Para Qualifying and Consideration Times - Male					
	Swim Wales Regional SC Championships 2023 11-15 yrs Qualifying Times	Swim Wales Regional SC Championships 2023 11-15 yrs Consideration Times	Swim Wales Regional SC Championships 2023 16+ yrs Qualifying Times	Swim Wales Regional SC Championships 2023 16+ yrs Consideration Times	
50m FREESTYLE					
S1	02:24.08	02:38.49	02:06.07	02:18.68	
S2	01:35.54	01:45.09	01:23.59	01:31.95	
S3	01:09.58	01:16.54	01:00.89	01:06.97	
S4	01:04.64	01:11.10	00:56.56	01:02.22	
S5	00:52.54	00:57.80	00:45.98	00:50.57	
S6	00:48.94	00:53.84	00:42.83	00:47.11	
S 7	00:45.58	00:50.14	00:39.89	00:43.87	
S8	00:43.62	00:47.98	00:38.16	00:41.98	
S9	00:41.86	00:46.04	00:36.62	00:40.29	
S10	00:38.05	00:41.85	00:33.29	00:36.62	
S11	00:43.22	00:47.54	00:37.81	00:41.60	
S12	00:38.50	00:42.35	00:33.68	00:37.05	
S13	00:38.06	00:41.87	00:33.31	00:36.64	
S14	00:40.64	00:44.70	00:35.56	00:39.12	
100m FREESTYLE					
S1	05:08.88	05:39.77	04:30.27	04:57.30	
S2	04:17.79	04:43.57	03:45.57	04:08.12	
S3	02:47.86	03:04.64	02:26.87	02:41.56	
S4	02:18.43	02:32.28	02:01.13	02:13.24	
S5	01:50.91	02:02.00	01:37.05	01:46.75	
S6	01:45.73	01:56.30	01:32.51	01:41.76	
S 7	01:39.92	01:49.91	01:27.43	01:36.17	
S8	01:35.71	01:45.28	01:23.75	01:32.12	
S9	01:30.06	01:39.07	01:18.81	01:26.69	
S10	01:23.18	01:31.50	01:12.79	01:20.06	
S11	01:35.66	01:45.23	01:23.71	01:32.08	
S12	01:27.39	01:36.13	01:16.47	01:24.11	
S13	01:24.11	01:32.52	01:13.60	01:20.96	
S14	01:26.46	01:35.11	01:15.66	01:23.22	
200m FREESTYLE					
S1	08:12.64	09:01.90	07:11.06	07:54.17	
S2	06:38.18	07:17.99	05:48.40	06:23.24	
S3	05:38.21	06:12.03	04:55.93	05:25.53	

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S4	04:59.39	05:29.33	04:21.97	04:48.16
S5	04:06.69	04:31.36	03:35.85	03:57.44
S14	03:08.56	03:27.42	02:44.99	03:01.49
400m FREESTYLE				
S6	08:20.06	09:10.07	07:17.56	08:01.31
S 7	07:41.90	08:28.09	06:44.17	07:24.58
S8	07:24.18	08:08.59	06:28.65	07:07.52
S9	06:53.28	07:34.61	06:01.62	06:37.78
S10	06:34.58	07:14.03	05:45.25	06:19.78
S11	07:53.28	08:40.61	06:54.12	07:35.53
S12	07:11.28	07:54.41	06:17.37	06:55.11
S13	06:41.26	07:21.39	05:51.11	06:26.22
S14	06:56.90	07:38.59	06:04.78	06:41.26
50m BACKSTROKE				
S1	01:56.90	02:08.59	01:42.28	01:52.51
S2	01:26.70	01:35.37	01:15.87	01:23.45
S3	01:17.31	01:25.04	01:07.65	01:14.41
S4	01:12.74	01:20.01	01:03.64	01:10.01
S5	00:57.87	01:03.66	00:50.64	00:55.70
100m BACKSTROKE				
S1	04:01.10	04:25.21	03:30.97	03:52.06
S2	03:07.09	03:25.80	02:43.70	03:00.07
S6	02:07.49	02:20.24	01:51.55	02:02.71
S 7	01:56.50	02:08.15	01:41.93	01:52.13
S8	01:49.87	02:00.86	01:36.14	01:45.75
S9	01:43.57	01:53.92	01:30.62	01:39.68
S10	01:34.88	01:44.37	01:23.02	01:31.32
S11	01:56.67	02:08.34	01:42.09	01:52.30
S12	01:38.34	01:48.17	01:26.04	01:34.65
S13	01:37.33	01:47.06	01:25.16	01:33.68
S14	01:38.78	01:48.66	01:26.44	01:35.08
50m BREASTSTROKE				
SB1	02:55.36	03:12.90	02:33.44	02:48.78
SB2	01:33.18	01:42.50	01:21.54	01:29.69
SB3	01:19.95	01:27.95	01:09.96	01:16.95
100m BREASTSTROKE				
SB4	02:48.19	03:05.01	02:27.17	02:41.88
SB5	02:37.57	02:53.32	02:17.87	02:31.66
SB6	02:15.20	02:28.72	01:58.30	02:10.13
SB7	02:09.07	02:21.98	01:52.94	02:04.23
SB8	01:55.06	02:06.56	01:40.67	01:50.74
SB9	01:47.04	01:57.74	01:33.66	01:43.03
SB11	02:03.44	02:15.78	01:48.01	01:58.81

