



SWIM WALES  
NOFIO CYMRU

# **SWIM WALES NATIONAL SQUAD PROGRAMME**

**SELECTION PROCEDURES: 2025/26 SEASON**

**SWIMMING & PARA SWIMMING**

SWIM WALES  
NOFIO CYMRU

## 1. INTRODUCTION AND SELECTION PROCESS

- 1.1. This document outlines the Swim Wales National Squad Programme selection guidelines for the 2025/26 season. This includes selection to the **Swim Wales National Elite, National Elite Transition (1, 2, and 3), Senior Performance, Youth Performance (1 and 2), and Performance Foundation** programmes. The Swim Wales National Squad Programme aims to provide a progressive and inclusive National Squad pathway in line with the Swim Wales Performance Mission - *'To support the holistic development of swimmers and para-swimmers to achieve their full potential, aspiring to achieve podium success at Commonwealth, Olympic and Paralympic level.'*
- 1.2. Selection to each squad of the Swim Wales National Squad programmes will be based on eligibility to and achievement of the respective criteria for each squad as laid out in sections 3 to 7 of this document.
- 1.3. Final selection to the National Squad Programme will be made by the selection panel in line with these guidelines. This selection panel will consist of (a) the Swim Wales National Performance Director, (b) the Swim Wales National Coach (c) the Swim Wales Performance Development Coach and Pathway Manager, and (d) the Swim Wales Performance Operations and Athlete Support Manager.
- 1.4. Selections to the National Squad Programme will be made from performances registered on the official Aquatics GB rankings system and achieved at accredited long course meets from 1<sup>st</sup> January 2025 to 3<sup>rd</sup> August 2025.
- 1.5. Selections to the National Squad Programme will be confirmed by the 12<sup>th</sup> of September 2025.
- 1.6. Split times from relays will not be considered for selection to the National Squad Programme, unless eligible for inclusion on the Aquatics GB rankings system.
- 1.7. The selection panel reserves the right not to select a swimmer/para-swimmer if there is significant evidence of (a) A lack of adherence to their home training programme, including unsatisfactory attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the home club head coach and committee; or (b) A lack of adherence to the Swim Wales National Squad Programme during the 2024/25 season, including unsatisfactory attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the Swim Wales disciplinary procedure.

## **2. DISCRETIONARY SELECTIONS**

The delivery of success at international level is both a difficult and highly complex process. Swim Wales has therefore taken the view that it is important that all swimmers/para-swimmers who demonstrate the capability to achieve this receive the support they require. It is recognised that some circumstances will inevitably arise whereby it is necessary for the selection panel to place a swimmer/para-swimmer within the appropriate level of the National Squad Programme according to their developmental need, not necessarily their chronological age or current performance level. This may include swimmers/para-swimmers being offered National Squad positions which are either above or below the achieved performance criteria. It may also include swimmers/para-swimmers being selected for squads without achieving the performance criteria. This is designed to allow a measure of professional judgement towards assessing swimmer potential. When acting in these discretionary situations, the following will be reviewed:

- Potential to positively contribute to relay success at the Commonwealth Games for Team Wales.
- Past, current and planned level of training, including the daily training environment and injury/illness.
- Performance profile.
- Current level of support versus the required level of support.
- Percentage away from performance criteria.
- Chronological, developmental and training age of the swimmer.
- Commitment, attitude and work ethic.

## **3. SWIM WALES NATIONAL ELITE SQUAD**

### **3.1 Introduction**

The National Elite programme aims to support Wales's very best swimmers and para-swimmers to achieve their full potential and gain success at senior level on the World stage through a combination of World Class coaching and SSSM support, financial assistance, and international competition and training experience. This squad aims to support swimmers / para-swimmers possessing genuine potential to (1) Graduate (or re-graduate) onto the Aquatics GB Swimming / Para-Swimming WCP within a 1-3 year period (2) Represent GB at the Olympic/Paralympic Games, World or European Championships and/or (3) win a Commonwealth Games Medal.

### 3.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see Table 1 for Swimming and Appendix A for Para-swimming) in at least 1 Olympic / Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

### 3.3 Selection eligibility

- Males and Females aged 16+ years (age as of 31<sup>st</sup> December 2025) will be eligible for selection to the National Elite squad
- Para-swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, Aquatics GB classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered, have Wales as their designated Country of Representation and are eligible and committed to represent Wales at the Commonwealth Games.

### 3.4 Selection conditions

- Non-Aquatics GB Swimming/Para-Swimming WCP (World Class Programme) athletes will be required to attend all scheduled National Elite Squad programme activity. Aquatics GB Swimming/Para-Swimming WCP swimmers will be invited to all National Elite programme activity, however attendance requirements will be determined through communication with Aquatics GB and the relevant home coach.
- Selected swimmers/para-swimmers must undergo an annual review with their home coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

## **4. SWIM WALES NATIONAL ELITE TRANSITION SQUADS (1, 2 AND 3)**

### 4.1 Introduction

The National Elite Transition 3 programme aims to support swimmers and para-swimmers whose performances indicate that they have realistic capabilities of progressing to the National Elite squad within 1-2 years. The squad aims to provide

appropriate opportunities and support to help athletes transition to senior international level from success at youth/junior level.

The National Elite Transition 2 programme aims to support swimmers and para-swimmers whose performances indicate that they have realistic capabilities of progressing to the National Elite squad within 1-4 years, and realistic capabilities of gaining selection to represent Great Britain at European/World Junior level. The Squad specifically aims to provide appropriate support before and during the transition into the daily high performance training environment, while also providing high level international competition exposure and experience.

The National Elite Transition 1 programme aims to provide a positive introduction into the Swim Wales National Elite pathway, high performance training environments and international competition. It aims to provide holistic development, training and competition opportunities related to the long-term development towards senior international success. The Elite Transition 1 Squad specifically aims to support athletes with realistic capabilities of gaining selection to represent Great Britain at European/World Junior level within 2-3 years.

#### 4.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see tables 2 and 3 for swimming and Appendix A for Para-swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

#### 4.3 Selection Eligibility

- Males and Females aged 15-16 years (age as of 31<sup>st</sup> December 2025) will be eligible for selection to the National Elite Transition 1 squad.
- Males and Females aged 17-18 years (age as of 31<sup>st</sup> December 2025) will be eligible for selection to the National Elite Transition 2 squad.
- Males and Females aged 19-21 years (age as of 31<sup>st</sup> December 2025) will be eligible for selection to the National Elite Transition 3 squad.
- Para-swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, Aquatics GB classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).
- Swimmers/para-swimmers will only be considered for selection if they are Swim Wales registered, have Wales as their designated Country of Representation and are eligible and committed to represent Wales at the Commonwealth Games.

#### 4.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled National Elite Transition programme activity.
- Selected swimmers/para-swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

### **5. SWIM WALES SENIOR PERFORMANCE SQUAD**

#### 5.1 Introduction

The Swim Wales Senior Performance squad aims to provide positive training and educational opportunities for senior swimmers whose performance sits just outside of the Elite standards. In particular, the squad aims to support late developing senior athletes with the potential to progress onto the National Elite Transition 3 and National Elite squads.

#### 5.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see table 4 and 5 for swimming and Appendix A for Para-swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

#### 5.3 Selection Eligibility

- Males and Females aged 19+ years (age as of 31<sup>st</sup> December 2025) will be eligible for selection to the Senior Performance squad.
- Para-swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, Aquatics GB classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered, have Wales as their designated Country of Representation and are eligible and committed to represent Wales at the Commonwealth Games.

