

HOME NATIONS/REGIONAL TALENT 2010 CONSIDERATION STANDARDS

MALE

Age - 10 -14 yrs Inclusive, 15 yrs, 16 yrs, 17 yrs, 18 yrs, 19 yrs, 20 yrs, 21 yrs, 22 yrs, 23 yrs (S2 to S5, SB1 to SB4 and SM1 to SM5 only)

Age - 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17 yrs, 18 yrs, 19 yrs (S6 to S14, SB5 to SB14 and SM6 to SM14 only)

50m FREESTYLE	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
S1	2:40.77	2:28.77	2:16.77	2:07.17	1:59.97	1:55.18	1:50.38	1:47.50	1:45.58	1:43.18
S2	1:49.58	1:41.40	1:33.22	1:26.68	1:21.78	1:18.50	1:15.23	1:13.27	1:11.96	1:10.33
S3	1:16.63	1:10.91	1:05.19	1:00.62	0:57.19	0:54.90	0:52.61	0:51.24	0:50.33	0:49.18
S4	1:05.91	1:00.99	0:56.07	0:52.14	0:49.19	0:47.22	0:45.25	0:44.07	0:43.29	0:42.30
S5	0:56.21	0:52.02	0:47.82	0:44.47	0:41.95	0:40.27	0:38.59	0:37.59	0:36.92	0:36.08
50m FREESTYLE	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
S6	0:51.42	0:47.59	0:43.75	0:40.68	0:38.37	0:36.84	0:35.30	0:34.38	0:33.77	0:33.00
S7	0:48.26	0:44.66	0:41.05	0:38.17	0:36.01	0:34.57	0:33.13	0:32.27	0:31.69	0:30.97
S8	0:45.04	0:41.68	0:38.32	0:35.63	0:33.61	0:32.27	0:30.92	0:30.12	0:29.58	0:28.91
S9	0:42.88	0:39.68	0:36.48	0:33.92	0:32.00	0:30.72	0:29.44	0:28.67	0:28.16	0:27.52
S10	0:41.29	0:38.21	0:35.13	0:32.66	0:30.81	0:29.58	0:28.35	0:27.61	0:27.12	0:26.50
S11	0:45.39	0:42.01	0:38.62	0:35.91	0:33.87	0:32.52	0:31.17	0:30.35	0:29.81	0:29.13
S12	0:41.69	0:38.58	0:35.47	0:32.98	0:31.11	0:29.87	0:28.62	0:27.88	0:27.38	0:26.76
S13	0:41.12	0:38.05	0:34.98	0:32.53	0:30.69	0:29.46	0:28.23	0:27.50	0:27.01	0:26.39
S14	0:43.78	0:40.52	0:37.25	0:34.64	0:32.68	0:31.37	0:30.06	0:29.28	0:28.75	0:28.10
S15	0:40.77	0:37.73	0:34.68	0:32.25	0:30.43	0:29.21	0:27.99	0:27.26	0:26.77	0:26.17
100m FREESTYLE	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
S1	5:50.85	5:24.66	4:58.48	4:37.53	4:21.83	4:11.35	4:00.88	3:54.60	3:50.41	3:45.17
S2	4:00.58	3:42.63	3:24.67	3:10.31	2:59.54	2:52.36	2:45.17	2:40.87	2:37.99	2:34.40
S3	2:54.57	2:41.54	2:28.51	2:18.09	2:10.27	2:05.06	1:59.85	1:56.73	1:54.64	1:52.04
S4	2:23.58	2:12.87	2:02.15	1:53.58	1:47.15	1:42.86	1:38.58	1:36.01	1:34.29	1:32.15
S5	2:02.78	1:53.61	1:44.45	1:37.12	1:31.62	1:27.96	1:24.30	1:22.10	1:20.63	1:18.80

THESE CONSIDERATION STANDARDS MUST BE READ IN CONJUNCTION WITH THE PUBLISHED 2010 HOME NATION AND REGIONAL TALENT PROGRAMME CRITERIA GUIDELINES

