

# SWIM WALES SUMMER OPEN 2022

## Short Course Consideration Standards

MALE						EVENT	FEMALE					
12	13	14	15	16	17+		12	13	14	15	16	17+
00:35.2	00:33.0	00:31.2	00:29.6	00:28.7	00:28.2	50m Free	00:35.5	00:34.1	00:33.0	00:31.7	00:31.2	00:30.8
01:16.7	01:11.5	01:06.7	01:03.5	01:01.6	01:00.5	100m Free	01:16.9	01:13.5	01:11.1	01:08.6	01:07.2	01:06.7
02:45.9	02:35.0	02:26.6	02:19.9	02:15.8	02:13.7	200m Free	02:45.8	02:38.1	02:33.0	02:27.3	02:24.9	02:22.8
05:46.8	05:25.5	05:09.3	04:54.9	04:46.9	04:41.2	400m Free	05:47.5	05:32.6	05:21.8	05:10.6	05:06.7	05:02.2
11:59.5	11:08.1	10:32.1	10:00.9	09:43.0	09:32.5	800m Free	12:00.3	11:23.0	10:59.8	10:40.0	10:30.7	10:24.7
22:54.9	21:30.1	20:26.4	19:32.9	18:58.0	18:38.4	1500m Free	22:56.0	21:32.2	20:30.8	20:10.1	19:45.7	19:33.8
00:46.5	00:42.9	00:40.5	00:37.8	00:36.6	00:35.9	50m Breast	00:46.5	00:44.0	00:42.4	00:40.8	00:40.2	00:39.6
01:39.3	01:31.6	01:26.5	01:20.9	01:18.4	01:17.0	100m Breast	01:40.3	01:34.8	01:30.5	01:26.9	01:25.8	01:24.1
03:33.7	03:18.0	03:06.2	02:57.3	02:52.7	02:48.5	200m Breast	03:34.5	03:22.1	03:14.8	03:09.1	03:06.8	03:04.1
00:40.0	00:37.3	00:35.1	00:32.5	00:31.7	00:31.0	50m Fly	00:39.8	00:38.0	00:36.7	00:34.6	00:34.1	00:33.8
01:26.9	01:20.6	01:14.6	01:10.4	01:08.7	01:06.8	100m Fly	01:27.7	01:23.5	01:19.9	01:16.4	01:15.4	01:14.0
03:10.7	02:57.1	02:46.6	02:36.2	02:32.9	02:28.2	200m Fly	03:11.6	03:02.6	02:53.9	02:47.5	02:45.0	02:42.3
00:41.7	00:38.6	00:36.6	00:34.0	00:32.8	00:32.3	50m Back	00:42.0	00:40.0	00:38.4	00:36.7	00:35.9	00:35.5
01:27.7	01:21.1	01:16.3	01:11.2	01:09.3	01:07.7	100m Back	01:26.9	01:22.5	01:19.6	01:16.5	01:15.6	01:14.6
03:06.3	02:53.4	02:43.5	02:35.3	02:31.2	02:28.7	200m Back	03:04.8	02:59.0	02:52.7	02:45.5	02:42.7	02:40.3
03:10.2	02:57.9	02:47.2	02:39.3	02:35.3	02:32.2	200m IM	03:09.1	03:01.1	02:54.4	02:50.1	02:47.6	02:45.3
06:40.7	06:15.4	05:53.5	05:38.5	05:28.2	05:21.8	400m IM	06:41.1	06:17.6	06:04.3	05:56.9	05:53.0	05:47.2

## Long Course Consideration Standards

MALE						EVENT	FEMALE					
12	13	14	15	16	17+		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
00:47.3	00:43.7	00:41.3	00:38.8	00:37.5	00:36.9	50m Breast	00:47.3	00:44.8	00:43.2	00:41.7	00:41.0	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
00:40.6	00:37.8	00:35.7	00:33.2	00:32.3	00:31.6	50m Fly	00:40.4	00:38.7	00:37.2	00:35.2	00:34.8	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
00:42.2	00:39.2	00:37.2	00:34.7	00:33.5	00:33.1	50m Back	00:42.6	00:40.6	00:39.0	00:37.3	00:36.6	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