SB12	01:52.40	02:03.64	01:38.35	01:48.19
SB13	01:48.30	01:59.13	01:34.77	01:44.24
SB14	01:47.95	01:58.75	01:34.46	01:43.90
50m BUTTERFLY				
S2	03:50.69	04:13.76	03:21.85	03:42.04
S3	02:14.69	02:28.16	01:57.85	02:09.64
S4	01:13.62	01:20.98	01:04.41	01:10.86
S5	00:59.65	01:05.61	00:52.19	00:57.41
S6	00:52.43	00:57.68	00:45.88	00:50.47
S7	00:48.58	00:53.43	00:42.50	00:46.75
100m BUTTERFLY				
S8	01:40.24	01:50.26	01:27.71	01:36.48
S9	01:37.22	01:46.94	01:25.06	01:33.57
S10	01:29.38	01:38.31	01:18.20	01:26.02
S11	01:44.70	01:55.17	01:31.62	01:40.78
S12	01:32.75	01:42.03	01:21.16	01:29.27
S13	01:33.71	01:43.08	01:22.00	01:30.20
S14	01:32.58	01:41.83	01:21.00	01:29.10
150m IM				
SM1	00:00.00	00:00.00	00:00.00	00:00.00
SM2	07:57.47	08:45.22	06:57.79	07:39.57
SM3	04:59.78	05:29.75	04:22.30	04:48.53
SM4	04:15.92	04:41.51	03:43.93	04:06.32
200m IM				
SM5	05:27.01	05:59.71	04:46.13	05:14.75
SM6	04:28.83	04:55.72	03:55.23	04:18.75
SM7	04:10.34	04:35.37	03:39.04	04:00.95
SM8	03:52.67	04:15.94	03:23.59	03:43.95
SM9	03:42.24	04:04.46	03:14.46	03:33.91
SM10	03:32.24	03:53.46	03:05.71	03:24.28
SM11	04:03.31	04:27.64	03:32.90	03:54.19
SM12	03:40.72	04:02.79	03:13.13	03:32.44
SM13	03:36.05	03:57.65	03:09.04	03:27.95
SM14	03:32.35	03:53.59	03:05.81	03:24.39

Para Qualifying and Consideration Times - Female					
	Swim Wales Regional SC Championships 2023 11-15 yrs Qualifying Times	Swim Wales Regional SC Championships 2023 11-15 yrs Consideration Times	Swim Wales Regional SC Championships 2023 16+ yrs Qualifying Times	Swim Wales Regional SC Championships 2023 16+ yrs Consideration Times	
50m FREESTYLE					
S1	02:14.58	02:28.03	01:57.75	02:09.53	
S2	02:29.15	02:44.07	02:10.51	02:23.56	
S3	01:13.26	01:20.59	01:04.11	01:10.52	
S4	01:03.71	01:10.08	00:55.75	01:01.32	
S5	01:01.28	01:07.41	00:53.62	00:58.98	
S6	00:54.54	01:00.00	00:47.73	00:52.50	
S7	00:55.06	01:00.56	00:48.17	00:52.99	
S8	00:49.23	00:54.16	00:43.08	00:47.39	
S9	00:47.33	00:52.06	00:41.41	00:45.55	
S10	00:44.85	00:49.33	00:39.24	00:43.17	
S11	00:49.70	00:54.67	00:43.48	00:47.83	
S12	00:46.53	00:51.18	00:40.71	00:44.78	
S13	00:44.35	00:48.79	00:38.81	00:42.69	
S14	00:45.66	00:50.23	00:39.96	00:43.95	
100m FREESTYLE					
S1	06:39.41	07:19.35	05:49.48	06:24.43	
S2	05:18.77	05:50.64	04:38.92	05:06.81	
S3	02:40.34	02:56.37	02:20.29	02:34.32	
S4	02:19.39	02:33.33	02:01.97	02:14.16	
S5	02:13.26	02:26.59	01:56.61	02:08.27	
S6	01:57.57	02:09.32	01:42.87	01:53.16	
S7	01:56.70	02:08.37	01:42.12	01:52.33	
S8	01:45.02	01:55.53	01:31.90	01:41.09	
S9	01:41.54	01:51.69	01:28.84	01:37.73	
S10	01:37.66	01:47.43	01:25.46	01:34.00	
S11	01:51.18	02:02.30	01:37.29	01:47.01	
S12	01:37.46	01:47.20	01:25.27	01:33.80	
S13	01:37.06	01:46.76	01:24.92	01:33.42	
S14	01:38.06	01:47.87	01:25.81	01:34.39	
200m FREESTYLE					
S1	10:35.89	11:39.48	09:16.40	10:12.04	
S2	11:07.74	12:14.52	09:44.28	10:42.70	
S3	07:56.62	08:44.29	06:57.05	07:38.75	
S4	05:31.02	06:04.13	04:49.65	05:18.61	
S5	04:35.55	05:03.11	04:01.11	04:25.22	
S14	03:23.66	03:44.03	02:58.21	03:16.03	

