the 1500m, 800m, 400m freestyle and the 400m Individual Medley must register their intention to swim or withdraw prior to the commencement of the session in which the event is to be swum. Registration is via QR code which will be made available to all swimmers in the week preceding the event. Failure to register your intention to swim will result in the swimmer being automatically withdrawn from the event.

3. Point score

3.1. The points awarded for each final shall be:

Place	Individual finals	Relay finals
1st	16 points	32 points
2nd	12 points	24 points
3rd	9 points	18 points
4th	7 points	14 points
5th	6 points	12 points
6th	5 points	10 points
7th	4 points	8 points
8th	3 points	6 points
9th	2 points	4 points
10th	1 point	2 points

** Points for the 4x100m mixed medley relay will be split evenly between the men's and women's point score total for each university involved.*

3.2. If two or more competitors finish equal in an event, they shall share the points for the places tied.

3.3. The university scoring the greatest number of points in the competition (separately for men and women), shall be declared the overall winners for the competition.

3.4. If two or more universities score an equal number of points to tie for first place overall, the university with the highest number of first placings will be deemed the winner.

3.4.1. If universities are still equal, then the process will follow to the University with the highest number of second placings, third placings and so on until a winner is found.

4. Uniform requirements

- 4.1. The specific uniform requirements for swimming are as per [Swimming NSW General Rules – GR19](#) with the following UniSport uniform requirements:
- 4.1.1. Swimming cap and goggles are compulsory
- 4.1.2. Swimmers competing in the UniSport Nationals should wear a swimming cap either with university branding or a plain design (i.e., not swim club branded)

5. Team duties

- 5.1. Team duty requirements (if required) at UniSport events are:
- 5.1.1. Competing universities may be required to fill timekeeping duties via a duty roster
- 5.2. The person fulfilling the team duty requirements can be any competent person associated with that team or university and does not necessarily have to be a player e.g. team manager.
- 5.3. Teams that do not fulfil team duties will be fined as per the [UniSport guideline – Breach of Competition Requirements](#).

6. Qualifying times

- 6.1. All competitors must meet the qualifying times below established for the competition.
- 6.2. Times must have been recorded since 1 October 2024 and can include the previous UniSport Nationals event. International competitions are valid if evidence of the qualifying time can be provided if requested.
- 6.3. Competitors can use either a long course or short course qualifying time, however if using a short course time, their entry time will be equal to the qualifying time established for the event.
- 6.4. Entries not meeting the qualifying times for any event will not be accepted.

Men	Event	Women
Freestyle		
26.50	50m	31.50
56.50	100m	1:04.50
2:05.00	200m	2:16.00
4:25.00	400m	4:45.00
9:20.00	800m	9:50.00
17:10.00	1500m	18:45.00
Backstroke		
31.00	50m	35.00
1:06.00	100m	1:13.00
2:27.00	200m	2:42.50
Breaststroke		
35.00	50m	39.00
1:12.00	100m	1:23.50
2:43.00	200m	2:59.00
Butterfly		
29.00	50m	32.00
1:02.00	100m	1:10.00
2:25.50	200m	2:42.00

Men	Event	Women
Individual medley		
2:19.00	200m	2:33.50
4:57.00	400m	5:20.00
Relays		
8:35.00	4x200m freestyle	9:18.00
3:58.00	4x100m freestyle	4:22.00
4:26.00	4x100m medley	4:50.00
Mixed relay – 4x100m medley		4:45.00



