

SWIM WALES WINTER CHAMPIONSHIPS 2022

Short Course Consideration Standards

(Times must have been achieved in a licensed **Short Course** meet since 1st September 2021)

Age as of 31st December 2022

MALE								FEMALE						
11	12	13	14	15	16	17+	EVENT	11	12	13	14	15	16	17+
00:34.9	00:32.7	00:30.9	00:28.7	00:27.4	00:26.6	00:26.1	50m Free	00:35.2	00:33.8	00:32.7	00:30.8	00:29.7	00:29.1	00:28.5
01:16.0	01:10.8	01:06.0	01:01.7	00:58.7	00:57.1	00:55.9	100m Free	01:16.2	01:12.9	01:10.5	01:06.6	01:04.0	01:02.9	01:01.8
02:44.4	02:33.5	02:25.2	02:16.0	02:09.4	02:06.1	02:03.7	200m Free	02:44.3	02:36.6	02:31.5	02:23.2	02:18.1	02:14.7	02:12.1
05:43.7	05:22.5	05:06.4	04:46.5	04:33.4	04:25.3	04:20.3	400m Free	05:44.3	05:29.6	05:18.8	05:01.8	04:52.2	04:45.1	04:39.9
11:53.0	11:01.9	10:26.1	09:43.9	09:15.5	09:00.1	08:49.7	800m Free	11:53.7	11:16.7	10:53.6	10:21.9	10:01.0	09:49.3	09:38.5
		20:14.9	18:59.7	18:04.3	17:35.1	17:15.5	1500m Free			20:19.2	19:35.8	18:49.8	18:27.4	18:06.1
00:46.1	00:42.5	00:40.1	00:36.8	00:34.8	00:33.9	00:33.2	50m Breast	00:46.1	00:43.5	00:42.0	00:39.7	00:38.3	00:37.4	00:36.7
01:38.4	01:30.7	01:25.7	01:18.6	01:14.7	01:12.6	01:11.2	100m Breast	01:39.4	01:33.9	01:29.7	01:24.5	01:21.7	01:19.3	01:18.3
03:31.8	03:16.1	03:04.5	02:52.3	02:44.5	02:39.0	02:36.2	200m Breast	03:32.6	03:20.2	03:13.0	03:03.8	02:58.0	02:53.7	02:50.6
00:39.7	00:36.9	00:34.8	00:31.6	00:30.2	00:29.2	00:28.6	50m Fly	00:39.5	00:37.7	00:36.3	00:33.6	00:32.5	00:31.9	00:31.2
01:26.1	01:19.8	01:13.9	01:08.4	01:05.4	01:03.0	01:01.9	100m Fly	01:26.9	01:22.7	01:19.2	01:14.3	01:11.8	01:09.8	01:08.5
03:09.0	02:55.5	02:45.1	02:31.8	02:25.6	02:19.8	02:17.3	200m Fly	03:09.9	03:00.9	02:52.3	02:42.7	02:37.3	02:33.1	02:30.3
00:41.3	00:38.2	00:36.2	00:33.1	00:31.2	00:30.5	00:30.0	50m Back	00:41.6	00:39.6	00:38.0	00:35.6	00:34.2	00:33.5	00:32.7
01:26.9	01:20.4	01:15.6	01:09.2	01:06.1	01:03.9	01:02.7	100m Back	01:26.1	01:21.7	01:18.9	01:14.4	01:12.0	01:10.4	01:09.1
03:04.6	02:51.8	02:41.9	02:30.9	02:24.0	02:20.3	02:17.7	200m Back	03:03.1	02:57.3	02:51.0	02:40.8	02:35.0	02:31.2	02:28.5
03:08.5	02:56.2	02:45.6	02:34.8	02:28.0	02:23.6	02:21.1	200m IM	03:07.4	02:59.4	02:52.7	02:45.3	02:39.7	02:35.9	02:33.0
06:37.1	06:11.9	05:50.2	05:28.9	05:12.7	05:03.6	04:59.1	400m IM	06:37.4	06:14.1	06:00.9	05:46.8	05:36.3	05:27.5	05:21.6