#### 5.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled Senior Performance Squad programme activity.
- Selected swimmers/Para-swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

### **6. SWIM WALES YOUTH PERFORMANCE SQUADS (1 AND 2)**

#### 6.1 Introduction

The Swim Wales Youth Performance squads aim to support a wider cohort of performance swimmers and para swimmers in their long-term development through positive engagement and targeted development programmes. The squad aims to help develop holistic knowledge and key skills to assist these swimmers and para swimmers in making the progression onto the elite pathway and/or senior swimming.

#### 6.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see table 4 and 5 for swimming and Appendix A for Para-swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

#### 6.3 Selection Eligibility

- Males and Females aged 15-16 years (age as of 31<sup>st</sup> December 2025) will be eligible for selection to the Youth Performance 1 squad.
- Males and Females aged 17-18 years (age as of 31<sup>st</sup> December 2025) will be eligible for selection to the Youth Performance 2 squad.
- Para-swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, Aquatics GB classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).

- Swimmers/para-swimmers will only be considered for selection if they are Swim Wales registered, have Wales as their designated Country of Representation and are eligible and committed to represent Wales at the Commonwealth Games.

#### 6.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled Youth Performance Squad programme activity.
- Selected swimmers/Para-swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

## **7. SWIM WALES PERFORMANCE FOUNDATION PROGRAMME**

### 7.1 Introduction

The Performance Foundation Programme is the first step for swimmers entering the Swim Wales National Squad programme. It aims to provide a Swim Wales led foundation programme for talented young Welsh swimmers / para swimmers in relation to the development of key performance skills. The Performance Foundation Programme supports the identification and development of swimmers / para swimmers who show potential to progress onto the Swim Wales Elite or Performance Pathways.

### 7.2 Selection Criteria

- Swimmers ranked in the top 3 in Wales (on the Aquatics GB ranking system between 1<sup>st</sup> January and 3<sup>rd</sup> August 2025, long course only) in both the 13 years and 14 years age groups (male and female) in one or both of the 200m and 400m Individual medley events will be considered for selection.
- Additionally, swimmers who equal or better the published performance criteria (see table 6) in at least 2 Olympic events, in accordance with section 1.4 of this document, will be considered for selection.
- Para-swimmers who equal or better the performance criteria shown in Appendix A will be considered for selection.



- Swimmers and Para-Swimmers must show engagement and commitment to their home programme, show aspiration to develop and progress through the performance pathway, as agreed by their home coach.

### 7.3 Selection Eligibility

- Male and Female swimmers aged 13-14 years (age as of 31<sup>st</sup> December 2025) will be eligible for selection.
- Para-swimmers aged 12-16 years (age as of 31<sup>st</sup> December 2025) will be eligible for selection.
- Swimmers / para-swimmers will only be considered for selection if they are Swim Wales registered, have Wales as their designated Country of Representation and are eligible and committed to represent Wales at the Commonwealth Games.
- Para Swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, Aquatics GB classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).

### 7.4 Selection Conditions

- Selected swimmers / para-swimmers will be required to attend all scheduled Performance Foundation programme activity.
- Selected swimmers / para-swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers / para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

SWIM WALES

---

NOFIO CYMRU

**TABLE 1:**  
**MALE & FEMALE SWIMMING PERFORMANCE CRITERIA: NATIONAL ELITE**

<b>Event</b>	<b>Male</b>	<b>Female</b>
50m Freestyle	00:22.40	00:25.25
100m Freestyle	00:49.32	00:54.99
200m Freestyle	01:48.93	01:59.75
400m Freestyle	03:52.78	04:13.22
800m Freestyle	08:01.73	08:42.44
1500m Freestyle	15:22.02	16:39.44
100m Backstroke	00:54.70	01:01.17
200m Backstroke	01:59.85	02:12.59
100m Breaststroke	01:01.14	01:08.22
200m Breaststroke	02:12.90	02:28.11
100m Butterfly	00:52.79	00:59.17
200m Butterfly	01:58.46	02:11.77
200m IM	02:01.15	02:14.33
400m IM	04:19.61	04:46.73

SWIM WALES  
NOFIO CYMRU

**TABLE 2:**

**MALE SWIMMING PERFORMANCE CRITERIA: NATIONAL ELITE TRANSITION**

Event	Elite Transition 1		Elite Transition 2		Elite Transition 3		
	15 years	16 years	17 years	18 years	19 years	20 years	21 years
50m Freestyle	00:24.79	00:24.33	00:23.87	00:23.41	00:22.95	00:22.73	00:22.51
100m Freestyle	00:54.53	00:53.52	00:52.51	00:51.50	00:50.51	00:50.03	00:49.56
200m Freestyle	01:59.50	01:57.29	01:55.08	01:52.86	01:51.58	01:50.52	01:49.46
400m Freestyle	04:16.18	04:11.44	04:06.69	04:01.95	03:58.43	03:56.17	03:53.91
800m Freestyle	08:48.81	08:39.02	08:29.23	08:19.44	08:13.42	08:08.74	08:04.07
1500m Freestyle	16:46.98	16:28.33	16:09.69	15:51.04	15:44.40	15:35.45	15:26.49
100m Backstroke	01:00.38	00:59.26	00:58.14	00:57.02	00:56.03	00:55.50	00:54.97
200m Backstroke	02:11.07	02:08.65	02:06.22	02:03.79	02:02.76	02:01.60	02:00.43
100m Breaststroke	01:07.56	01:06.31	01:05.06	01:03.81	01:02.62	01:02.03	01:01.43
200m Breaststroke	02:27.36	02:24.63	02:21.90	02:19.17	02:16.13	02:14.84	02:13.55
100m Butterfly	00:58.27	00:57.19	00:56.11	00:55.03	00:54.07	00:53.56	00:53.05
200m Butterfly	02:10.78	02:08.36	02:05.94	02:03.52	02:01.34	02:00.19	01:59.04
200m IM	02:14.25	02:11.77	02:09.28	02:06.79	02:04.09	02:02.92	02:01.74
400m IM	04:48.79	04:43.44	04:38.09	04:32.74	04:25.91	04:23.39	04:20.87

SWIM WALES  
NOFIO CYMRU

**TABLE 3:**  
**FEMALE SWIMMING PERFORMANCE CRITERIA: NATIONAL ELITE TRANSITION**

Event	Elite Transition 1		Elite Transition 2		Elite Transition 3		
	15 years	16 years	17 years	18 years	19 years	20 years	21 years
50m Freestyle	00:27.34	00:26.95	00:26.56	00:26.18	00:25.86	00:25.61	00:25.37
100m Freestyle	00:59.42	00:58.58	00:57.74	00:56.62	00:56.33	00:55.79	00:55.26
200m Freestyle	02:09.55	02:07.71	02:05.88	02:03.44	02:02.65	02:01.49	02:00.33
400m Freestyle	04:33.90	04:30.02	04:26.15	04:20.98	04:19.36	04:16.90	04:14.44
800m Freestyle	09:15.80	09:07.94	09:00.07	08:49.59	08:55.12	08:50.04	08:44.97
1500m Freestyle	17:40.42	17:25.42	17:10.41	16:50.40	17:03.70	16:53.99	16:44.29
100m Backstroke	01:06.21	01:05.27	01:04.34	01:03.09	01:02.66	01:02.06	01:01.47
200m Backstroke	02:23.35	02:21.33	02:19.30	02:16.59	02:15.81	02:14.52	02:13.24
100m Breaststroke	01:13.86	01:12.81	01:11.77	01:10.37	01:09.87	01:09.21	01:08.55
200m Breaststroke	02:40.23	02:37.97	02:35.70	02:32.67	02:31.71	02:30.27	02:28.83
100m Butterfly	01:04.55	01:03.64	01:02.72	01:01.51	01:00.61	01:00.04	00:59.46
200m Butterfly	02:23.21	02:21.19	02:19.16	02:16.46	02:14.97	02:13.69	02:12.41
200m IM	02:25.84	02:23.78	02:21.71	02:18.96	02:17.59	02:16.29	02:14.98
400m IM	05:12.21	05:07.79	05:03.37	04:57.48	04:53.69	04:50.91	04:48.12