7. Multi-class qualifying times

Women	50m Free	100m Free	200m Free	400m Free	100m Back	100m Fly	100m Breast		200m IM
S1	2:02.32	4:19.82			4:21.47		SB1		SM1
S2	1:48.57	3:55.51			4:45.12		SB2		SM2
S3	1:26.24	2:58.31			3:10.52		SB3	3:06.56	SM3
S4	0:56.43	2:09.69			2:42.14		SB4	2:44.78	SM4
S5	0:52.36	1:53.63			2:34.00		SB5	2:39.72	SM5
S6	0:51.81	1:54.62	4:13.66	8:43.05	2:07.49	2:29.16	SB6	2:30.48	SM6
S7	0:49.94	1:47.36	3:50.56	8:23.58	2:03.42	2:04.85	SB7	2:17.50	SM7
S8	0:45.87	1:39.11	3:34.50	7:20.22	1:53.08	1:58.47	SB8	1:57.48	SM8
S9	0:42.35	1:30.31	3:12.28	7:00.22	1:41.20	1:47.03	SB9	1:50.66	SM9
S10	0:40.92	1:28.77	3:12.28	6:44.25	1:46.59	1:39.00			SM10
S11	0:47.52	1:42.96	3:43.30	7:46.29	1:58.58	1:55.72	SB11	2:09.03	SM11
S12	0:40.48	1:26.35	3:04.03	7:01.96	1:40.54	1:37.24	SB12	2:01.99	SM12
S13	0:39.38	1:26.13	3:08.32	6:39.41	1:39.66	1:34.93	SB13	1:50.88	SM13
S14	0:41.58	1:29.76	3:13.71	6:50.41	1:40.43	1:40.32	SB14	1:57.48	SM14
S15	0:39.38	1:25.58	3:05.79	6:25.66	1:38.67	1:34.16	SB15	1:47.47	SM15
S16	0:45.65	1:42.30	3:49.46	8:24.02	2:18.60	1:44.28	SB16	2:18.82	SM16
S18	0:43.67	1:34.27	3:23.39	7:10.98	1:45.49	1:45.38	SB18	2:03.31	SM18
S19	0:41.58	1:29.76	3:13.71	6:50.41	1:40.43	1:40.32	SB19	1:57.48	SM19
Men	50m Free	100m Free	200m Free	400m Free	100m Back	100m Fly	100m Breast		200m IM
S1	1:39.33	3:39.78			4:37.64		SB1		SM1
S2	1:26.46	3:07.88			3:11.73		SB2		SM2
S3	1:07.32	2:32.79			2:58.75		SB3	2:46.21	SM3
S4	0:54.67	1:59.79			2:26.19		SB4	2:19.92	SM4
S5	0:47.52	1:49.34			2:18.16		SB5	2:10.90	SM5
S6	0:44.77	1:38.01	3:36.81	7:41.89	1:52.20	1:49.34	SB6	2:11.34	SM6
S7	0:41.14	1:29.98	3:13.38	7:03.06	1:48.24	1:51.98	SB7	2:00.89	SM7
S8	0:39.60	1:26.24	3:06.56	6:47.22	1:39.66	1:36.36	SB8	1:43.29	SM8
S9	0:37.95	1:24.26	2:59.52	6:22.36	1:33.61	1:32.73	SB9	1:45.82	SM9
S10	0:35.53	1:17.33	2:47.53	5:51.45	1:28.44	1:25.80			SM10
S11	0:37.40	1:21.62	2:56.99	6:15.21	1:39.66	1:31.41	SB11	1:58.91	SM11
S12	0:36.41	1:20.96	2:52.48	6:08.50	1:32.07	1:24.92	SB12	1:55.28	SM12
S13	0:34.21	1:19.09	2:52.92	6:08.72	1:31.74	1:27.12	SB13	1:51.98	SM13
S14	0:36.41	1:19.64	2:51.71	6:20.49	1:31.74	1:26.90	SB14	1:49.12	SM14
S15	0:34.21	1:15.79	2:44.45	5:35.83	1:25.47	1:22.83	SB15	1:43.73	SM15

Men	50m Free	100m Free	200m Free	400m Free	100m Back	100m Fly		100m Breast		200m IM
S16	0:39.71	1:28.88	3:19.21	7:52.89	1:47.25	2:14.75	SB16	2:11.56	SM16	3:57.49
S18	0:38.28	1:23.60	3:00.29	6:39.52	1:36.36	1:31.30	SB18	1:54.62	SM18	3:28.56
S19	0:36.41	1:19.64	2:51.71	6:20.49	1:31.74	1:26.90	SB19	1:49.12	SM19	3:18.66