Long Course Consideration Standards

(Times must have been achieved in a licensed **Long Course** meet since 1st September 2021)

Age as of 31st December 2022

MALE								FEMALE						
11	12	13	14	15	16	17+	EVENT	11	12	13	14	15	16	17+
00:35.6	00:33.5	00:31.6	00:29.4	00:28.1	00:27.4	00:26.9	50m Free	00:36.1	00:34.5	00:33.3	00:31.5	00:30.4	00:29.8	00:29.2
01:17.3	01:12.2	01:07.4	01:03.1	01:00.1	00:58.5	00:57.3	100m Free	01:17.5	01:14.2	01:11.7	01:08.0	01:05.3	01:04.2	01:03.1
02:46.9	02:36.1	02:27.8	02:18.6	02:12.1	02:08.8	02:06.5	200m Free	02:46.8	02:39.1	02:34.0	02:25.7	02:20.6	02:17.2	02:14.7
05:48.5	05:27.4	05:11.4	04:51.7	04:38.6	04:30.5	04:25.6	400m Free	05:49.1	05:34.4	05:23.6	05:06.7	04:57.0	04:50.0	04:44.9
12:07.0	11:15.6	10:39.6	09:57.1	09:28.4	09:12.9	09:02.5	800m Free	12:03.3	11:26.4	11:03.3	10:31.7	10:10.6	09:59.0	09:48.4
		20:33.4	19:18.7	18:23.5	17:54.5	17:35.2	1500m Free			20:44.4	20:00.6	19:14.0	18:51.4	18:30.1
00:46.9	00:43.3	00:41.0	00:37.7	00:35.8	00:34.8	00:34.1	50m Breast	00:46.9	00:44.4	00:42.8	00:40.5	00:39.1	00:38.2	00:37.5
01:40.0	01:32.3	01:27.3	01:20.2	01:16.5	01:14.3	01:12.9	100m Breast	01:40.9	01:35.4	01:31.2	01:26.0	01:23.2	01:20.9	01:19.9
03:34.7	03:19.2	03:07.6	02:55.5	02:47.8	02:42.3	02:39.5	200m Breast	03:35.5	03:23.2	03:16.0	03:06.7	03:01.0	02:56.7	02:53.7
00:40.2	00:37.5	00:35.4	00:32.2	00:30.8	00:29.8	00:29.3	50m Fly	00:40.0	00:38.3	00:36.9	00:34.2	00:33.1	00:32.5	00:31.9
01:27.2	01:20.9	01:15.1	01:09.5	01:06.7	01:04.2	01:03.1	100m Fly	01:27.9	01:23.8	01:20.2	01:15.3	01:12.9	01:10.9	01:09.6
03:11.0	02:57.5	02:47.2	02:34.0	02:27.9	02:22.0	02:19.6	200m Fly	03:11.8	03:03.0	02:54.3	02:44.8	02:39.3	02:35.2	02:32.4
00:41.9	00:38.8	00:36.9	00:33.7	00:31.9	00:31.2	00:30.7	50m Back	00:42.2	00:40.2	00:38.6	00:36.3	00:34.8	00:34.1	00:33.3
01:28.0	01:21.5	01:16.8	01:10.5	01:07.3	01:05.1	01:04.0	100m Back	01:27.2	01:22.8	01:19.9	01:15.5	01:13.1	01:11.5	01:10.3
03:06.8	02:54.1	02:44.1	02:33.3	02:26.3	02:22.7	02:20.1	200m Back	03:05.3	02:59.4	02:53.1	02:42.9	02:37.3	02:33.4	02:30.7
03:11.0	02:58.8	02:48.2	02:37.5	02:30.7	02:26.3	02:23.9	200m IM	03:09.9	03:01.9	02:55.2	02:47.8	02:42.2	02:38.4	02:35.6
06:42.3	06:17.3	05:55.6	05:34.5	05:18.4	05:09.3	05:04.9	400m IM	06:42.6	06:19.4	06:06.2	05:52.2	05:41.6	05:32.8	05:27.0