SWIM WALES  
NOFIO CYMRU

**TABLE 4:**

**MALE SWIMMING PERFORMANCE CRITERIA: SENIOR AND YOUTH PERFORMANCE**

Event	Youth Performance 1		Youth Performance 2		Senior Performance		
	15 years	16 years	17 years	18 years	19 years	20 years	21+ years
50m Freestyle	00:25.29	00:24.82	00:24.35	00:23.88	00:23.41	00:23.18	00:22.85
100m Freestyle	00:55.62	00:54.59	00:53.56	00:52.53	00:51.52	00:51.04	00:50.30
200m Freestyle	02:01.89	01:59.63	01:57.38	01:55.12	01:53.81	01:52.73	01:51.11
400m Freestyle	04:21.31	04:16.47	04:11.63	04:06.79	04:03.20	04:00.89	03:57.44
800m Freestyle	08:59.39	08:49.40	08:39.41	08:29.42	08:23.29	08:18.52	08:11.36
1500m Freestyle	17:07.12	16:48.10	16:29.08	16:10.06	16:03.29	15:54.15	15:40.46
100m Backstroke	01:01.59	01:00.45	00:59.31	00:58.17	00:57.15	00:56.61	00:55.80
200m Backstroke	02:13.69	02:11.22	02:08.74	02:06.27	02:05.21	02:04.03	02:02.25
100m Breaststroke	01:08.92	01:07.64	01:06.36	01:05.09	01:03.87	01:03.27	01:02.36
200m Breaststroke	02:30.31	02:27.52	02:24.74	02:21.96	02:18.85	02:17.54	02:15.56
100m Butterfly	00:59.43	00:58.33	00:57.23	00:56.13	00:55.15	00:54.63	00:53.85
200m Butterfly	02:13.40	02:10.93	02:08.46	02:05.99	02:03.77	02:02.59	02:00.83
200m IM	02:16.94	02:14.40	02:11.86	02:09.33	02:06.57	02:05.37	02:03.58
400m IM	04:54.56	04:49.11	04:43.65	04:38.20	04:31.23	04:28.66	04:24.80

SWIM WALES  
NOFIO CYMRU

**TABLE 5:**

**FEMALE SWIMMING PERFORMANCE CRITERIA: SENIOR & YOUTH PERFORMANCE**

Event	Youth Performance 1		Youth Performance 2		Senior Performance		
	15 years	16 years	17 years	18 years	19 years	20 years	21+ years
50m Freestyle	00:27.88	00:27.49	00:27.09	00:26.70	00:26.38	00:26.13	00:25.75
100m Freestyle	01:00.61	00:59.75	00:58.90	00:57.75	00:57.45	00:56.91	00:56.09
200m Freestyle	02:12.14	02:10.27	02:08.40	02:05.90	02:05.11	02:03.92	02:02.14
400m Freestyle	04:39.38	04:35.43	04:31.47	04:26.20	04:24.55	04:22.04	04:18.28
800m Freestyle	09:26.92	09:18.90	09:10.88	09:00.18	09:05.82	09:00.65	08:52.89
1500m Freestyle	18:01.63	17:46.33	17:31.02	17:10.61	17:24.17	17:14.27	16:59.43
100m Backstroke	01:07.54	01:06.58	01:05.62	01:04.35	01:03.91	01:03.30	01:02.40
200m Backstroke	02:26.22	02:24.15	02:22.08	02:19.32	02:18.53	02:17.21	02:15.24
100m Breaststroke	01:15.33	01:14.27	01:13.20	01:11.78	01:11.27	01:10.59	01:09.58
200m Breaststroke	02:43.44	02:41.12	02:38.81	02:35.73	02:34.74	02:33.28	02:31.08
100m Butterfly	01:05.84	01:04.91	01:03.98	01:02.74	01:01.82	01:01.24	01:00.36
200m Butterfly	02:26.08	02:24.01	02:21.94	02:19.19	02:17.67	02:16.36	02:14.40
200m IM	02:28.76	02:26.65	02:24.55	02:21.74	02:20.34	02:19.01	02:17.02
400m IM	05:18.45	05:13.95	05:09.44	05:03.43	04:59.56	04:56.73	04:52.47

SWIM WALES  
NOFIO CYMRU



**TABLE 6:  
MALE & FEMALE SWIMMING PERFORMANCE CRITERIA: PERFORMANCE  
FOUNDATIONS**

Event	Male		Female	
	13 years	14 years	13 years	14 years
50m Freestyle	00:27.56	00:26.42	00:29.56	00:28.72
100m Freestyle	01:00.63	00:58.13	01:04.25	01:02.43
200m Freestyle	02:12.86	02:07.38	02:20.07	02:16.10
400m Freestyle	04:44.82	04:33.07	04:56.14	04:47.76
800m Freestyle	09:47.94	09:23.66	10:00.94	09:43.93
1500m Freestyle	18:39.56	17:53.34	19:06.53	18:34.08
100m Backstroke	01:07.13	01:04.36	01:11.59	01:09.56
200m Backstroke	02:25.73	02:19.71	02:34.99	02:30.61
100m Breaststroke	01:15.12	01:12.02	01:19.85	01:17.59
200m Breaststroke	02:43.83	02:37.07	02:53.24	02:48.34
100m Butterfly	01:04.78	01:02.11	01:09.79	01:07.82
200m Butterfly	02:25.41	02:19.40	02:34.84	02:30.46
200m IM	02:29.26	02:23.10	02:37.68	02:33.22
400m IM	05:21.07	05:07.82	05:37.56	05:28.01



## APPENDIX A: PARA SWIMMING PERFORMANCE CRITERIA (ALL SQUADS)

### MALE CRITERIA (CLASSES 1-4)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S1	50m Backstroke	01:18.16	01:18.94	01:19.73	01:20.51	01:22.07	01:23.63	01:25.20	01:26.76
	100m Backstroke	02:41.51	02:43.13	02:44.74	02:46.36	02:49.59	02:52.82	02:56.05	02:59.28
S2	200m Freestyle	04:35.29	04:38.04	04:40.79	04:43.55	04:49.05	04:54.56	05:00.07	05:05.57
	50m Backstroke	01:01.03	01:01.64	01:02.25	01:02.86	01:04.08	01:05.30	01:06.52	01:07.74
	100m Backstroke	02:08.07	02:09.35	02:10.63	02:11.91	02:14.47	02:17.03	02:19.59	02:22.16
	50m Breaststroke	01:07.77	01:08.44	01:09.12	01:09.80	01:11.16	01:12.51	01:13.87	01:15.22
S3	50m Freestyle	00:47.89	00:48.37	00:48.85	00:49.33	00:50.29	00:51.24	00:52.20	00:53.16
	200m Freestyle	03:43.69	03:45.93	03:48.17	03:50.40	03:54.88	03:59.35	04:03.82	04:08.30
	50m Backstroke	00:53.00	00:53.53	00:54.06	00:54.59	00:55.65	00:56.71	00:57.77	00:58.83
	50m Breaststroke	00:53.05	00:53.58	00:54.11	00:54.64	00:55.70	00:56.76	00:57.82	00:58.88
	150m IM	03:16.29	03:18.25	03:20.21	03:22.18	03:26.10	03:30.03	03:33.95	03:37.88
S4	50m Freestyle	00:38.97	00:39.36	00:39.74	00:40.13	00:40.91	00:41.69	00:42.47	00:43.25
	100m Freestyle	01:26.44	01:27.30	01:28.16	01:29.03	01:30.76	01:32.49	01:34.22	01:35.94
	200m Freestyle	03:03.93	03:05.77	03:07.61	03:09.45	03:13.12	03:16.80	03:20.48	03:24.16
	50m Backstroke	00:46.16	00:46.62	00:47.08	00:47.54	00:48.47	00:49.39	00:50.31	00:51.24
	100m Breaststroke	01:47.65	01:48.72	01:49.80	01:50.88	01:53.03	01:55.18	01:57.33	01:59.49
	150m IM	02:45.15	02:46.81	02:48.46	02:50.11	02:53.41	02:56.72	03:00.02	03:03.32

