

2021 Swim Wales Winter Championships: Short Course Consideration Standards
(Times must have been achieved in a licensed **Short Course** meet since the 1st July 2019)

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

2021 Swim Wales Winter Championships: Long Course Consideration Standards
(times must have been achieved in a licensed **Long Course** meet since the 1st July 2019)

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