

2019 Swim Wales Winter Open Championships: **Short Course** Consideration Standards
(Times must have been achieved in a licensed **Short Course** meet since the 1st Jan 2019)

MALE									FEMALE							
11	12	13	14	15	16	17	18+	EVENT	11	12	13	14	15	16	17	18+
33.30	31.40	29.20	27.50	26.60	25.80	25.30	24.80	50m Free	33.60	31.60	29.90	28.90	28.60	28.40	28.10	27.80
1.12.60	1.08.20	1.03.30	1.00.50	57.80	56.90	56.00	55.10	100m Free	1.12.60	1.08.70	1.05.00	1.03.10	1.02.20	1.01.10	1.00.60	1.00.40
2.36.80	2.28.50	2.19.10	2.14.20	2.07.90	2.05.40	2.02.30	1.59.80	200m Free	2.36.80	2.28.70	2.22.30	2.17.80	2.14.90	2.13.60	2.12.20	2.11.00
5.28.40	5.10.80	4.54.80	4.47.80	4.31.40	4.23.00	4.20.00	4.14.90	400m Free	5.28.10	5.11.40	4.56.0	4.50.40	4.44.80	4.42.00	4.37.10	4.34.80
10.45.20		10.09.20	9.46.50	9.16.60	8.59.40	8.49.30	8.38.70	800m Free	10.45.90		10.13.20	10.00.90	9.54.10	9.45.20	9.39.40	9.28.40
20.33.30		19.34.60	18.48.90	17.50.90	17.23.30	17.15.40	16.55.40	1500m Free	20.34.30		19.39.10	19.03.20	18.43.40	18.20.0	18.08.60	17.46.90
44.20	41.50	38.90	37.40	34.80	33.60	33.00	32.20	50m Breast	44.30	42.10	40.40	39.70	37.70	37.10	36.50	35.80
1.34.90	1.28.90	1.23.30	1.20.00	1.14.60	1.12.30	1.10.80	1.09.40	100m Breast	1.34.90	1.29.80	1.26.40	1.23.90	1.20.40	1.19.30	1.17.70	1.16.70
3.23.50	3.11.60	3.00.40	2.52.70	2.44.10	2.39.60	2.35.60	2.32.80	200m Breast	3.23.20	3.12.30	3.04.30	3.00.90	2.55.40	2.53.20	2.50.60	2.47.50
37.70	35.90	33.90	32.50	30.10	29.30	28.50	27.90	50m Fly	37.90	35.90	34.90	34.30	32.50	32.10	31.80	31.20
1.23.40	1.18.00	1.13.60	1.09.30	1.05.20	1.03.60	1.01.80	1.00.70	100m Fly	1.23.80	1.18.70	1.16.30	1.14.40	1.11.00	1.10.00	1.08.70	1.07.40
3.02.00	2.51.60	2.42.10	2.35.20	2.25.20	2.22.00	2.17.50	2.15.00	200m Fly	3.03.90	2.52.40	2.47.20	2.42.20	2.36.00	2.33.70	2.31.00	2.28.20
39.20	37.40	35.10	33.90	31.50	30.20	29.80	29.30	50m Back	39.20	37.70	36.50	35.60	34.00	33.30	32.90	32.10
1.23.30	1.18.70	1.14.00	1.10.90	1.06.00	1.04.20	1.02.60	1.01.40	100m Back	1.23.30	1.18.70	1.16.00	1.14.70	1.11.10	1.10.20	1.09.20	1.07.90
2.57.00	2.47.40	2.38.50	2.32.00	2.24.20	2.20.20	2.17.90	2.15.30	200m Back	2.55.90	2.47.50	2.45.20	2.42.40	2.33.90	2.31.30	2.29.00	2.26.20
3.00.20	2.50.60	2.42.30	2.35.20	2.27.70	2.23.80	2.20.80	2.18.30	200m IM	3.00.30	2.51.10	2.46.90	2.43.60	2.38.00	2.35.60	2.33.30	2.30.40
6.22.40	5.59.40	5.42.50	5.28.20	5.13.80	5.03.90	4.57.80	4.53.20	400m IM	6.19.90	5.59.70	5.44.50	5.38.50	5.31.40	5.27.70	5.22.10	5.16.10

