

SWIM WALES SUMMER MEET 2025 (LONG COURSE)

Long Course Qualifying Standards

Age as of 31st December in year of competition

MALE								FEMALE						
12	13	14	15	16	17	18+	EVENT	12	13	14	15	16	17	18+
00:35.3	00:33.5	00:31.2	00:29.7	00:28.8	00:28.0	00:28.0	50m Free	00:36.1	00:35.1	00:32.8	00:31.6	00:30.7	00:30.0	00:30.0
01:16.3	01:11.4	01:07.0	01:03.1	01:01.6	00:59.7	00:59.7	100m Free	01:17.8	01:15.3	01:10.6	01:07.9	01:06.1	01:05.0	01:05.0
02:46.8	02:38.0	02:28.4	02:20.1	02:16.5	02:12.9	02:12.9	200m Free	02:48.4	02:43.1	02:33.0	02:27.6	02:22.7	02:20.2	02:20.2
05:50.1	05:33.0	05:12.1	04:55.4	04:47.0	04:39.0	04:39.0	400m Free	05:54.0	05:42.7	05:21.8	05:12.0	05:01.6	04:56.3	04:56.3
12:05.2	11:27.1	10:42.1	10:06.0	09:49.8	09:33.2	09:33.2	800m Free	12:21.1	11:56.4	11:15.9	10:53.8	10:35.3	10:24.0	10:24.0
22:12.2		20:52.0	19:41.6	19:10.8	18:39.1	18:39.1	1500m Free	22:16.5		21:18.0	20:29.4	19:54.1	19:31.7	19:31.7
					00:35.5	00:35.5	50m Breast						00:39.2	00:39.2
01:39.6	01:34.3	01:26.7	01:21.8	01:19.6	01:17.3	01:17.3	100m Breast	01:43.0	01:38.5	01:32.1	01:29.1	01:25.8	01:24.7	01:24.7
03:35.0	03:22.5	03:09.6	02:59.7	02:53.8	02:49.2	02:49.2	200m Breast	03:39.3	03:31.7	03:19.9	03:13.7	03:07.4	03:04.2	03:04.2
					00:30.5	00:30.5	50m Fly						00:33.1	00:33.1
01:27.3	01:21.0	01:15.2	01:11.3	01:08.8	01:06.9	01:06.9	100m Fly	01:30.4	01:26.7	01:20.6	01:18.1	01:15.2	01:13.8	01:13.8
03:11.7	03:00.6	02:46.4	02:38.3	02:32.0	02:28.1	02:28.1	200m Fly	03:17.5	03:08.3	02:56.3	02:50.6	02:44.6	02:41.6	02:41.6
					00:31.9	00:31.9	50m Back						00:34.5	00:34.5
01:28.0	01:23.0	01:16.1	01:12.0	01:09.7	01:07.8	01:07.8	100m Back	01:29.5	01:26.4	01:20.8	01:18.3	01:15.8	01:14.6	01:14.6
03:07.8	02:57.2	02:45.6	02:36.7	02:32.9	02:28.6	02:28.6	200m Back	03:13.8	03:07.0	02:54.5	02:48.2	02:42.6	02:39.8	02:39.8
03:13.0	03:01.6	02:50.1	02:41.3	02:36.7	02:32.6	02:32.6	200m IM	03:16.3	03:09.2	02:59.7	02:53.7	02:48.0	02:45.1	02:45.1
06:47.3	06:24.2	06:01.4	05:40.9	05:31.3	05:23.3	05:23.3	400m IM	06:49.7	06:35.5	06:16.7	06:05.7	05:52.9	05:46.8	05:46.8