

Regional Short Course Championships Time Standards 2022/2023

FEMALE					
Event	Age Group (as of 31/12/22)	Qualifying		Consideration	
		Long Course	Short Course	Long Course	Short Course
50m Freestyle	13-15 years	34.79	34	36.79	36
	16 years & Over	32.79	32	34.6	34
100m Freestyle	13-15 years	1.11.59	1.1	1.18.59	1.17
	16 years & Over	1.07.59	1.06.00	1.11.20	1.10.00
200m Freestyle	13-15 years	2.33.19	2.3	2.53.19	2.5
	16 years & Over	2.25.19	2.22	2.32.30	2.3
400m Freestyle	13-15 years	5.36.39	5.3	6.16.39	6.1
	16 years & Over	5.20.39	5.14	5.34.20	5.3
800m Freestyle	13-15 years	11.57.79	11.45	13.13.79	13.05
	16 years & Over	11.35.79	11.23	11.51.20	11.43
1500m Freestyle	13-15 years	22.39	22.15	23.39	23.15
	16 years & Over	22.07	21.43	22.32	22.13
50m Backstroke	13-15 years	36.6	36	38.6	38
	16 years & Over	34.6	34	36.6	36
100m Backstroke	13-15 years	1.23.20	1.22	1.32.20	1.31
	16 years & Over	1.20.20	1.19	1.24.00	1.23
200m Backstroke	13-15 years	3.07.40	3.05	3.22.40	3.2
	16 years & Over	2.58.40	2.56	3.05.80	3.04
50m Breaststroke	13-15 years	45	44	49	48
	16 years & Over	41	40	42.7	42
100m Breaststroke	13-15 years	1.34	1.32	1.45	1.43
	16 years & Over	1.28	1.26	1.30.40	1.3
200m Breaststroke	13-15 years	3.34	3.3	3.54	3.5
	16 years & Over	3.24	3.2	3.30.50	3.28
50m Butterfly	13-15 years	36.7	36	38.7	38
	16 years & Over	34.7	34	36.5	36
100m Butterfly	13-15 years	1.28.40	1.27	1.37.40	1.36
	16 years & Over	1.20.40	1.19	1.23.90	1.23
200m Butterfly	13-15 years	3.12.8	3.1	3.32.80	3.3
	16 years & Over	2.58.80	2.56	3.05.70	3.04
100m IM	13-15 years	–	1.22	–	1.26
	16 years & Over	–	1.19	–	1.23
200m IM	13-15 years	3.08.19	3.05	3.23.19	3.2
	16 years & Over	2.59.19	2.56	3.05.10	3.04
400m IM	13-15 years	6.46.39	6.4	6.56.39	6.5
	16 years & Over	6.26.39	6.2	6.40.40	6.36

Consideration times may be accepted in some circumstances, depending on volume of entries.

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MALE					
Event	Age Group (as of 31/12/22)	Qualifying		Consideration	
		Long Course	Short Course	Long Course	Short Course
50m Freestyle	13-16 years	32.79	32	34.79	34
	17 years & Over	30.8	30	32.6	32
100m Freestyle	13-16 years	1.09.59	1.08.00	1.16.59	1.15.00
	17 years & Over	1.05.59	1.04	1.09.20	1.08
200m Freestyle	13-16 years	2.29.19	2.26	2.49.19	2.46
	17 years & Over	2.21.19	2.18	2.28.40	2.26
400m Freestyle	13-16 years	5.28.39	5.22	5.48.39	5.42
	17 years & Over	5.16.39	5.1	5.30.30	5.26
800m Freestyle	13-16 years	11.41.79	11.29	12.12.79	12
	17 years & Over	11.25.79	11.13	11.41.30	11.33
1500m Freestyle	13-16 years	22.24	22	22.54	22.3
	17 years & Over	21.52	21.28	22.22	21.58
50m Backstroke	13-16 years	34.6	34	36.6	36
	17 years & Over	32.6	32	34.6	34
100m Backstroke	13-16 years	1.21.20	1.2	1.30.20	1.29
	17 years & Over	1.17.20	1.16	34.6	1.2
200m Backstroke	13-16 years	3.02.40	3	3.17.40	3.15
	17 years & Over	2.50.40	2.48	2.57.90	2.56
50m Breaststroke	13-16 years	43	42	47	46
	17 years & Over	39	38	40.8	40
100m Breaststroke	13-16 years	1.32	1.3	1.43	1.41
	17 years & Over	1.24	1.22	1.27.50	1.26
200m Breaststroke	13-16 years	3.29	3.25	3.49	3.45
	17 years & Over	3.14	3.1	3.20.70	3.18
50m Butterfly	13-16 years	34.7	34	36.7	36
	17 years & Over	32.7	32	34.6	34
100m Butterfly	13-16 years	1.26.40	1.25	1.35.4	1.34
	17 years & Over	1.17.40	1.16	1.20.90	1.2
200m Butterfly	13-16 years	3.07.80	3.05	3.27.80	3.25
	17 years & Over	2.50.80	2.48	2.57.80	2.56
100m IM	13-16 years	-	1.2	-	1.24
	17 years & Over	-	1.16	-	1.2
200m IM	13-16 years	3.03.19	3	3.18.19	3.15
	17 years & Over	2.51.19	2.48	2.58.20	2.56
400m IM	13-16 years	6.36.39	6.3	6.51.39	6.45
	17 years & Over	6.16.39	6.1	6.30.50	6.26

Consideration times may be accepted in some circumstances, depending on volume of entries.