HOME NATIONS/REGIONAL TALENT 2010 CONSIDERATION STANDARDS

MALE

	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
100m FREESTYLE										
S6	1:54.96	1:46.38	1:37.80	1:30.93	1:25.79	1:22.36	1:18.92	1:16.87	1:15.49	1:13.78
S7	1:46.16	1:38.24	1:30.32	1:23.98	1:19.23	1:16.06	1:12.89	1:10.99	1:09.72	1:08.13
S8	1:38.64	1:31.28	1:23.92	1:18.03	1:13.61	1:10.67	1:07.72	1:05.96	1:04.78	1:03.31
S9	1:35.14	1:28.04	1:20.94	1:15.26	1:11.00	1:08.16	1:05.32	1:03.62	1:02.48	1:01.06
S10	1:30.82	1:24.04	1:17.26	1:11.84	1:07.77	1:05.06	1:02.35	1:00.73	0:59.64	0:58.29
S11	1:41.32	1:33.76	1:26.20	1:20.15	1:15.61	1:12.59	1:09.56	1:07.75	1:06.54	1:05.03
S12	1:30.99	1:24.20	1:17.41	1:11.97	1:07.90	1:05.18	1:02.47	1:00.84	0:59.75	0:58.39
S13	1:30.50	1:23.75	1:16.99	1:11.59	1:07.54	1:04.84	1:02.13	1:00.51	0:59.43	0:58.08
S14	1:34.37	1:27.33	1:20.28	1:14.65	1:10.43	1:07.61	1:04.79	1:03.10	1:01.97	1:00.57
S15	1:28.69	1:22.07	1:15.45	1:10.16	1:06.19	1:03.54	1:00.89	0:59.30	0:58.25	0:56.92
200m FREESTYLE										
	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
S1	12:36.77	11:40.29	10:43.81	9:58.64	9:24.75	9:02.16	8:39.57	8:26.02	8:16.98	8:05.69
S2	8:21.19	7:43.79	7:06.39	6:36.47	6:14.02	5:59.06	5:44.10	5:35.13	5:29.14	5:21.66
S3	5:48.10	5:22.12	4:56.14	4:35.36	4:19.77	4:09.38	3:58.99	3:52.76	3:48.60	3:43.41
S4	5:09.17	4:46.10	4:23.03	4:04.57	3:50.73	3:41.50	3:32.27	3:26.73	3:23.04	3:18.42
S5	4:31.72	4:11.44	3:51.16	3:34.94	3:22.78	3:14.66	3:06.55	3:01.69	2:58.44	2:54.39
400m FREESTYLE										
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
S6	8:50.42	8:10.84	7:31.25	6:59.59	6:35.84	6:20.00	6:04.17	5:54.67	5:48.34	5:40.42
S7	8:16.57	7:39.51	7:02.46	6:32.81	6:10.57	5:55.75	5:40.93	5:32.04	5:26.11	5:18.69
S8	7:42.07	7:07.58	6:33.10	6:05.51	5:44.83	5:31.03	5:17.24	5:08.96	5:03.45	4:56.55
S9	7:14.21	6:41.81	6:09.40	5:43.48	5:24.04	5:11.08	4:58.11	4:50.34	4:45.15	4:38.67
S10	7:02.33	6:30.82	5:59.30	5:34.09	5:15.18	5:02.57	4:49.96	4:42.40	4:37.35	4:31.05
S11	7:54.51	7:19.10	6:43.69	6:15.36	5:54.11	5:39.95	5:25.78	5:17.28	5:11.62	5:04.54
S12	7:14.60	6:42.16	6:09.73	5:43.78	5:24.32	5:11.35	4:58.38	4:50.60	4:45.41	4:38.92
S13	7:21.51	6:48.56	6:15.62	5:49.26	5:29.49	5:16.31	5:03.13	4:55.22	4:49.95	4:43.36
S14	7:35.42	7:01.43	6:27.44	6:00.25	5:39.86	5:26.27	5:12.67	5:04.52	4:59.08	4:52.28
S15	6:51.36	6:20.66	5:49.97	5:25.41	5:06.99	4:54.71	4:42.43	4:35.06	4:30.15	4:24.01
50m BUTTERFLY										
	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
S2	3:16.89	3:02.19	2:47.50	2:35.75	2:26.93	2:21.05	2:15.18	2:11.65	2:09.30	2:06.36
S3	1:47.05	1:39.06	1:31.07	1:24.68	1:19.89	1:16.69	1:13.50	1:11.58	1:10.30	1:08.70
S4	1:19.09	1:13.19	1:07.29	1:02.57	0:59.03	0:56.66	0:54.30	0:52.89	0:51.94	0:50.76
S5	1:02.09	0:57.46	0:52.82	0:49.12	0:46.34	0:44.48	0:42.63	0:41.52	0:40.78	0:39.85

