

Pool (Able-Bodied) Performance Standards

[Performance standard to be considered for National Flippers Program](#)

Performance Pathway Squad				Male Age Group									
WA Development Squad									18yrs	17yrs	16yrs	15yrs	14yrs
WA Flippers Squad				19yrs	18yrs	17yrs	16yrs	15yrs	14yrs				
WA Target Flippers Squad	21yrs+	20yrs	19yrs	18yrs & U									

SELECTION EVENTS												
50m Freestyle	00:22.57	00:22.79	00:23.01	00:23.22	00:23.44	00:23.66	00:23.88	00:24.10	00:24.32	00:24.54	00:24.76	00:24.98
100m Freestyle	00:49.50	00:49.98	00:50.46	00:50.94	00:51.42	00:51.90	00:52.39	00:52.87	00:53.35	00:53.83	00:54.31	00:54.79
200m Freestyle	01:49.15	01:50.21	01:51.27	01:52.33	01:53.39	01:54.45	01:55.51	01:56.57	01:57.63	01:58.69	01:59.75	02:00.81
400m Freestyle	03:52.19	03:54.45	03:56.70	03:58.96	04:01.21	04:03.46	04:05.72	04:07.97	04:10.23	04:12.48	04:14.74	04:16.99
800m Freestyle	07:59.77	08:02.10	08:06.76	08:11.42	08:16.08	08:20.74	08:25.39	08:30.05	08:34.71	08:39.37	08:44.02	08:48.68
1500m Freestyle	15:21.12	15:25.59	15:34.53	15:43.48	15:52.42	16:01.36	16:10.30	16:19.25	16:28.19	16:37.13	16:46.08	16:55.02
100m Backstroke	00:54.81	00:55.34	00:55.87	00:56.40	00:56.93	00:57.47	00:58.00	00:58.53	00:59.06	00:59.60	01:00.13	01:00.66
200m Backstroke	02:00.80	02:01.97	02:03.14	02:04.32	02:05.49	02:06.66	02:07.84	02:09.01	02:10.18	02:11.35	02:12.53	02:13.70
100m Breaststroke	01:01.29	01:01.88	01:02.48	01:03.07	01:03.67	01:04.26	01:04.85	01:05.45	01:06.04	01:06.64	01:07.23	01:07.83
200m Breaststroke	02:13.38	02:14.68	02:15.97	02:17.27	02:18.56	02:19.86	02:21.15	02:22.45	02:23.74	02:25.04	02:26.33	02:27.63
100m Butterfly	00:53.32	00:53.84	00:54.36	00:54.88	00:55.39	00:55.91	00:56.43	00:56.95	00:57.46	00:57.98	00:58.50	00:59.02
200m Butterfly	01:58.42	01:59.57	02:00.72	02:01.87	02:03.02	02:04.17	02:05.32	02:06.47	02:07.62	02:08.77	02:09.92	02:11.07
200 IM	02:00.75	02:01.92	02:03.09	02:04.26	02:05.44	02:06.61	02:07.78	02:08.95	02:10.13	02:11.30	02:12.47	02:13.64
400 IM	04:20.44	04:22.96	04:25.49	04:28.02	04:30.55	04:33.08	04:35.61	04:38.14	04:40.66	04:43.19	04:45.72	04:48.25

Pool (Able-Bodied) Performance Standards

[Performance standard to be considered for National Flippers Program](#)

Performance Pathway Squad				Female Age Group									
WA Development Squad									17yrs	16yrs	15yrs	14yrs	13yrs
WA Flippers Squad				18yrs	17yrs	16yrs	15yrs	14yrs	13yrs				
WA Target Flippers Squad	20yrs+	19yrs	18yrs	17yrs & U									

