

Male and Female National Age Squads Qualifying Standards 2018-2019															Senior Squad Time Standards 2018-19				
Female	13 years			14 years			15 years			16 years			17 years			World Top 150 Women		Women	
	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	18 - 20 years		FINA A	FINA B
50 free							00:26.15	00:26.54	00:26.93	00:25.80	00:26.19	00:26.58	00:25.57	00:25.95	00:26.34	00:25.29	00:25.69	00:25.18	00:26.06
100 free	00:59.32	01:00.21	01:01.11	00:57.86	00:58.73	00:59.61	00:56.91	00:57.76	00:58.63	00:56.13	00:56.97	00:57.82	00:55.65	00:56.48	00:57.33	00:55.03	00:56.13	00:54.90	00:56.82
200 free	02:08.53	02:10.45	02:12.40	02:04.61	02:06.48	02:08.38	02:03.31	02:05.15	02:07.03	02:01.67	02:03.49	02:05.34	02:00.51	02:02.32	02:04.15	01:59.85	02:01.67	01:58.68	02:02.83
400 free	04:31.46	04:35.53	04:39.66	04:24.00	04:27.96	04:31.98	04:20.37	04:24.27	04:28.24	04:17.06	04:20.92	04:24.83	04:14.51	04:18.28	04:21.85	04:13.08	04:17.06	04:10.57	04:19.34
800 free	09:20.96	09:29.37	09:37.91	09:01.00	09:09.32	09:21.86	08:57.99	09:06.06	09:14.25	08:51.09	08:59.06	09:07.14	08:45.88	08:53.77	09:01.77	08:43.75	08:51.09	00:38.56	08:56.71
1500 free							17:15.38	17:30.91	17:46.68	17:01.29	17:16.60	17:32.16	16:52.48	17:07.70	17:23.12	16:48.45	17:03.81	16:32.04	17:06.76
100 back	01:05.97	01:06.96	01:07.96	01:04.32	01:05.28	01:06.26	01:03.27	01:04.22	01:05.18	01:02.50	01:03.43	01:04.39	01:01.83	01:02.76	01:03.70	01:01.20	01:02.50	01:00.61	01:02.73
200 back	02:22.54	02:24.68	02:26.85	02:18.13	02:20.20	02:22.30	02:16.76	02:18.81	02:20.89	02:15.00	02:17.02	02:19.08	02:13.62	02:15.62	02:17.66	02:12.85	02:15.00	02:11.53	02:16.13
100 brst	01:14.40	01:15.52	01:16.65	01:12.64	01:13.73	01:14.83	01:11.38	01:12.45	01:13.54	01:10.40	01:11.46	01:12.53	01:09.72	01:10.77	01:11.83	01:08.10	01:09.79	01:07.58	01:09.95
200 brst	02:40.29	02:42.69	02:45.13	02:36.92	02:39.27	02:41.66	02:33.82	02:36.13	02:38.47	02:31.75	02:34.03	02:36.34	02:30.28	02:32.53	02:34.82	02:27.17	02:31.02	02:25.91	02:31.02
100 fly	01:04.18	01:05.14	01:06.18	01:02.55	01:03.49	01:04.44	01:01.74	01:02.67	01:03.61	01:00.76	01:01.67	01:02.60	01:00.17	01:01.07	01:01.99	00:59.07	01:00.53	00:58.48	01:00.53
200 fly	02:21.99	02:24.12	02:26.29	02:20.25	02:22.35	02:24.49	02:17.54	02:19.60	02:21.70	02:14.47	02:16.49	02:18.53	02:13.18	02:15.18	02:17.20	02:10.50	02:13.73	02:09.77	02:14.31
200 IM	02:24.88	02:27.05	02:29.26	02:21.00	02:23.11	02:25.26	02:18.94	02:21.02	02:23.14	02:17.09	02:19.15	02:21.23	02:15.83	02:17.87	02:19.93	02:14.36	02:17.09	02:13.41	02:18.08
400 IM	05:08.52	05:13.15	05:17.85	05:03.50	05:08.05	05:12.67	04:57.97	05:02.44	05:06.98	04:52.04	04:56.42	05:00.87	04:49.18	04:53.52	04:57.92	04:45.89	04:52.04	04:43.06	04:52.97
Male	14 years			15 years			16 years			17 years			18 years			World Top 150 Men		Men	
	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	Gold	Silver	Bronze	19 - 21 years		FINA A	FINA B