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MALE

50m BUTTERFLY	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
S6	0:54.07	0:50.03	0:46.00	0:42.77	0:40.35	0:38.74	0:37.12	0:36.15	0:35.51	0:34.70
S7	0:54.39	0:50.33	0:46.27	0:43.02	0:40.59	0:38.96	0:37.34	0:36.37	0:35.72	0:34.91
100m BUTTERFLY										
S8	1:43.31	1:35.60	1:27.89	1:21.73	1:17.10	1:14.02	1:10.93	1:09.08	1:07.85	1:06.31
S9	1:40.68	1:33.17	1:25.66	1:19.65	1:15.14	1:12.13	1:09.13	1:07.32	1:06.12	1:04.62
S10	1:37.92	1:30.61	1:23.31	1:17.46	1:13.08	1:10.15	1:07.23	1:05.48	1:04.31	1:02.84
S11	1:47.59	1:39.56	1:31.53	1:25.10	1:20.29	1:17.08	1:13.86	1:11.94	1:10.65	1:09.05
S12	1:39.21	1:31.81	1:24.40	1:18.48	1:14.04	1:11.08	1:08.11	1:06.34	1:05.15	1:03.67
S13	1:39.33	1:31.91	1:24.50	1:18.57	1:14.13	1:11.16	1:08.20	1:06.42	1:05.23	1:03.75
S14	1:43.62	1:35.88	1:28.15	1:21.96	1:17.32	1:14.23	1:11.14	1:09.28	1:08.05	1:06.50
S15	1:33.35	1:26.38	1:19.42	1:13.84	1:09.66	1:06.88	1:04.09	1:02.42	1:01.30	0:59.91
50m BACKSTROKE	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
S1	2:55.09	2:42.02	2:28.96	2:18.50	2:10.66	2:05.44	2:00.21	1:57.07	1:54.98	1:52.37
S2	1:52.74	1:44.33	1:35.92	1:29.19	1:24.14	1:20.77	1:17.41	1:15.39	1:14.04	1:12.36
S3	1:24.65	1:18.34	1:12.02	1:06.97	1:03.17	1:00.65	0:58.12	0:56.60	0:55.59	0:54.33
S4	1:21.04	1:14.99	1:08.94	1:04.10	1:00.48	0:58.06	0:55.64	0:54.19	0:53.22	0:52.01
S5	1:04.96	1:00.11	0:55.26	0:51.38	0:48.47	0:46.54	0:44.60	0:43.43	0:42.66	0:41.69
100m BACKSTROKE	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
S6	2:09.06	1:59.43	1:49.80	1:42.09	1:36.31	1:32.46	1:28.61	1:26.30	1:24.76	1:22.83
S7	2:04.12	1:54.85	1:45.59	1:38.18	1:32.63	1:28.92	1:25.21	1:22.99	1:21.51	1:19.66
S8	1:54.70	1:46.14	1:37.58	1:30.74	1:25.60	1:22.18	1:18.75	1:16.70	1:15.33	1:13.62
S9	1:46.51	1:38.56	1:30.62	1:24.26	1:19.49	1:16.31	1:13.13	1:11.22	1:09.95	1:08.36
S10	1:42.96	1:35.28	1:27.59	1:21.45	1:16.84	1:13.76	1:10.69	1:08.85	1:07.62	1:06.08
S11	1:56.26	1:47.59	1:38.91	1:31.97	1:26.76	1:23.29	1:19.82	1:17.74	1:16.35	1:14.62
S12	1:41.71	1:34.12	1:26.53	1:20.45	1:15.90	1:12.86	1:09.83	1:08.01	1:06.79	1:05.27
S13	1:45.56	1:37.68	1:29.80	1:23.50	1:18.78	1:15.62	1:12.47	1:10.58	1:09.32	1:07.75
S14	1:52.74	1:44.33	1:35.92	1:29.19	1:24.14	1:20.77	1:17.41	1:15.39	1:14.04	1:12.36
S15	1:43.11	1:35.42	1:27.72	1:21.57	1:16.95	1:13.87	1:10.79	1:08.95	1:07.72	1:06.18
50m BREASTSTROKE	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
SB1	5:57.85	5:31.14	5:04.44	4:43.07	4:27.05	4:16.37	4:05.69	3:59.28	3:55.00	3:49.66
SB2	1:47.52	1:39.49	1:31.47	1:25.05	1:20.24	1:17.03	1:13.82	1:11.89	1:10.61	1:09.00
SB3	1:24.87	1:18.54	1:12.20	1:07.14	1:03.34	1:00.80	0:58.27	0:56.75	0:55.74	0:54.47