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S1	50m Backstroke	01:22.89	01:23.71	01:24.53	01:26.17	01:27.82	01:29.46	01:31.10	01:52.79
	100m Backstroke	02:51.28	02:52.98	02:54.67	02:58.07	03:01.46	03:04.85	03:08.24	03:53.06
S2	200m Freestyle	04:51.94	04:54.83	04:57.73	05:03.51	05:09.29	05:15.07	05:20.85	06:37.24
	50m Backstroke	01:04.72	01:05.36	01:06.00	01:07.28	01:08.56	01:09.84	01:11.13	01:28.06
	100m Backstroke	02:15.82	02:17.16	02:18.51	02:21.20	02:23.88	02:26.57	02:29.26	03:04.80
	50m Breaststroke	01:11.87	01:12.58	01:13.29	01:14.71	01:16.14	01:17.56	01:18.98	01:37.79
S3	50m Freestyle	00:50.79	00:51.29	00:51.79	00:52.80	00:53.80	00:54.81	00:55.82	01:09.11
	200m Freestyle	03:57.23	03:59.57	04:01.92	04:06.62	04:11.32	04:16.02	04:20.71	05:22.79
	50m Backstroke	00:56.21	00:56.77	00:57.32	00:58.44	00:59.55	01:00.66	01:01.78	01:16.48
	50m Breaststroke	00:56.26	00:56.81	00:57.37	00:58.48	00:59.60	01:00.71	01:01.83	01:16.55
	150m IM	03:28.16	03:30.22	03:32.28	03:36.41	03:40.53	03:44.65	03:48.77	04:43.24
S4	50m Freestyle	00:41.32	00:41.73	00:42.14	00:42.96	00:43.78	00:44.60	00:45.41	00:56.23
	100m Freestyle	01:31.67	01:32.57	01:33.48	01:35.30	01:37.11	01:38.93	01:40.74	02:04.73
	200m Freestyle	03:15.06	03:16.99	03:18.92	03:22.78	03:26.64	03:30.51	03:34.37	04:25.41
	50m Backstroke	00:48.95	00:49.44	00:49.92	00:50.89	00:51.86	00:52.83	00:53.80	01:06.61
	100m Breaststroke	01:54.16	01:55.29	01:56.42	01:58.68	02:00.94	02:03.20	02:05.46	02:35.33
	150m IM	02:55.15	02:56.88	02:58.61	03:02.08	03:05.55	03:09.02	03:12.49	03:58.32





## MALE CRITERIA (CLASSES 5-7)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S5	50m Freestyle	00:32.79	00:33.12	00:33.45	00:33.78	00:34.43	00:35.09	00:35.74	00:36.40
	100m Freestyle	01:12.88	01:13.61	01:14.34	01:15.07	01:16.52	01:17.98	01:19.44	01:20.90
	200m Freestyle	02:37.64	02:39.21	02:40.79	02:42.37	02:45.52	02:48.67	02:51.82	02:54.98
	50m Backstroke	00:34.71	00:35.06	00:35.41	00:35.75	00:36.45	00:37.14	00:37.84	00:38.53
	100m Breaststroke	01:35.51	01:36.46	01:37.42	01:38.37	01:40.28	01:42.19	01:44.10	01:46.01
	50m Butterfly	00:32.43	00:32.76	00:33.08	00:33.41	00:34.06	00:34.70	00:35.35	00:36.00
S6	100m Freestyle	01:08.54	01:09.23	01:09.91	01:10.60	01:11.97	01:13.34	01:14.71	01:16.08
	400m Freestyle	05:22.35	05:25.57	05:28.80	05:32.02	05:38.47	05:44.91	05:51.36	05:57.81
	100m Backstroke	01:19.52	01:20.31	01:21.11	01:21.90	01:23.49	01:25.08	01:26.67	01:28.26
	100m Breaststroke	01:24.73	01:25.58	01:26.43	01:27.28	01:28.97	01:30.67	01:32.36	01:34.06
	50m Butterfly	00:33.23	00:33.56	00:33.90	00:34.23	00:34.89	00:35.56	00:36.22	00:36.89
	200m IM	02:47.27	02:48.94	02:50.61	02:52.28	02:55.63	02:58.97	03:02.32	03:05.66
S7	50m Freestyle	00:29.42	00:29.72	00:30.01	00:30.30	00:30.89	00:31.48	00:32.07	00:32.66
	400m Freestyle	00:42.28	00:42.71	00:43.13	00:43.55	00:44.40	00:45.24	00:46.09	00:46.93
	100m Backstroke	01:15.84	01:16.60	01:17.36	01:18.12	01:19.63	01:21.15	01:22.67	01:24.18
	50m Butterfly	00:31.17	00:31.49	00:31.80	00:32.11	00:32.73	00:33.36	00:33.98	00:34.60
	200m IM	02:40.79	02:42.39	02:44.00	02:45.61	02:48.83	02:52.04	02:55.26	02:58.47

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S5	50m Freestyle	00:34.78	00:35.12	00:35.46	00:36.15	00:36.84	00:37.53	00:38.22	00:47.32
	100m Freestyle	01:17.29	01:18.06	01:18.82	01:20.35	01:21.88	01:23.41	01:24.94	01:45.17
	200m Freestyle	02:47.17	02:48.83	02:50.48	02:53.79	02:57.10	03:00.41	03:03.73	03:47.47
	50m Backstroke	00:36.81	00:37.18	00:37.54	00:38.27	00:39.00	00:39.73	00:40.46	00:50.09
	100m Breaststroke	01:41.29	01:42.29	01:43.29	01:45.30	01:47.30	01:49.31	01:51.31	02:17.82
	50m Butterfly	00:34.40	00:34.74	00:35.08	00:35.76	00:36.44	00:37.12	00:37.80	00:46.80
S6	100m Freestyle	01:12.69	01:13.41	01:14.13	01:15.57	01:17.01	01:18.45	01:19.89	01:38.91
	400m Freestyle	05:41.85	05:45.24	05:48.62	05:55.39	06:02.16	06:08.93	06:15.70	07:45.15
	100m Backstroke	01:24.33	01:25.16	01:26.00	01:27.67	01:29.34	01:31.01	01:32.68	01:54.74
	100m Breaststroke	01:29.86	01:30.75	01:31.64	01:33.42	01:35.20	01:36.98	01:38.76	02:02.27
	50m Butterfly	00:35.24	00:35.59	00:35.94	00:36.64	00:37.34	00:38.03	00:38.73	00:47.95
	200m IM	02:57.38	02:59.14	03:00.90	03:04.41	03:07.92	03:11.43	03:14.95	04:01.36
S7	50m Freestyle	00:31.20	00:31.51	00:31.82	00:32.44	00:33.05	00:33.67	00:34.29	00:42.45
	400m Freestyle	00:44.84	00:45.29	00:45.73	00:46.62	00:47.51	00:48.39	00:49.28	01:01.02
	100m Backstroke	01:20.43	01:21.23	01:22.02	01:23.62	01:25.21	01:26.80	01:28.39	01:49.44
	50m Butterfly	00:33.06	00:33.39	00:33.72	00:34.37	00:35.02	00:35.68	00:36.33	00:44.98
	200m IM	02:50.51	02:52.20	02:53.89	02:57.27	03:00.64	03:04.02	03:07.40	03:52.01