50 free							00:23.29	00:23.64	00:23.99	00:22.85	00:23.19	00:23.54	00:22.54	00:22.87	00:23.22	00:22.40	00:22.73	00:22.47	00:23.26
100 free	00:54.24	00:55.05	00:55.88	00:52.75	00:53.54	00:54.34	00:51.25	00:52.02	00:52.80	00:50.28	00:51.03	00:51.80	00:49.61	00:50.35	00:51.11	00:49.29	00:50.28	00:48.93	00:50.64
200 free	01:59.38	02:01.17	02:02.99	01:56.04	01:57.78	01:59.54	01:52.71	01:54.40	01:56.12	01:50.30	01:51.95	01:53.63	01:49.14	01:50.77	01:52.43	01:48.47	01:50.30	01:47.73	01:51.50
400 free	04:15.20	04:19.03	04:22.91	04:08.10	04:11.82	04:15.60	04:01.00	04:04.61	04:08.28	03:56.30	03:59.84	04:03.44	03:53.27	03:56.77	04:00.32	03:50.43	03:56.14	03:48.15	03:56.14
800 free							08:26.66	08:31.73	08:36.84	08:16.87	08:21.84	08:26.86	08:10.45	08:15.55	08:20.71	08:03.20	08:10.46	07:54.31	08:10.91
1500 free	17:00.06	17:15.36	17:30.89	16:31.60	16:41.52	16:51.53	16:03.14	16:12.77	16:22.50	15:44.63	15:54.08	16:03.62	15:32.32	15:41.64	15:51.06	15:16.45	15:39.14	15:12.79	15:44.74
100 back	01:00.80	01:01.71	01:02.64	00:59.11	01:00.00	01:00.90	00:57.42	00:58.26	00:59.13	00:56.36	00:57.20	00:58.06	00:55.59	00:56.42	00:57.27	00:54.60	00:55.95	00:54.06	00:55.95
200 back	02:12.78	02:14.77	02:16.79	02:09.08	02:11.02	02:12.98	02:05.38	02:07.26	02:09.17	02:02.95	02:04.79	02:06.66	02:01.30	02:03.12	02:04.97	01:59.52	02:02.48	01:58.55	02:02.70
100 brst	01:07.64	01:08.65	01:09.68	01:05.77	01:06.76	01:07.76	01:03.89	01:04.85	01:05.82	01:02.64	01:03.58	01:04.53	01:01.78	01:02.71	01:03.65	01:00.55	01:02.05	01:00.45	01:02.46
200 brst	02:26.86	02:29.06	02:31.30	02:22.75	02:24.90	02:27.06	02:18.65	02:20.73	02:22.84	02:16.42	02:18.47	02:20.55	02:14.21	02:16.22	02:18.27	02:12.31	02:15.59	02:11.11	02:15.70
100 fly	00:58.35	00:59.22	01:00.11	00:56.72	00:57.57	00:58.43	00:55.08	00:55.91	00:56.74	00:54.02	00:54.83	00:55.65	00:53.35	00:54.15	00:54.96	00:52.48	00:53.78	00:52.29	00:54.12
200 fly	02:11.24	02:13.21	02:15.21	02:07.57	02:09.48	02:11.42	02:03.90	02:05.76	02:07.64	02:02.34	02:04.17	02:06.04	01:59.89	02:01.69	02:03.51	01:57.88	02:00.80	01:57.28	02:01.38
200 IM	02:14.14	02:16.15	02:18.19	02:10.43	02:12.39	02:14.37	02:06.72	02:08.62	02:10.55	02:04.21	02:06.07	02:07.96	02:02.66	02:04.50	02:06.37	02:01.42	02:04.21	02:00.22	02:04.43
400 IM	04:47.90	04:52.22	04:56.60	04:39.84	04:44.04	04:48.30	04:31.79	04:35.86	04:40.00	04:26.62	04:30.62	04:34.68	04:23.09	04:27.04	04:31.04	04:20.48	04:26.62	04:17.90	04:26.93

Gold times are based on worldwide trends of performance improvement patterns for the last 10 years. Silver are 1.5% slower than gold, Bronze are 1.5% slower than silver

Silver and Bronze times for Male 15yrs + for 1500m are set at 1% above Gold and silver respectively.

There are no time standards for 13-14 year old female 50 free or 14-15 year old male 50 free.

Time standards for female 13-14 1500 freestyle have yet to be determined due to lack of historical data, the same applies for male 14-15 800 free.