8. UniSport Nationals current swimming records

Event	Record	Year	Record holder	Uni
Freestyle				
Men 50m	22.34	2023	Flynn Southam	BOND
Women 50m	24.58	2021	Emma McKeon	GU
Men 100m	48.97	2024	Flynn Southam	BOND
Women 100m	52.29	2021	Emma McKeon	GU
Men 200m	1:46.36	2023	Flynn Southam	BOND
Women 200m	1:59.55	2021 2024	Tamsin Cook Rebecca Jacobson	UWA QUT
Men 400m	3:49.32	2019	Jack McLoughlin	QUT
Women 400m	4:07.29	2019	Kiah Melverton	GU
Men 800m	7:55.75	2019	Elijah Winnington	BOND
Women 800m	8:24.07	2021	Kiah Melverton	GU
Men 1500m	15:08.98	2021	Nick Sloman	QUT
Women 1500m	15:55.14	2021	Madeleine Gough	BOND
Backstroke				
Men 50m	24.69	2021	Isaac Cooper	QUT
Women 50m	27.83	2019	Kaylee McKeown	USC
Men 100m	54.53	2021	Isaac Cooper	QUT
Women 100m	59.46	2019	Kaylee McKeown	UniSC
Men 200m	1:57.42	2023	Bradley Woodward	WS
Women 200m	2:07.10	2019	Kaylee McKeown	UniSC
Breaststroke				
Men 50m	27.63	2023	Samuel Williamson	MELB
Women 50m	31.38	2025	Mia O'Leary	BOND
Men 100m	1:00.21	2024	Zac Stubblety-Cook	GU
Women 100m	1:07.83	2019	Jenna Strauch	BOND
Men 200m	2:07.89	2024	Zac Stubblety-Cook	GU
Women 200m	2:25.39	2019	Jenna Strauch	BOND
Butterfly				
Men 50m	23.35	2023	Ben Armbruster	BOND
Women 50m	26.09	2021	Emma McKeon	GU
Men 100m	51.99	2024	Shaun Champion	UTS
Women 100m	56.81	2021	Emma McKeon	GU
Men 200m	1:57.94	2019	David Morgan	GU
Women 200m	2:06.47	2024	Elizabeth Dekkers	UQ
Individual medley				
Men 200m	2:00.45	2023	Se-Bom Lee	UTS
Women 200m	2:11.04	2019	Kaylee McKeown	UniSC
Men 400m	4:18.08	2021	Brendon Smith	LTU
Women 400m	4:44.25	2023	Kayla Hardy	UC
Relays				
Men 4x50 free	1:30.57	2024	B Armbruster, J Collett, J Coleman, F Southam	BOND
Women 4x50 free	1:43.35	2024	M O'Leary, H Casey, M Condren, E Doherty	BOND
Men 4x100 free	3:20.77	2024	F Southam, J Collett, T Hauck, B Armbruster	BOND
Women 4x100 free	3:46.17	2023	G Cooney, J Davison-McGovern, E Dekkers, C Gubecka	UQ
Men 4x50 medley	1:39.54	2024	F McLachlan, J Collett, B Armbruster, F Southam	BOND
Women 4x50 medley	1:55.06	2019	M Atherton, J Strauch, A Schoorl, L Taylor	BOND
Men 4x100 medley	3:50.88	2011	A Gillespie, C Sprenger, G Irvine, K Richardson	QUT

Event	Record	Year	Record holder	Uni
Women 4x100 medley	4:20.05	2011	G Loh, S Marshall, M Guehrer. J Morrison	MELB
Mixed 4x100 medley	3:53.77	2023	T Hauck, J Collett, L Taylor, M O'Leary	BOND

9. UniSport Nationals current Multi-Class swimming records

Event	Classification	Record	Year	Name	Uni
Freestyle					
Women 50m	S4	40.81	2023	Rachael Watson	UQ
Women 50m	S7	35.72	2021	Tahlia Blanchard	ACPE
Men 50m	S9	26.82	2022	Timothy Hodge	WS
Women 50m	S9	29.51	2024	Emily Beecroft	UniSC
Men 50m	S10	28.31	2018	Aidan Yourell	SCU
Women 50m	S10	28.71	2023	Jasmine Greenwood	UC
Women 50m	S12	29.35	2025	Jenna Jones	UniSC
Women 50m	S13	27.52	2021	Katja Dedekind	UniSC
Men 50m	S15	23.80	2023	Nicholas Layton	MON
Women 50m	S15	28.56	2024	Iesha Apthorpe	CSU
Men 50m	S16	31.74	2023	Nicholas Toia	WS
Men 50m	S19	25.86	2022	Alexander Hejaij	WS
Women 100m	S3	1:33.48	2025	Rachael Watson	UQ
Women 100m	S7	1:17.57	2021	Tahlia Blanchard	ACPE
Women 100m	S8	1:33.99	2025	Kailyn Joseph	USYD
Men 100m	S9	57.91	2023	Timothy Hodge	WS
Women 100m	S9	1:04.96	2024	Emily Beecroft	UniSC
Women 100m	S12	1:05.10	2025	Jenna Jones	UniSC
Women 100m	S10	1:02.46	2023	Jasmine Greenwood	UC
Women 100m	S13	59.95	2023	Katja Dedekind	GU
Men 100m	S15	53.97	2025	Nicholas Layton	MON
Men 100m	S19	58.53	2022	Alexander Hejaij	WS
Women 100m	S19	1:02.70	2024	Iesha Apthorpe	CSU
Women 200m	S3	3:52.54	2024	Rachael Watson	UQ
Women 200m	S6	4:11.58	2025	Isabella Vincent	UQ
Men 200m	S9	2:02.63	2023	Timothy Hodge	WS
Women 200m	S9	2:20.23	2023	Lakeisha Patterson	UQ
Men 200m	S10	2:18.68	2018	Aidan Yourell	SCU
Women 200m	S10	2:26.64	2024	Michelle Fawer	UOW
Men 200m	S19	2:11.88	2022	Alexander Hejaij	WS
Women 200m	S19	2:20.52	2024	Iesha Apthorpe	CSU
Men 400m	S9	4:18.56	2023	Timothy Hodge	WS
Women 400m	S9	4:41.62	2019	Lakeisha Patterson	UQ
Women 400m	S10	5:11.50	2023	Michelle Fawer	UOW
Women 400m	S13	4:38.27	2023	Katja Dedekind	GU
Backstroke					
Women 50m	S9	44.02	2018	Ebony Prelc	FU
Men 50m	S10	32.57	2018	Aidan Yourell	SCU
Women 50m	S13	51.78	2018	Jessie Wilson	ACU
Men 50m	S19	31.60	2022	Alexander Hejaij	WS
Women 100m	S6	2:05.91	2025	Isabella Vincent	UQ
Women 100m	S7	1:36.62	2021	Tahlia Blanshard	ACPE
Women 100m	S8	1:41.21	2023	Alicia Goodwin	QUT
Men 100m	S9	1:03.33	2021	Timothy Hodge	WS