## MALE CRITERIA (CLASSES 8-10)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S8	100m Freestyle	01:01.22	01:01.83	01:02.44	01:03.05	01:04.28	01:05.50	01:06.72	01:07.95
	400m Freestyle	04:37.20	04:39.97	04:42.74	04:45.52	04:51.06	04:56.60	05:02.15	05:07.69
	100m Backstroke	01:10.79	01:11.50	01:12.21	01:12.91	01:14.33	01:15.75	01:17.16	01:18.58
	100m Breaststroke	01:14.08	01:14.82	01:15.56	01:16.30	01:17.78	01:19.26	01:20.74	01:22.23
	100m Butterfly	01:05.87	01:06.53	01:07.18	01:07.84	01:09.16	01:10.48	01:11.79	01:13.11
	200m IM	02:30.82	02:32.33	02:33.84	02:35.35	02:38.36	02:41.38	02:44.40	02:47.41
S9	50m Freestyle	00:26.60	00:26.86	00:27.13	00:27.39	00:27.93	00:28.46	00:28.99	00:29.52
	400m Freestyle	04:28.39	04:31.07	04:33.76	04:36.44	04:41.81	04:47.18	04:52.55	04:57.91
	100m Backstroke	01:05.03	01:05.68	01:06.33	01:06.98	01:08.28	01:09.58	01:10.88	01:12.18
	100m Breaststroke	01:10.39	01:11.10	01:11.80	01:12.50	01:13.91	01:15.32	01:16.73	01:18.14
	100m Butterfly	01:04.13	01:04.78	01:05.42	01:06.06	01:07.34	01:08.62	01:09.91	01:11.19
	200m IM	02:24.21	02:25.65	02:27.09	02:28.53	02:31.42	02:34.30	02:37.19	02:40.07
S10	50m Freestyle	00:24.98	00:25.23	00:25.48	00:25.73	00:26.23	00:26.73	00:27.23	00:27.73
	100m Freestyle	00:54.45	00:55.00	00:55.54	00:56.09	00:57.18	00:58.26	00:59.35	01:00.44
	100m Backstroke	01:04.41	01:05.05	01:05.70	01:06.34	01:07.63	01:08.92	01:10.20	01:11.49
	100m Butterfly	00:59.44	01:00.03	01:00.63	01:01.22	01:02.41	01:03.60	01:04.79	01:05.98
	200m IM	02:20.42	02:21.82	02:23.22	02:24.63	02:27.44	02:30.25	02:33.05	02:35.86

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S8	100m Freestyle	01:04.92	01:05.56	01:06.20	01:07.49	01:08.78	01:10.06	01:11.35	01:28.33
	400m Freestyle	04:53.97	04:56.88	04:59.79	05:05.61	05:11.43	05:17.26	05:23.08	06:40.00
	100m Backstroke	01:15.07	01:15.82	01:16.56	01:18.05	01:19.53	01:21.02	01:22.51	01:42.15
	100m Breaststroke	01:18.56	01:19.34	01:20.11	01:21.67	01:23.23	01:24.78	01:26.34	01:46.89
	100m Butterfly	01:09.85	01:10.54	01:11.23	01:12.62	01:14.00	01:15.38	01:16.77	01:35.05
	200m IM	02:39.95	02:41.53	02:43.11	02:46.28	02:49.45	02:52.62	02:55.78	03:37.64
S9	50m Freestyle	00:28.21	00:28.48	00:28.76	00:29.32	00:29.88	00:30.44	00:31.00	00:38.38
	400m Freestyle	04:44.63	04:47.45	04:50.26	04:55.90	05:01.54	05:07.17	05:12.81	06:27.29
	100m Backstroke	01:08.96	01:09.64	01:10.33	01:11.69	01:13.06	01:14.42	01:15.79	01:33.83
	100m Breaststroke	01:14.65	01:15.39	01:16.13	01:17.61	01:19.09	01:20.56	01:22.04	01:41.58
	100m Butterfly	01:08.01	01:08.69	01:09.36	01:10.71	01:12.05	01:13.40	01:14.75	01:32.55
	200m IM	02:32.93	02:34.45	02:35.96	02:38.99	02:42.02	02:45.04	02:48.07	03:28.09
S10	50m Freestyle	00:26.49	00:26.75	00:27.02	00:27.54	00:28.06	00:28.59	00:29.11	00:36.05
	100m Freestyle	00:57.75	00:58.32	00:58.89	01:00.03	01:01.18	01:02.32	01:03.46	01:18.58
	100m Backstroke	01:08.30	01:08.98	01:09.66	01:11.01	01:12.36	01:13.71	01:15.07	01:32.94
	100m Butterfly	01:03.04	01:03.66	01:04.28	01:05.53	01:06.78	01:08.03	01:09.28	01:25.77
	200m IM	02:28.91	02:30.39	02:31.86	02:34.81	02:37.76	02:40.71	02:43.66	03:22.62



### MALE CRITERIA (CLASSES 11-13)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S11	50m Freestyle	00:27.42	00:27.69	00:27.96	00:28.24	00:28.79	00:29.33	00:29.88	00:30.43
	400m Freestyle	04:45.95	04:48.81	04:51.67	04:54.52	05:00.24	05:05.96	05:11.68	05:17.40
	100m Backstroke	01:10.38	01:11.09	01:11.79	01:12.49	01:13.90	01:15.31	01:16.72	01:18.12
	100m Breaststroke	01:16.36	01:17.12	01:17.88	01:18.65	01:20.17	01:21.70	01:23.23	01:24.76
	100m Butterfly	01:07.08	01:07.76	01:08.43	01:09.10	01:10.44	01:11.78	01:13.12	01:14.46
	200m IM	02:31.83	02:33.35	02:34.87	02:36.38	02:39.42	02:42.46	02:45.49	02:48.53
S12	100m Freestyle	00:56.33	00:56.90	00:57.46	00:58.02	00:59.15	01:00.28	01:01.40	01:02.53
	100m Backstroke	01:04.60	01:05.24	01:05.89	01:06.53	01:07.83	01:09.12	01:10.41	01:11.70
	100m Butterfly	01:01.04	01:01.65	01:02.26	01:02.87	01:04.09	01:05.31	01:06.53	01:07.75
S13	50m Freestyle	00:25.04	00:25.29	00:25.54	00:25.79	00:26.29	00:26.80	00:27.30	00:27.80
	400m Freestyle	04:18.29	04:20.87	04:23.46	04:26.04	04:31.20	04:36.37	04:41.54	04:46.70
	100m Backstroke	01:02.03	01:02.65	01:03.27	01:03.90	01:05.14	01:06.38	01:07.62	01:08.86
	100m Breaststroke	01:08.62	01:09.30	01:09.99	01:10.68	01:12.05	01:13.42	01:14.79	01:16.17
	100m Butterfly	00:59.08	00:59.67	01:00.27	01:00.86	01:02.04	01:03.22	01:04.40	01:05.58
	200m IM	02:17.09	02:18.46	02:19.83	02:21.20	02:23.94	02:26.68	02:29.43	02:32.17

