

SWIM WALES NATIONAL CHAMPIONSHIPS (LONG COURSE)

Long Course Consideration 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+
00:33.3	00:31.6	00:30.1	00:28.5	00:27.5	00:27.1	00:26.7	50m Free	00:33.4	00:32.2	00:31.3	00:30.3	00:29.5	00:29.2	00:28.6
01:12.2	01:08.1	01:04.2	01:01.3	00:58.9	00:57.9	00:56.7	100m Free	01:12.4	01:10.0	01:08.3	01:06.0	01:04.0	01:03.5	01:02.4
02:37.6	02:28.8	02:22.2	02:15.9	02:10.8	02:08.8	02:06.5	200m Free	02:37.7	02:31.7	02:28.1	02:22.9	02:19.2	02:17.2	02:14.6
05:29.2	05:12.0	04:59.5	04:46.0	04:35.8	04:30.5	04:25.6	400m Free	05:29.8	05:18.7	05:11.3	05:00.8	04:54.0	04:50.0	04:44.8
11:30.0	10:50.3	10:21.3	09:51.3	09:28.4	09:18.4	09:07.9	800m Free	11:30.1	11:00.7	10:44.3	10:25.6	10:10.6	10:05.0	09:54.3
20:48.1		19:58.2	19:07.5	18:23.5	18:05.2	17:45.8	1500m Free	20:57.1		20:08.8	19:48.9	19:14.0	19:02.7	18:41.2
00:43.8	00:40.9	00:39.0	00:36.6	00:35.1	00:34.4	00:33.7	50m Breast	00:43.8	00:41.8	00:40.8	00:39.3	00:38.3	00:37.8	00:37.1
01:35.4	01:28.9	01:24.8	01:19.5	01:16.5	01:15.0	01:13.6	100m Breast	01:36.3	01:31.9	01:28.6	01:25.2	01:23.2	01:21.7	01:20.7
03:24.9	03:11.8	03:02.3	02:53.8	02:47.8	02:43.9	02:41.1	200m Breast	03:25.6	03:15.6	03:10.4	03:04.9	03:01.0	02:58.5	02:55.4
00:37.4	00:35.4	00:33.7	00:31.3	00:30.2	00:29.5	00:29.0	50m Fly	00:37.4	00:36.2	00:35.1	00:33.2	00:32.4	00:32.1	00:31.6
01:23.2	01:17.9	01:12.9	01:08.8	01:06.7	01:04.8	01:03.7	100m Fly	01:23.8	01:20.6	01:17.9	01:14.6	01:12.9	01:11.6	01:10.3
03:02.2	02:50.9	02:42.4	02:32.5	02:27.9	02:23.4	02:21.0	200m Fly	03:03.0	02:56.1	02:49.3	02:43.2	02:39.3	02:36.8	02:33.9
00:39.1	00:36.7	00:35.1	00:32.7	00:31.3	00:30.9	00:30.4	50m Back	00:39.4	00:37.9	00:36.7	00:35.2	00:34.1	00:33.7	00:32.9
01:23.0	01:18.5	01:14.6	01:09.8	01:07.3	01:05.8	01:04.6	100m Back	01:23.2	01:19.7	01:17.6	01:14.8	01:13.1	01:12.2	01:11.0
02:56.6	02:47.6	02:39.4	02:31.8	02:26.3	02:24.1	02:21.5	200m Back	02:56.8	02:52.7	02:48.2	02:41.4	02:37.3	02:34.9	02:32.2
03:01.0	02:52.1	02:43.4	02:36.0	02:30.7	02:27.8	02:25.3	200m IM	03:01.2	02:55.1	02:50.2	02:46.2	02:42.2	02:40.0	02:37.2
06:23.9	06:03.2	05:45.5	05:31.3	05:18.4	05:12.4	05:07.9	400m IM	06:24.2	06:05.2	05:55.8	05:48.7	05:41.6	05:36.1	05:30.3