

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

MALE									FEMALE							
11	12	13	14	15	16	17	18+	EVENT	11	12	13	14	15	16	17	18+
33.30	31.40	29.20	27.50	26.60	25.80	25.30	24.80	<b>50m Free</b>	33.60	31.60	29.90	28.90	28.60	28.40	28.10	27.80
1.12.60	1.08.20	1.03.30	1.00.50	57.80	56.90	56.00	55.10	<b>100m Free</b>	1.12.60	1.08.70	1.05.00	1.03.10	1.02.20	1.01.10	1.00.60	1.00.40
2.36.80	2.28.50	2.19.10	2.14.20	2.07.90	2.05.40	2.02.30	1.59.80	<b>200m Free</b>	2.36.80	2.28.70	2.22.30	2.17.80	2.14.90	2.13.60	2.12.20	2.11.00
5.28.40	5.10.80	4.54.80	4.47.80	4.31.40	4.23.00	4.20.00	4.14.90	<b>400m Free</b>	5.28.10	5.11.40	4.56.0	4.50.40	4.44.80	4.42.00	4.37.10	4.34.80
10.45.20		10.09.20	9.46.50	9.16.60	8.59.40	8.49.30	8.38.70	<b>800m Free</b>	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	<b>1500m Free</b>	20.34.30		19.39.10	19.03.20	18.43.40	18.20.0	18.08.60	17.46.90
44.20	41.50	38.90	37.40	34.80	33.60	33.00	32.20	<b>50m Breast</b>	44.30	42.10	40.40	39.70	37.70	37.10	36.50	35.80
1.34.90	1.28.90	1.23.30	1.20.00	1.14.60	1.12.30	1.10.80	1.09.40	<b>100m Breast</b>	1.34.90	1.29.80	1.26.40	1.23.90	1.20.40	1.19.30	1.17.70	1.16.70
3.23.50	3.11.60	3.00.40	2.52.70	2.44.10	2.39.60	2.35.60	2.32.80	<b>200m Breast</b>	3.23.20	3.12.30	3.04.30	3.00.90	2.55.40	2.53.20	2.50.60	2.47.50
37.70	35.90	33.90	32.50	30.10	29.30	28.50	27.90	<b>50m Fly</b>	37.90	35.90	34.90	34.30	32.50	32.10	31.80	31.20
1.23.40	1.18.00	1.13.60	1.09.30	1.05.20	1.03.60	1.01.80	1.00.70	<b>100m Fly</b>	1.23.80	1.18.70	1.16.30	1.14.40	1.11.00	1.10.00	1.08.70	1.07.40
3.02.00	2.51.60	2.42.10	2.35.20	2.25.20	2.22.00	2.17.50	2.15.00	<b>200m Fly</b>	3.03.90	2.52.40	2.47.20	2.42.20	2.36.00	2.33.70	2.31.00	2.28.20
39.20	37.40	35.10	33.90	31.50	30.20	29.80	29.30	<b>50m Back</b>	39.20	37.70	36.50	35.60	34.00	33.30	32.90	32.10
1.23.30	1.18.70	1.14.00	1.10.90	1.06.00	1.04.20	1.02.60	1.01.40	<b>100m Back</b>	1.23.30	1.18.70	1.16.00	1.14.70	1.11.10	1.10.20	1.09.20	1.07.90
2.57.00	2.47.40	2.38.50	2.32.00	2.24.20	2.20.20	2.17.90	2.15.30	<b>200m Back</b>	2.55.90	2.47.50	2.45.20	2.42.40	2.33.90	2.31.30	2.29.00	2.26.20
3.00.20	2.50.60	2.42.30	2.35.20	2.27.70	2.23.80	2.20.80	2.18.30	<b>200m IM</b>	3.00.30	2.51.10	2.46.90	2.43.60	2.38.00	2.35.60	2.33.30	2.30.40
6.22.40	5.59.40	5.42.50	5.28.20	5.13.80	5.03.90	4.57.80	4.53.20	<b>400m IM</b>	6.19.90	5.59.70	5.44.50	5.38.50	5.31.40	5.27.70	5.22.10	5.16.10

