

Swim Wales National Championships 2023: Long Course Qualifying Standards

(Times must have been achieved in a licensed level 1, level 2 or level 3 meet since 1st January 2022)

Age as of 31st December 2023

MALE								FEMALE						
12	13	14	15	16	17	18+	EVENT	12	13	14	15	16	17	18+
00:34.0	00:32.2	00:30.7	00:29.1	00:28.1	00:27.7	00:27.2	50m Free	00:34.4	00:33.2	00:32.3	00:31.2	00:30.4	00:30.1	00:29.5
01:13.7	01:09.5	01:05.5	01:02.5	01:00.1	00:59.1	00:57.9	100m Free	01:13.9	01:11.4	01:09.7	01:07.3	01:05.3	01:04.8	01:03.7
02:39.2	02:30.3	02:23.6	02:17.3	02:12.1	02:10.1	02:07.8	200m Free	02:39.1	02:33.2	02:29.6	02:24.3	02:20.6	02:18.6	02:16.0
05:32.5	05:15.2	05:02.5	04:48.9	04:38.6	04:33.2	04:28.3	400m Free	05:33.1	05:21.9	05:14.4	05:03.8	04:57.0	04:52.9	04:47.7
11:33.7	10:50.3	10:21.3	09:51.3	09:28.4	09:18.4	09:07.9	800m Free	11:30.1	11:00.7	10:44.3	10:25.6	10:10.6	10:05.0	09:54.3
21:57.0	20:48.1	19:58.2	19:07.5	18:23.5	18:05.2	17:45.8	1500m Free	22:06.0	20:57.1	20:08.8	19:48.9	19:14.0	19:02.7	18:41.2
00:44.7	00:41.7	00:39.8	00:37.3	00:35.8	00:35.1	00:34.4	50m Breast	00:44.7	00:42.7	00:41.6	00:40.1	00:39.1	00:38.6	00:37.9
01:35.4	01:28.9	01:24.8	01:19.5	01:16.5	01:15.0	01:13.6	100m Breast	01:36.3	01:31.9	01:28.6	01:25.2	01:23.2	01:21.7	01:20.7
03:24.9	03:11.8	03:02.3	02:53.8	02:47.8	02:43.9	02:41.1	200m Breast	03:25.6	03:15.6	03:10.4	03:04.9	03:01.0	02:58.5	02:55.4
00:38.4	00:36.1	00:34.4	00:31.9	00:30.8	00:30.1	00:29.6	50m Fly	00:38.2	00:36.9	00:35.8	00:33.9	00:33.1	00:32.8	00:32.2
01:23.2	01:17.9	01:12.9	01:08.8	01:06.7	01:04.8	01:03.7	100m Fly	01:23.8	01:20.6	01:17.9	01:14.6	01:12.9	01:11.6	01:10.3
03:02.2	02:50.9	02:42.4	02:32.5	02:27.9	02:23.4	02:21.0	200m Fly	03:03.0	02:56.1	02:49.3	02:43.2	02:39.3	02:36.8	02:33.9
00:39.9	00:37.4	00:35.8	00:33.4	00:31.9	00:31.5	00:31.0	50m Back	00:40.2	00:38.7	00:37.5	00:35.9	00:34.8	00:34.4	00:33.6
01:23.9	01:18.5	01:14.6	01:09.8	01:07.3	01:05.8	01:04.6	100m Back	01:23.2	01:19.7	01:17.6	01:14.8	01:13.1	01:12.2	01:11.0
02:58.3	02:47.6	02:39.4	02:31.8	02:26.3	02:24.1	02:21.5	200m Back	02:56.8	02:52.7	02:48.2	02:41.4	02:37.3	02:34.9	02:32.2
03:02.2	02:52.1	02:43.4	02:36.0	02:30.7	02:27.8	02:25.3	200m IM	03:01.2	02:55.1	02:50.2	02:46.2	02:42.2	02:40.0	02:37.2
06:23.9	06:03.2	05:45.5	05:31.3	05:18.4	05:12.4	05:07.9	400m IM	06:24.2	06:05.2	05:55.8	05:48.7	05:41.6	05:36.1	05:30.3