Event	Classification	Record	Year	Name	Uni
Women 100m	S9	1:20.21	2019	Lakeisha Patterson	UQ
Men 100m	S10	1:10.84	2018	Aidan Yourell	SCU
Women 100m	S10	1:17.47	2024	Michelle Fawer	UOW
Women 100m	S12	1:17.39	2025	Jenna Jones	UniSC
Men 100m	S19	1:11.13	2022	Alexander Hejaij	WS
Women 100m	S19	1:16.89	2024	Iesha Apthorpe	CSU
Breaststroke					
Women 50m	SB13	52.02	2018	Jessie Wilson	ACU
Men 50m	SB19	34.25	2022	Alexander Hejaij	WS
Men 100m	SB3	2:03.43	2021	Ahmed Kelly	LTU
Women 100m	SB6	2:47.97	2025	Isabella Vincent	UQ
Women 100m	SB7	1:50.78	2021	Tahlia Blanshard	ACPE
Men 100m	SB8	1:13.12	2024	Timothy Hodge	WS
Women 100m	SB8	1:33.86	2019	Lakeisha Patterson	UQ
Men 100m	SB9	1:16.18	2025	Luke Holder	MQU
Women 100m	SB9	1:20.05	2021	Keira Stephens	UniSC
Women 100m	SB10	1:30.32	2019	Lily Barras	UQ
Women 100m	SB12	1:24.76	2025	Jenna Jones	UniSQ
Women 100m	SB13	1:50.24	2018	Jessie Wilson	ACU
Women 100m	SB14	1:28.03	2021	Victoria Jessamine	UTS
Men 100m	SB15	1:22.72	2023	Henry Hughes	GU
Men 100m	SB16	1:30.10	2023	Nicholas Toia	WS
Men 100m	SB19	1:19.82	2022	Alexander Hejaij	WS
Women 100m	SB19	1:35.60	2024	Iesha Apthorpe	CSU
Butterfly					
Men 50m	S10	30.21	2018	Aidan Yourell	SCU
Women 50m	S13	53.87	2018	Jessie Wilson	ACU
Men 50m	S19	28.22	2022	Alexander Hejaij	WS
Women 100m	S7	1:28.38	2021	Tahlia Blanshard	ACPE
Women 100m	S8	1:26.03	2019	Tahlia Blanshard	ACPE
Men 100m	S9	1:00.89	2024	Timothy Hodge	WS
Women 100m	S9	1:09.58	2024	Emily Beecroft	UniSC
Women 100m	S10	1:09.52	2023	Jasmine Greenwood	UC
Women 100m	S14	1:14.05	2021	Victoria Jessamine	UTS
Men 100m	S15	57.34	2025	Nicholas Layton	MON
Men 100m	S19	1:04.08	2022	Alexander Hejaij	WS
Women 100m	S19	1:10.92	2024	Iesha Apthorpe	CSU
Men 200m	S19	2:24.54	2022	Alexander Hejaij	WS
Individual Medley					
Men 150m	SM3	3:07.17	2021	Ahmed Kelly	LTU
Women 200m	SM8	3:09.43	2019	Tahlia Blanshard	ACPE
Men 200m	SM9	2:17.93	2021	Timothy Hodge	WS
Women 200m	SM9	2:36.11	2023	Lakeisha Patterson	UQ
Women 200m	SM10	2:34.83	2023	Jasmine Greenwood	UC
Women 200m	SM13	2:35.17	2021	Katja Dedekind	USC
Women 200m	SM14	2:44.03	2021	Victoria Jessamine	UTS
Men 200m	SM19	2:36.11	2022	Alexander Hejaij	WS
Women 200m	SM19	2:48.76	2024	Iesha Apthorpe	CSU

Previous rule amendments

August 2000 | July 2004 | August 2005 | March 2010 | May 2012 | May 2013 | June 2015 | April 2017 | June 2017
| October 2017 | March 2018 | February 2019 | January 2020 | January 2021 | July 2022 | March 2023 | March
2024 | February 2025 | February 2026

*All competitions will be held in accordance with the UniSport competition guidelines.