2019 Swim Wales Winter Open Championships: Long Course Consideration Standards
(times must have been achieved in a licensed **Long Course** meet since the 1st Jan 2019)

MALE									FEMALE							
11	12	13	14	15	16	17	18+	EVENT	11	12	13	14	15	16	17	18+
33.90	32.10	29.90	28.20	27.40	26.60	26.10	25.60	50m Free	34.20	32.30	30.60	29.60	29.30	29.10	28.80	28.50
1.13.70	1.09.40	1.04.60	1.01.90	59.20	58.30	57.50	56.60	100m Free	1.13.70	1.09.90	1.06.30	1.04.40	1.03.50	1.02.50	1.02.00	1.01.80
2.39.00	2.30.80	2.21.60	2.16.80	2.10.60	2.08.10	2.05.10	2.02.70	200m Free	2.39.00	2.31.00	2.24.70	2.20.30	2.17.40	2.16.20	2.14.80	2.13.60
5.32.70	5.15.30	4.59.50	4.52.60	4.36.50	4.28.30	4.25.30	4.20.30	400m Free	5.32.40	5.15.90	5.00.70	4.55.20	4.49.70	4.46.90	4.42.10	4.39.90
10.54.10		10.18.60	9.56.30	9.26.90	9.10.00	9.00.10	8.49.70	800m Free	10.54.80		10.22.60	10.10.40	10.03.80	9.55.00	9.49.30	9.38.50
20.49.90		19.52.00	19.07.00	18.10.00	17.42.90	17.35.10	17.15.50	1500m Free	20.50.90		19.56.50	19.21.10	19.01.60	18.38.60	18.27.4	18.06.1
44.90	42.30	39.70	38.20	35.70	34.50	33.90	33.20	50m Breast	45.00	42.80	41.20	40.50	38.50	37.90	37.40	36.70
1.36.20	1.30.30	1.24.80	1.21.60	1.16.30	1.14.00	1.12.60	1.11.20	100m Breast	1.36.20	1.31.20	1.27.80	1.25.40	1.22.00	1.20.90	1.19.30	1.18.30
3.26.10	3.14.30	3.03.30	2.55.70	2.47.30	2.42.90	2.39.00	2.36.20	200m Breast	3.25.80	3.15.00	3.07.10	3.03.80	2.58.40	2.56.20	2.53.70	2.50.60
38.20	36.40	34.50	33.10	30.70	29.90	29.20	28.60	50m Fly	38.40	36.40	35.40	34.80	33.10	32.70	32.40	31.80
1.24.30	1.19.00	1.14.60	1.10.40	1.06.40	1.04.80	1.03.00	1.01.90	100m Fly	1.24.70	1.19.70	1.17.30	1.15.40	1.12.10	1.11.10	1.09.80	1.08.50
3.03.70	2.53.40	2.44.00	2.37.20	2.27.40	2.24.20	2.19.80	2.17.30	200m Fly	3.05.60	2.54.20	2.49.10	2.44.10	2.38.00	2.35.70	2.33.10	2.30.30
39.70	37.90	35.70	34.50	32.10	30.90	30.50	30.00	50m Back	39.70	38.20	37.00	36.20	34.60	33.90	33.50	32.70
1.24.30	1.19.70	1.15.10	1.12.00	1.07.20	1.05.40	1.03.90	1.02.70	100m Back	1.24.30	1.19.70	1.17.10	1.15.80	1.12.20	1.11.30	1.10.40	1.09.10
2.58.90	2.49.40	2.40.60	2.34.20	2.26.50	2.22.60	2.20.30	2.17.70	200m Back	2.57.80	2.49.50	2.47.20	2.44.40	2.36.10	2.33.50	2.31.20	2.28.50
3.02.40	2.52.90	2.44.70	2.37.70	2.30.30	2.26.50	2.23.60	2.21.10	200m IM	3.02.50	2.53.40	2.49.20	2.46.00	2.40.50	2.38.10	2.35.90	2.33.00
6.27.00	6.04.30	5.47.60	5.33.50	5.19.30	5.09.60	5.03.60	4.59.10	400m IM	6.24.50	6.04.60	5.49.60	5.43.70	5.36.70	5.33.00	5.27.50	5.21.60