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S11	50m Freestyle	00:29.07	00:29.36	00:29.65	00:30.23	00:30.80	00:31.38	00:31.95	00:39.56
	400m Freestyle	05:03.25	05:06.25	05:09.25	05:15.26	05:21.26	05:27.27	05:33.27	06:52.62
	100m Backstroke	01:14.64	01:15.38	01:16.12	01:17.60	01:19.07	01:20.55	01:22.03	01:41.56
	100m Breaststroke	01:20.98	01:21.78	01:22.58	01:24.18	01:25.79	01:27.39	01:28.99	01:50.18
	100m Butterfly	01:11.14	01:11.85	01:12.55	01:13.96	01:15.37	01:16.78	01:18.19	01:36.80
	200m IM	02:41.02	02:42.61	02:44.20	02:47.39	02:50.58	02:53.77	02:56.96	03:39.09
S12	100m Freestyle	00:59.74	01:00.33	01:00.92	01:02.11	01:03.29	01:04.47	01:05.66	01:21.29
	100m Backstroke	01:08.50	01:09.18	01:09.86	01:11.22	01:12.57	01:13.93	01:15.29	01:33.21
	100m Butterfly	01:04.73	01:05.37	01:06.01	01:07.29	01:08.57	01:09.86	01:11.14	01:28.08
S13	50m Freestyle	00:26.56	00:26.82	00:27.08	00:27.61	00:28.14	00:28.66	00:29.19	00:36.14
	400m Freestyle	04:33.92	04:36.63	04:39.34	04:44.76	04:50.19	04:55.61	05:01.04	06:12.71
	100m Backstroke	01:05.79	01:06.44	01:07.09	01:08.39	01:09.70	01:11.00	01:12.30	01:29.52
	100m Breaststroke	01:12.77	01:13.49	01:14.21	01:15.65	01:17.09	01:18.53	01:19.97	01:39.02
	100m Butterfly	01:02.66	01:03.28	01:03.90	01:05.14	01:06.38	01:07.62	01:08.86	01:25.26
	200m IM	02:25.38	02:26.82	02:28.26	02:31.14	02:34.02	02:36.90	02:39.78	03:17.82

SWIM WALES  
NOFIO CYMRU



## MALE CRITERIA (CLASS 14)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S14	200m Freestyle	01:59.46	02:00.65	02:01.85	02:03.04	02:05.43	02:07.82	02:10.21	02:12.60
	100m Backstroke	01:02.17	01:02.79	01:03.41	01:04.04	01:05.28	01:06.52	01:07.77	01:09.01
	100m Breaststroke	01:08.19	01:08.87	01:09.55	01:10.23	01:11.60	01:12.96	01:14.32	01:15.69
	100m Butterfly	00:57.83	00:58.41	00:58.99	00:59.57	01:00.73	01:01.88	01:03.04	01:04.20
	200m IM	02:15.12	02:16.48	02:17.83	02:19.18	02:21.88	02:24.58	02:27.29	02:29.99

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S14	200m Freestyle	02:06.69	02:07.94	02:09.19	02:11.70	02:14.21	02:16.72	02:19.23	02:52.38
	100m Backstroke	01:05.93	01:06.58	01:07.24	01:08.54	01:09.85	01:11.15	01:12.46	01:29.71
	100m Breaststroke	01:12.31	01:13.03	01:13.74	01:15.18	01:16.61	01:18.04	01:19.47	01:38.39
	100m Butterfly	01:01.33	01:01.94	01:02.55	01:03.76	01:04.98	01:06.19	01:07.41	01:23.45
	200m IM	02:23.30	02:24.72	02:26.14	02:28.97	02:31.81	02:34.65	02:37.49	03:14.98

SWIM WALES  
NOFIO CYMRU



## FEMALE CRITERIA (CLASSES 2-4)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S2	50m Backstroke	01:14.50	01:15.24	01:15.99	01:16.73	01:18.22	01:19.71	01:21.20	01:22.69
	100m Backstroke	02:31.70	02:33.22	02:34.74	02:36.26	02:39.29	02:42.32	02:45.36	02:48.39
S3	100m Freestyle	01:43.87	01:44.90	01:45.94	01:46.98	01:49.06	01:51.14	01:53.21	01:55.29
	50m Backstroke	01:03.48	01:04.12	01:04.75	01:05.39	01:06.66	01:07.93	01:09.20	01:10.47
	50m Breaststroke	01:01.56	01:02.18	01:02.79	01:03.41	01:04.64	01:05.87	01:07.10	01:08.33
S4	50m Freestyle	00:43.23	00:43.66	00:44.09	00:44.53	00:45.39	00:46.25	00:47.12	00:47.98
	50m Backstroke	00:54.60	00:55.15	00:55.69	00:56.24	00:57.33	00:58.42	00:59.51	01:00.61
	100m Breaststroke	01:57.29	01:58.46	01:59.63	02:00.80	02:03.15	02:05.49	02:07.84	02:10.19
	150m IM	03:06.02	03:07.88	03:09.74	03:11.60	03:15.32	03:19.04	03:22.76	03:26.48

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S2	50m Backstroke	01:19.00	01:19.79	01:20.57	01:22.13	01:23.70	01:25.26	01:26.83	01:47.50
	100m Backstroke	02:40.88	02:42.47	02:44.07	02:47.25	02:50.44	02:53.63	02:56.81	03:38.91
S3	100m Freestyle	01:50.15	01:51.24	01:52.33	01:54.51	01:56.69	01:58.87	02:01.06	02:29.88
	50m Backstroke	01:07.32	01:07.99	01:08.66	01:09.99	01:11.32	01:12.66	01:13.99	01:31.61
	50m Breaststroke	01:05.29	01:05.93	01:06.58	01:07.87	01:09.16	01:10.46	01:11.75	01:28.83
S4	50m Freestyle	00:45.84	00:46.30	00:46.75	00:47.66	00:48.57	00:49.48	00:50.38	01:02.38
	50m Backstroke	00:57.90	00:58.48	00:59.05	01:00.20	01:01.34	01:02.49	01:03.64	01:18.79
	100m Breaststroke	02:04.38	02:05.61	02:06.84	02:09.31	02:11.77	02:14.23	02:16.70	02:49.24
	150m IM	03:17.27	03:19.23	03:21.18	03:25.08	03:28.99	03:32.90	03:36.80	04:28.42

