

# SWIM WALES WINTER CHAMPIONSHIPS 2023 (SHORT COURSE)

## Short Course Consideration Standards 2023

Age as of 31<sup>st</sup> December in year of competition

Male						EVENT	Female					
12	13	14	15	16	17+		12	13	14	15	16	17+
00:32.0	00:30.3	00:28.1	00:26.9	00:26.1	00:25.6	50m Free	00:32.8	00:31.7	00:29.9	00:28.8	00:28.2	00:27.6
01:09.4	01:04.7	01:00.5	00:57.5	00:56.0	00:54.8	100m Free	01:10.7	01:08.4	01:04.6	01:02.1	01:01.0	00:59.9
02:32.0	02:23.7	02:14.6	02:08.1	02:04.8	02:02.5	200m Free	02:33.5	02:28.5	02:20.3	02:15.3	02:12.0	02:09.5
05:19.3	05:03.3	04:43.6	04:30.7	04:22.6	04:17.7	400m Free	05:23.0	05:12.4	04:55.8	04:46.4	04:39.4	04:34.3
11:01.9	10:26.1	09:43.9	09:15.5	09:00.1	08:49.7	800m Free	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
00:41.7	00:39.3	00:36.1	00:34.1	00:33.2	00:32.5	50m Breast	00:42.6	00:41.2	00:38.9	00:37.5	00:36.7	00:36.0
01:30.7	01:25.7	01:18.6	01:14.7	01:12.6	01:11.2	100m Breast	01:33.9	01:29.7	01:24.5	01:21.7	01:19.3	01:18.3
03:16.1	03:04.5	02:52.3	02:44.5	02:39.0	02:36.2	200m Breast	03:20.2	03:13.0	03:03.8	02:58.0	02:53.7	02:50.6
00:36.2	00:34.1	00:31.0	00:29.6	00:28.6	00:28.0	50m Fly	00:36.9	00:35.6	00:32.9	00:31.8	00:31.3	00:30.6
01:19.8	01:13.9	01:08.4	01:05.4	01:03.0	01:01.9	100m Fly	01:22.7	01:19.2	01:14.3	01:11.8	01:09.8	01:08.5
02:55.5	02:45.1	02:31.8	02:25.6	02:19.8	02:17.3	200m Fly	03:00.9	02:52.3	02:42.7	02:37.3	02:33.1	02:30.3
00:37.4	00:35.5	00:32.4	00:30.6	00:29.9	00:29.4	50m Back	00:38.8	00:37.2	00:34.9	00:33.5	00:32.8	00:32.0
01:20.4	01:15.6	01:09.2	01:06.1	01:03.9	01:02.7	100m Back	01:21.7	01:18.9	01:14.4	01:12.0	01:10.4	01:09.1
02:51.8	02:41.9	02:30.9	02:24.0	02:20.3	02:17.7	200m Back	02:57.3	02:51.0	02:40.8	02:35.0	02:31.2	02:28.5
02:56.2	02:45.6	02:34.8	02:28.0	02:23.6	02:21.1	200m IM	02:59.4	02:52.7	02:45.3	02:39.7	02:35.9	02:33.0
06:11.9	05:50.2	05:28.9	05:12.7	05:03.6	04:59.1	400m IM	06:14.1	06:00.9	05:46.8	05:36.3	05:27.5	05:21.6