

SWIM WALES SUMMER OPEN 2023

Long Course Consideration Standards

MALE							FEMALE					
12	13	14	15	16	17+	EVENT	12	13	14	15	16	17+
00:36.0	00:33.8	00:31.9	00:30.2	00:29.5	00:29.0	50m Free	00:36.4	00:34.8	00:33.6	00:32.4	00:31.9	00:31.6
01:18.0	01:12.9	01:08.1	01:05.0	01:03.1	01:02.0	100m Free	01:18.2	01:14.8	01:12.4	01:10.0	01:08.6	01:08.1
02:48.4	02:37.6	02:29.2	02:22.7	02:18.6	02:16.5	200m Free	02:48.3	02:40.6	02:35.5	02:30.0	02:27.6	02:25.4
05:51.7	05:30.5	05:14.4	05:00.2	04:52.3	04:46.7	400m Free	05:52.3	05:37.5	05:26.7	05:15.7	05:11.7	05:07.4
12:13.7	11:21.9	10:45.6	10:14.5	09:56.6	09:46.1	800m Free	12:10.0	11:32.8	11:09.6	10:50.1	10:40.9	10:34.9
23:12.9	21:48.6	20:45.2	19:52.5	19:18.2	18:59.0	1500m Free	23:22.5	21:58.1	20:56.2	20:35.5	20:11.2	19:59.3
					00:36.9	50m Breast						00:40.5
01:40.9	01:33.2	01:28.1	01:22.6	01:20.2	01:18.8	100m Breast	01:41.9	01:36.3	01:32.1	01:28.5	01:27.3	01:25.8
03:36.7	03:21.1	03:09.4	03:00.6	02:56.1	02:52.0	200m Breast	03:37.5	03:25.1	03:17.9	03:12.2	03:10.0	03:07.3
					00:31.6	50m Fly						00:34.5
01:28.0	01:21.6	01:15.8	01:11.5	01:10.0	01:08.1	100m Fly	01:28.7	01:24.6	01:21.0	01:17.5	01:16.5	01:15.2
03:12.7	02:59.2	02:48.8	02:38.5	02:35.2	02:30.5	200m Fly	03:13.6	03:04.7	02:56.0	02:49.6	02:47.2	02:44.5
					00:33.1	50m Back						00:36.1
01:28.8	01:22.3	01:17.5	01:12.5	01:10.6	01:09.0	100m Back	01:28.0	01:23.6	01:20.7	01:17.7	01:16.7	01:15.8
03:08.5	02:55.7	02:45.7	02:37.7	02:33.6	02:31.3	200m Back	03:07.0	03:01.1	02:54.8	02:47.7	02:45.0	02:42.6
03:12.7	03:00.5	02:49.8	02:42.1	02:38.2	02:35.1	200m IM	03:11.6	03:03.6	02:56.9	02:52.7	02:50.2	02:47.9
06:46.0	06:20.8	05:59.0	05:44.3	05:34.1	05:27.9	400m IM	06:46.3	06:23.0	06:09.7	06:02.4	05:58.5	05:52.8