SWIM WALES  
NOFIO CYMRU



## FEMALE CRITERIA (CLASSES 5-7)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S5	100m Freestyle	01:25.83	01:26.69	01:27.54	01:28.40	01:30.12	01:31.83	01:33.55	01:35.27
	200m Freestyle	02:56.36	02:58.12	02:59.89	03:01.65	03:05.18	03:08.70	03:12.23	03:15.76
	50m Backstroke	00:44.49	00:44.93	00:45.38	00:45.82	00:46.71	00:47.60	00:48.49	00:49.38
	100m Breaststroke	01:49.46	01:50.56	01:51.65	01:52.75	01:54.94	01:57.12	01:59.31	02:01.50
	50m Butterfly	00:45.89	00:46.34	00:46.80	00:47.26	00:48.18	00:49.10	00:50.01	00:50.93
	200m IM	03:36.65	03:38.81	03:40.98	03:43.15	03:47.48	03:51.81	03:56.14	04:00.48
S6	50m Freestyle	00:34.66	00:35.01	00:35.35	00:35.70	00:36.39	00:37.09	00:37.78	00:38.47
	400m Freestyle	05:37.43	05:40.80	05:44.18	05:47.55	05:54.30	06:01.05	06:07.80	06:14.55
	100m Backstroke	01:26.35	01:27.22	01:28.08	01:28.94	01:30.67	01:32.40	01:34.12	01:35.85
	100m Breaststroke	01:38.86	01:39.85	01:40.83	01:41.82	01:43.80	01:45.78	01:47.75	01:49.73
	50m Butterfly	00:39.39	00:39.78	00:40.17	00:40.57	00:41.35	00:42.14	00:42.93	00:43.72
	200m IM	03:12.78	03:14.71	03:16.64	03:18.56	03:22.42	03:26.27	03:30.13	03:33.99
S7	100m Freestyle	01:13.95	01:14.69	01:15.43	01:16.17	01:17.65	01:19.13	01:20.61	01:22.09
	400m Freestyle	05:28.24	05:31.52	05:34.81	05:38.09	05:44.65	05:51.22	05:57.78	06:04.35
	100m Breaststroke	01:36.16	01:37.12	01:38.08	01:39.04	01:40.97	01:42.89	01:44.81	01:46.74
	50m Butterfly	00:37.17	00:37.54	00:37.91	00:38.29	00:39.03	00:39.77	00:40.52	00:41.26
	200m IM	03:10.33	03:12.24	03:14.14	03:16.04	03:19.85	03:23.66	03:27.46	03:31.27

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S5	100m Freestyle	01:31.02	01:31.92	01:32.82	01:34.62	01:36.43	01:38.23	01:40.03	02:03.85
	200m Freestyle	03:07.03	03:08.88	03:10.73	03:14.43	03:18.14	03:21.84	03:25.55	04:14.48
	50m Backstroke	00:47.18	00:47.65	00:48.11	00:49.05	00:49.98	00:50.92	00:51.85	01:04.20
	100m Breaststroke	01:56.08	01:57.23	01:58.38	02:00.68	02:02.98	02:05.28	02:07.58	02:37.95
	50m Butterfly	00:48.66	00:49.14	00:49.62	00:50.59	00:51.55	00:52.52	00:53.48	01:06.21
	200m IM	03:49.75	03:52.03	03:54.30	03:58.85	04:03.40	04:07.95	04:12.50	05:12.62
S6	50m Freestyle	00:36.76	00:37.12	00:37.49	00:38.21	00:38.94	00:39.67	00:40.40	00:50.02
	400m Freestyle	05:57.84	06:01.39	06:04.93	06:12.01	06:19.10	06:26.19	06:33.27	08:06.91
	100m Backstroke	01:31.58	01:32.48	01:33.39	01:35.20	01:37.02	01:38.83	01:40.64	02:04.61
	100m Breaststroke	01:44.84	01:45.88	01:46.91	01:48.99	01:51.07	01:53.14	01:55.22	02:22.65
	50m Butterfly	00:41.77	00:42.18	00:42.60	00:43.42	00:44.25	00:45.08	00:45.90	00:56.83
	200m IM	03:24.44	03:26.47	03:28.49	03:32.54	03:36.59	03:40.64	03:44.69	04:38.18
S7	100m Freestyle	01:18.43	01:19.20	01:19.98	01:21.53	01:23.08	01:24.64	01:26.19	01:46.71
	400m Freestyle	05:48.10	05:51.55	05:54.99	06:01.89	06:08.78	06:15.67	06:22.56	07:53.65
	100m Breaststroke	01:41.98	01:42.99	01:44.00	01:46.02	01:48.03	01:50.05	01:52.07	02:18.76
	50m Butterfly	00:39.42	00:39.81	00:40.20	00:40.98	00:41.76	00:42.54	00:43.32	00:53.64
	200m IM	03:21.85	03:23.85	03:25.85	03:29.84	03:33.84	03:37.84	03:41.83	04:34.65



## FEMALE CRITERIA (CLASSES 8-10)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S8	50m Freestyle	00:32.33	00:32.65	00:32.98	00:33.30	00:33.95	00:34.59	00:35.24	00:35.89
	400m Freestyle	05:15.14	05:18.29	05:21.44	05:24.59	05:30.89	05:37.20	05:43.50	05:49.80
	100m Backstroke	01:22.28	01:23.10	01:23.92	01:24.75	01:26.39	01:28.04	01:29.68	01:31.33
	100m Breaststroke	01:28.73	01:29.61	01:30.50	01:31.39	01:33.16	01:34.94	01:36.71	01:38.48
	100m Butterfly	01:17.28	01:18.05	01:18.83	01:19.60	01:21.14	01:22.69	01:24.24	01:25.78
	200m IM	02:49.35	02:51.05	02:52.74	02:54.44	02:57.82	03:01.21	03:04.60	03:07.98
S9	100m Freestyle	01:05.33	01:05.98	01:06.64	01:07.29	01:08.60	01:09.90	01:11.21	01:12.52
	400m Freestyle	05:01.93	05:04.95	05:07.97	05:10.99	05:17.02	05:23.06	05:29.10	05:35.14
	100m Backstroke	01:12.73	01:13.46	01:14.19	01:14.92	01:16.37	01:17.82	01:19.28	01:20.73
	100m Breaststroke	01:21.00	01:21.81	01:22.62	01:23.43	01:25.05	01:26.67	01:28.29	01:29.91
	100m Butterfly	01:11.36	01:12.07	01:12.79	01:13.50	01:14.93	01:16.35	01:17.78	01:19.21
	200m IM	02:45.52	02:47.18	02:48.83	02:50.49	02:53.80	02:57.11	03:00.42	03:03.73
S10	50m Freestyle	00:29.00	00:29.29	00:29.58	00:29.87	00:30.45	00:31.03	00:31.61	00:32.19
	100m Freestyle	01:04.07	01:04.71	01:05.35	01:05.99	01:07.27	01:08.56	01:09.84	01:11.12
	400m Freestyle	04:49.41	04:52.31	04:55.20	04:58.09	05:03.88	05:09.67	05:15.46	05:21.25
	100m Backstroke	01:12.91	01:13.64	01:14.37	01:15.10	01:16.56	01:18.02	01:19.47	01:20.93
	100m Butterfly	01:10.58	01:11.29	01:11.99	01:12.70	01:14.11	01:15.52	01:16.93	01:18.34
	200m IM	02:37.41	02:38.98	02:40.55	02:42.13	02:45.28	02:48.42	02:51.57	02:54.72