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

MALE									FEMALE							
11	12	13	14	15	16	17	18+	EVENT	11	12	13	14	15	16	17	18+
33.90	32.10	29.90	28.20	27.40	26.60	26.10	25.60	<b>50m Free</b>	34.20	32.30	30.60	29.60	29.30	29.10	28.80	28.50
1.13.70	1.09.40	1.04.60	1.01.90	59.20	58.30	57.50	56.60	<b>100m Free</b>	1.13.70	1.09.90	1.06.30	1.04.40	1.03.50	1.02.50	1.02.00	1.01.80
2.39.00	2.30.80	2.21.60	2.16.80	2.10.60	2.08.10	2.05.10	2.02.70	<b>200m Free</b>	2.39.00	2.31.00	2.24.70	2.20.30	2.17.40	2.16.20	2.14.80	2.13.60
5.32.70	5.15.30	4.59.50	4.52.60	4.36.50	4.28.30	4.25.30	4.20.30	<b>400m Free</b>	5.32.40	5.15.90	5.00.70	4.55.20	4.49.70	4.46.90	4.42.10	4.39.90
10.54.10		10.18.60	9.56.30	9.26.90	9.10.00	9.00.10	8.49.70	<b>800m Free</b>	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	<b>1500m Free</b>	20.50.90		19.56.50	19.21.10	19.01.60	18.38.60	18.27.4	18.06.1
44.90	42.30	39.70	38.20	35.70	34.50	33.90	33.20	<b>50m Breast</b>	45.00	42.80	41.20	40.50	38.50	37.90	37.40	36.70
1.36.20	1.30.30	1.24.80	1.21.60	1.16.30	1.14.00	1.12.60	1.11.20	<b>100m Breast</b>	1.36.20	1.31.20	1.27.80	1.25.40	1.22.00	1.20.90	1.19.30	1.18.30
3.26.10	3.14.30	3.03.30	2.55.70	2.47.30	2.42.90	2.39.00	2.36.20	<b>200m Breast</b>	3.25.80	3.15.00	3.07.10	3.03.80	2.58.40	2.56.20	2.53.70	2.50.60
38.20	36.40	34.50	33.10	30.70	29.90	29.20	28.60	<b>50m Fly</b>	38.40	36.40	35.40	34.80	33.10	32.70	32.40	31.80
1.24.30	1.19.00	1.14.60	1.10.40	1.06.40	1.04.80	1.03.00	1.01.90	<b>100m Fly</b>	1.24.70	1.19.70	1.17.30	1.15.40	1.12.10	1.11.10	1.09.80	1.08.50
3.03.70	2.53.40	2.44.00	2.37.20	2.27.40	2.24.20	2.19.80	2.17.30	<b>200m Fly</b>	3.05.60	2.54.20	2.49.10	2.44.10	2.38.00	2.35.70	2.33.10	2.30.30
39.70	37.90	35.70	34.50	32.10	30.90	30.50	30.00	<b>50m Back</b>	39.70	38.20	37.00	36.20	34.60	33.90	33.50	32.70
1.24.30	1.19.70	1.15.10	1.12.00	1.07.20	1.05.40	1.03.90	1.02.70	<b>100m Back</b>	1.24.30	1.19.70	1.17.10	1.15.80	1.12.20	1.11.30	1.10.40	1.09.10
2.58.90	2.49.40	2.40.60	2.34.20	2.26.50	2.22.60	2.20.30	2.17.70	<b>200m Back</b>	2.57.80	2.49.50	2.47.20	2.44.40	2.36.10	2.33.50	2.31.20	2.28.50
3.02.40	2.52.90	2.44.70	2.37.70	2.30.30	2.26.50	2.23.60	2.21.10	<b>200m IM</b>	3.02.50	2.53.40	2.49.20	2.46.00	2.40.50	2.38.10	2.35.90	2.33.00
6.27.00	6.04.30	5.47.60	5.33.50	5.19.30	5.09.60	5.03.60	4.59.10	<b>400m IM</b>	6.24.50	6.04.60	5.49.60	5.43.70	5.36.70	5.33.00	5.27.50	5.21.60