400m FREESTYLE				
S6	08:43.15	09:35.47	07:37.76	08:23.53
S7	08:33.92	09:25.31	07:29.68	08:14.65
S8	07:59.22	08:47.14	06:59.31	07:41.25
S9	07:38.93	08:24.82	06:41.56	07:21.72
S10	07:18.99	08:02.89	06:24.12	07:02.53
S11	08:49.44	09:42.38	07:43.26	08:29.59
S12	07:41.92	08:28.11	06:44.18	07:24.60
S13	07:31.66	08:16.83	06:35.21	07:14.73
S14	07:45.50	08:32.05	06:47.32	07:28.05
50m BACKSTROKE	07710.00	00102100	00.11.02	01120100
S1	03:37.46	03:59.20	03:10.27	03:29.30
S2	02:06.82	02:19.50	01:50.96	02:02.06
S3	01:29.76	01:38.74	01:18.54	01:26.39
S4	01:23.36	01:31.70	01:12.94	01:20.23
S5	01:13.09	01:20.40	01:03.95	01:10.35
100m BACKSTROKE				
S1	07:10.90	07:53.99	06:17.03	06:54.74
S2	04:27.55	04:54.31	03:54.11	04:17.52
S6	02:16.48	02:30.13	01:59.42	02:11.36
S7	02:15.15	02:28.67	01:58.26	02:10.08
S8	02:04.64	02:17.10	01:49.06	01:59.97
S9	01:55.23	02:06.76	01:40.83	01:50.91
S10	01:51.01	02:02.11	01:37.13	01:46.85
S11	02:10.16	02:23.18	01:53.89	02:05.28
S12	01:56.27	02:07.90	01:41.74	01:51.91
S13	01:50.88	02:01.97	01:37.02	01:46.72
S14	01:47.81	01:58.59	01:34.33	01:43.77
50m BREASTSTROKE				
SB1	03:37.31	03:59.04	03:10.15	03:29.16
SB2	02:13.25	02:26.57	01:56.59	02:08.25
SB3	01:32.19	01:41.41	01:20.67	01:28.73
100m BREASTSTROKE				
SB4	03:00.86	03:18.95	02:38.26	02:54.08
SB5	02:41.98	02:58.18	02:21.74	02:35.91
SB6	02:41.10	02:57.21	02:20.97	02:35.06
SB7	02:28.34	02:43.17	02:09.79	02:22.77
SB8	02:15.52	02:29.07	01:58.58	02:10.44
SB9	02:04.67	02:17.14	01:49.09	02:00.00
SB11	02:19.60	02:33.56	02:02.15	02:14.37
SB12	02:09.28	02:22.21	01:53.12	02:04.43
SB13	02:02.77	02:15.04	01:47.42	01:58.16
SB14	02:02.94	02:15.24	01:47.58	01:58.33
50m BUTTERFLY				

S2	03:43.66	04:06.03	03:15.71	03:35.28
S3	01:52.06	02:03.27	01:38.06	01:47.86
S4	01:36.94	01:46.64	01:24.83	01:33.31
S5	01:14.69	01:22.16	01:05.35	01:11.89
S6	00:58.85	01:04.73	00:51.49	00:56.64
S 7	00:58.88	01:04.77	00:51.52	00:56.67
100m BUTTERFLY				
S8	02:02.82	02:15.10	01:47.46	01:58.21
S9	01:50.99	02:02.09	01:37.12	01:46.83
S10	01:48.51	01:59.36	01:34.95	01:44.44
S11	02:14.67	02:28.14	01:57.84	02:09.62
S12	01:48.70	01:59.57	01:35.12	01:44.63
S13	01:45.28	01:55.81	01:32.12	01:41.33
S14	01:44.75	01:55.23	01:31.66	01:40.82
150m IM				
SM1	00:00.00	00:00.00	00:00.00	00:00.00
SM2	08:25.30	09:15.83	07:22.13	08:06.35
SM3	07:52.43	08:39.68	06:53.38	07:34.72
SM4	04:49.57	05:18.52	04:13.37	04:38.71
200m IM				
SM5	05:55.60	06:31.16	05:11.15	05:42.27
SM6	04:53.44	05:22.78	04:16.76	04:42.44
SM7	04:52.05	05:21.25	04:15.54	04:41.10
SM8	04:30.37	04:57.40	03:56.57	04:20.23
SM9	04:14.82	04:40.30	03:42.96	04:05.26
SM10	03:58.29	04:22.12	03:28.50	03:49.35
SM11	04:49.66	05:18.63	04:13.46	04:38.80
SM12	04:10.78	04:35.86	03:39.44	04:01.38
SM13	03:54.66	04:18.12	03:25.32	03:45.86
SM14	03:52.02	04:15.22	03:23.01	03:43.32