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S8	50m Freestyle	00:34.29	00:34.62	00:34.96	00:35.64	00:36.32	00:37.00	00:37.68	00:46.65
	400m Freestyle	05:34.20	05:37.51	05:40.82	05:47.44	05:54.06	06:00.67	06:07.29	07:34.74
	100m Backstroke	01:27.26	01:28.12	01:28.98	01:30.71	01:32.44	01:34.17	01:35.90	01:58.73
	100m Breaststroke	01:34.09	01:35.02	01:35.96	01:37.82	01:39.68	01:41.55	01:43.41	02:08.03
	100m Butterfly	01:21.96	01:22.77	01:23.58	01:25.20	01:26.82	01:28.45	01:30.07	01:51.52
	200m IM	02:59.60	03:01.38	03:03.16	03:06.71	03:10.27	03:13.83	03:17.38	04:04.38
S9	100m Freestyle	01:09.28	01:09.97	01:10.66	01:12.03	01:13.40	01:14.77	01:16.14	01:34.27
	400m Freestyle	05:20.19	05:23.36	05:26.53	05:32.88	05:39.22	05:45.56	05:51.90	07:15.68
	100m Backstroke	01:17.13	01:17.90	01:18.66	01:20.19	01:21.72	01:23.24	01:24.77	01:44.95
	100m Breaststroke	01:25.90	01:26.75	01:27.60	01:29.30	01:31.00	01:32.70	01:34.40	01:56.88
	100m Butterfly	01:15.68	01:16.42	01:17.17	01:18.67	01:20.17	01:21.67	01:23.17	01:42.97
	200m IM	02:55.54	02:57.27	02:59.01	03:02.49	03:05.96	03:09.44	03:12.92	03:58.85
S10	50m Freestyle	00:30.76	00:31.06	00:31.36	00:31.97	00:32.58	00:33.19	00:33.80	00:41.85
	100m Freestyle	01:07.95	01:08.62	01:09.29	01:10.64	01:11.98	01:13.33	01:14.67	01:32.45
	400m Freestyle	05:06.92	05:09.96	05:13.00	05:19.08	05:25.15	05:31.23	05:37.31	06:57.62
	100m Backstroke	01:17.32	01:18.09	01:18.85	01:20.39	01:21.92	01:23.45	01:24.98	01:45.21
	100m Butterfly	01:14.85	01:15.59	01:16.33	01:17.82	01:19.30	01:20.78	01:22.26	01:41.85
	200m IM	02:46.93	02:48.58	02:50.23	02:53.54	02:56.85	03:00.15	03:03.46	03:47.14

NOFIO CYMRU



## FEMALE CRITERIA (CLASSES 11-13)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S11	50m Freestyle	00:31.82	00:32.13	00:32.45	00:32.77	00:33.41	00:34.04	00:34.68	00:35.31
	100m Freestyle	01:10.18	01:10.88	01:11.59	01:12.29	01:13.69	01:15.09	01:16.50	01:17.90
	400m Freestyle	05:19.59	05:22.78	05:25.98	05:29.18	05:35.57	05:41.96	05:48.35	05:54.74
	100m Backstroke	01:20.47	01:21.28	01:22.08	01:22.89	01:24.50	01:26.11	01:27.71	01:29.32
	100m Breaststroke	01:25.72	01:26.58	01:27.44	01:28.29	01:30.01	01:31.72	01:33.44	01:35.15
	200m IM	02:49.92	02:51.62	02:53.32	02:55.02	02:58.42	03:01.82	03:05.21	03:08.61
S12	100m Freestyle	01:04.10	01:04.74	01:05.38	01:06.03	01:07.31	01:08.59	01:09.87	01:11.15
	100m Backstroke	01:14.90	01:15.65	01:16.39	01:17.14	01:18.64	01:20.14	01:21.64	01:23.14
	100m Breaststroke	01:24.03	01:24.87	01:25.71	01:26.55	01:28.23	01:29.91	01:31.59	01:33.27
S13	50m Freestyle	00:28.98	00:29.27	00:29.56	00:29.85	00:30.43	00:31.01	00:31.59	00:32.17
	400m Freestyle	04:49.98	04:52.88	04:55.78	04:58.68	05:04.48	05:10.28	05:16.08	05:21.88
	100m Backstroke	01:11.48	01:12.20	01:12.91	01:13.63	01:15.06	01:16.49	01:17.92	01:19.35
	100m Breaststroke	01:22.45	01:23.27	01:24.09	01:24.92	01:26.57	01:28.22	01:29.87	01:31.52
	100m Butterfly	01:08.70	01:09.39	01:10.08	01:10.76	01:12.14	01:13.51	01:14.88	01:16.26
	200m IM	02:34.84	02:36.39	02:37.94	02:39.49	02:42.59	02:45.68	02:48.78	02:51.88

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S11	50m Freestyle	00:33.74	00:34.07	00:34.41	00:35.08	00:35.74	00:36.41	00:37.08	00:45.91
	100m Freestyle	01:14.43	01:15.16	01:15.90	01:17.38	01:18.85	01:20.32	01:21.80	01:41.27
	400m Freestyle	05:38.92	05:42.28	05:45.63	05:52.35	05:59.06	06:05.77	06:12.48	07:41.17
	100m Backstroke	01:25.34	01:26.19	01:27.03	01:28.72	01:30.41	01:32.10	01:33.79	01:56.12
	100m Breaststroke	01:30.91	01:31.81	01:32.71	01:34.51	01:36.31	01:38.11	01:39.91	02:03.70
	200m IM	03:00.20	03:01.99	03:03.77	03:07.34	03:10.91	03:14.48	03:18.04	04:05.20
S12	100m Freestyle	01:07.98	01:08.65	01:09.33	01:10.67	01:12.02	01:13.37	01:14.71	01:32.50
	100m Backstroke	01:19.43	01:20.21	01:21.00	01:22.57	01:24.15	01:25.72	01:27.29	01:48.08
	100m Breaststroke	01:29.12	01:30.00	01:30.88	01:32.64	01:34.41	01:36.17	01:37.94	02:01.26
S13	50m Freestyle	00:30.73	00:31.04	00:31.34	00:31.95	00:32.56	00:33.17	00:33.78	00:41.82
	400m Freestyle	05:07.52	05:10.57	05:13.61	05:19.70	05:25.79	05:31.88	05:37.97	06:58.44
	100m Backstroke	01:15.81	01:16.56	01:17.31	01:18.81	01:20.31	01:21.81	01:23.31	01:43.15
	100m Breaststroke	01:27.43	01:28.30	01:29.17	01:30.90	01:32.63	01:34.36	01:36.09	01:58.97
	100m Butterfly	01:12.86	01:13.58	01:14.30	01:15.74	01:17.19	01:18.63	01:20.07	01:39.14
	200m IM	02:44.21	02:45.84	02:47.46	02:50.71	02:53.97	02:57.22	03:00.47	03:43.44

SWIM WALES  
NOFIO CYMRU





## FEMALE CRITERIA (CLASS 14)

		Elite	Elite Transition 3			Elite Transition 2		Elite Transition 1	
Class	PARALYMPIC Event	OPEN	21	20	19	18	17	16	15
S14	200m Freestyle	02:14.31	02:15.65	02:16.99	02:18.33	02:21.02	02:23.71	02:26.39	02:29.08
	100m Backstroke	01:12.18	01:12.90	01:13.62	01:14.34	01:15.79	01:17.23	01:18.67	01:20.12
	100m Breaststroke	01:20.28	01:21.09	01:21.89	01:22.69	01:24.30	01:25.90	01:27.51	01:29.11
	100m Butterfly	01:07.62	01:08.30	01:08.97	01:09.65	01:11.00	01:12.35	01:13.71	01:15.06
	200m IM	02:33.26	02:34.79	02:36.32	02:37.86	02:40.92	02:43.99	02:47.05	02:50.12

		Senior Performance			Youth Performance 2		Youth Performance 1		Performance Foundations
Class	PARALYMPIC Event	21+	20	19	18	17	16	15	12~16
S14	200m Freestyle	02:22.43	02:23.84	02:25.25	02:28.07	02:30.89	02:33.71	02:36.53	03:13.80
	100m Backstroke	01:16.54	01:17.30	01:18.06	01:19.58	01:21.09	01:22.61	01:24.12	01:44.15
	100m Breaststroke	01:25.14	01:25.98	01:26.83	01:28.51	01:30.20	01:31.88	01:33.57	01:55.85
	100m Butterfly	01:11.71	01:12.42	01:13.13	01:14.55	01:15.97	01:17.39	01:18.81	01:37.58
	200m IM	02:42.53	02:44.14	02:45.75	02:48.97	02:52.19	02:55.40	02:58.62	03:41.15