SELECTION EVENTS												
50m Freestyle	00:25.42	00:25.67	00:25.91	00:26.16	00:26.41	00:26.65	00:26.90	00:27.15	00:27.39	00:27.64	00:27.89	00:28.14
100m Freestyle	00:55.28	00:55.82	00:56.35	00:56.89	00:57.43	00:57.96	00:58.50	00:59.04	00:59.57	01:00.11	01:00.65	01:01.18
200m Freestyle	01:59.98	02:01.15	02:02.31	02:03.48	02:04.64	02:05.81	02:06.97	02:08.14	02:09.30	02:10.47	02:11.63	02:12.80
400m Freestyle	04:12.33	04:14.78	04:17.23	04:19.68	04:22.13	04:24.58	04:27.03	04:29.48	04:31.93	04:34.38	04:36.83	04:39.28
800m Freestyle	08:37.27	08:39.78	08:44.80	08:49.82	08:54.84	08:59.86	09:04.89	09:09.91	09:14.93	09:19.95	09:24.97	09:30.00
1500m Freestyle	16:30.81	16:35.62	16:45.24	16:54.86	17:04.48	17:14.10	17:23.72	17:33.34	17:42.95	17:52.57	18:02.19	18:11.81
100m Backstroke	01:01.41	01:02.00	01:02.60	01:03.20	01:03.79	01:04.39	01:04.99	01:05.58	01:06.18	01:06.77	01:07.37	01:07.97
200m Backstroke	02:13.63	02:14.93	02:16.23	02:17.52	02:18.82	02:20.12	02:21.42	02:22.71	02:24.01	02:25.31	02:26.61	02:27.90
100m Breaststroke	01:08.30	01:08.96	01:09.63	01:10.29	01:10.95	01:11.61	01:12.28	01:12.94	01:13.60	01:14.27	01:14.93	01:15.59
200m Breaststroke	02:28.48	02:29.93	02:31.37	02:32.81	02:34.25	02:35.69	02:37.13	02:38.58	02:40.02	02:41.46	02:42.90	02:44.34
100m Butterfly	00:58.89	00:59.46	01:00.03	01:00.60	01:01.17	01:01.74	01:02.32	01:02.89	01:03.46	01:04.03	01:04.60	01:05.17
200m Butterfly	02:11.55	02:12.83	02:14.11	02:15.38	02:16.66	02:17.94	02:19.21	02:20.49	02:21.77	02:23.05	02:24.32	02:25.60
200 IM	02:14.54	02:15.84	02:17.15	02:18.46	02:19.76	02:21.07	02:22.38	02:23.68	02:24.99	02:26.29	02:27.60	02:28.91
400 IM	04:47.84	04:50.64	04:53.43	04:56.23	04:59.02	05:01.82	05:04.61	05:07.41	05:10.20	05:13.00	05:15.79	05:18.58

Open Water (Able-Bodied) Performance Standards

[Performance standard to be considered for National Flippers Program](#)

	Event and Performance Standard*			
	10km: Open***	10km: 18yr - 19yr	7.5km: 16yr - 17yr	5km: 14yr - 15yr
WA Target Flippers Squad	4th or better	1st & 2nd (combined age group)	1st & 2nd (combined age group)	N/A
WA Flippers Squad**	6th or better	3rd or better (individual age groups)	3rd or better (individual age groups)	1st & 2nd (combined age group)
WA Development Squad	N/A	6th or better (individual age groups)	6th or better (individual age groups)	6th or better (individual age groups)

*Performance standard refers to the finish position amongst Australian athletes only. In this instance, Australian athletes are defined as a current member of a Swimming WA or other Swimming Australia affiliated club.

**Athletes that are selected for the National Flippers Program, but do not meet performance standards listed above, will be selected into the WA Flippers Squad.

***February 2024 Amendment

Due to the 10km events being reduced in terms of field size and interstate visitors, the following performance standards must be met in addition to the above in order to confirm selection to the WA Performance Pathway Program:

WA Target Flippers Squad

Finishing no more than three (3) minutes from the 1st placed athlete

WA Flippers Squad

Finishing no more than six (6) minutes from the 1st placed athlete

WA Development Squad

Finishing no more than nine (9) minutes from the 1st placed athlete