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MALE

100m BREASTSTROKE	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
SB4	2:50.25	2:37.54	2:24.84	2:14.67	2:07.05	2:01.97	1:56.89	1:53.84	1:51.80	1:49.26
100m BREASTSTROKE	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
SB5	2:39.14	2:27.27	2:15.39	2:05.89	1:58.76	1:54.01	1:49.26	1:46.41	1:44.51	1:42.14
SB6	2:26.50	2:15.56	2:04.63	1:55.88	1:49.32	1:44.95	1:40.58	1:37.96	1:36.21	1:34.02
SB7	2:20.72	2:10.22	1:59.71	1:51.31	1:45.01	1:40.81	1:36.61	1:34.09	1:32.41	1:30.31
SB8	2:02.64	1:53.49	1:44.34	1:37.02	1:31.53	1:27.86	1:24.20	1:22.01	1:20.54	1:18.71
SB9	1:56.53	1:47.83	1:39.14	1:32.18	1:26.96	1:23.48	1:20.01	1:17.92	1:16.53	1:14.79
SB11	2:05.12	1:55.78	1:46.45	1:38.98	1:33.37	1:29.64	1:25.90	1:23.66	1:22.17	1:20.30
SB12	1:56.97	1:48.24	1:39.51	1:32.52	1:27.29	1:23.80	1:20.30	1:18.21	1:16.81	1:15.07
SB13	1:54.94	1:46.36	1:37.78	1:30.92	1:25.77	1:22.34	1:18.91	1:16.85	1:15.48	1:13.77
SB14	2:02.84	1:53.68	1:44.51	1:37.18	1:31.68	1:28.01	1:24.34	1:22.14	1:20.67	1:18.84
SB15	1:51.05	1:42.77	1:34.48	1:27.85	1:22.87	1:19.56	1:16.25	1:14.26	1:12.93	1:11.27
150m IND MEDLEY	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
SM2	14:46.95	13:40.76	12:34.57	11:41.61	11:01.90	10:35.42	10:08.95	9:53.06	9:42.47	9:29.23
SM3	5:23.81	4:59.65	4:35.48	4:16.15	4:01.65	3:51.98	3:42.32	3:36.52	3:32.65	3:27.82
SM4	4:29.86	4:09.72	3:49.58	3:33.47	3:21.39	3:13.33	3:05.28	3:00.44	2:57.22	2:53.19
200m IND MEDLEY	10 to 14 yrs Inclusive	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20 yrs	21 yrs	22 yrs	23 yrs
SM5	5:04.15	4:41.45	4:18.75	4:00.59	3:46.97	3:37.90	3:28.82	3:23.37	3:19.74	3:15.20
200m IND MEDLEY	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
SM6	4:42.15	4:21.10	4:00.04	3:43.20	3:30.56	3:22.14	3:13.72	3:08.66	3:05.29	3:01.08
SM7	4:38.39	4:17.61	3:56.84	3:40.22	3:27.75	3:19.44	3:11.13	3:06.14	3:02.82	2:58.67
SM8	4:10.76	3:52.05	3:33.34	3:18.37	3:07.14	2:59.65	2:52.17	2:47.68	2:44.68	2:40.94
SM9	3:54.85	3:37.33	3:19.80	3:05.78	2:55.26	2:48.25	2:41.24	2:37.04	2:34.23	2:30.73
SM10	3:44.79	3:28.01	3:11.24	2:57.82	2:47.75	2:41.04	2:34.33	2:30.30	2:27.62	2:24.26
SM11	4:26.93	4:07.01	3:47.09	3:31.15	3:19.20	3:11.23	3:03.26	2:58.48	2:55.30	2:51.31
SM12	3:44.53	3:27.78	3:11.02	2:57.62	2:47.56	2:40.86	2:34.16	2:30.14	2:27.46	2:24.10
SM13	3:49.39	3:32.27	3:15.15	3:01.46	2:51.19	2:44.34	2:37.49	2:33.38	2:30.64	2:27.22
SM14	3:56.41	3:38.77	3:21.12	3:07.01	2:56.43	2:49.37	2:42.31	2:38.08	2:35.25	2:31.73
SM15	3:37.82	3:21.56	3:05.31	2:52.30	2:42.55	2:36.05	2:29.55	2:25.64	2:23.04	2:19.79

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