

**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					18yrs	17yrs	16yrs	15yrs	14yrs					
WA Target Flippers Squad	21yrs+	20yrs	19yrs	18yrs & U										

SELECTION EVENTS														
50m Freestyle	00:22.59	00:22.70	00:22.92	00:23.14	00:23.36	00:23.58	00:23.79	00:24.01	00:24.23	00:24.45	00:24.67	00:24.89	00:25.10	
100m Freestyle	00:49.64	00:49.88	00:50.36	00:50.84	00:51.32	00:51.80	00:52.28	00:52.76	00:53.24	00:53.72	00:54.19	00:54.67	00:55.15	
200m Freestyle	01:49.77	01:50.30	01:51.36	01:52.42	01:53.48	01:54.54	01:55.61	01:56.67	01:57.73	01:58.79	01:59.85	02:00.91	02:01.97	
400m Freestyle	03:54.40	03:55.53	03:57.79	04:00.06	04:02.32	04:04.59	04:06.85	04:09.12	04:11.38	04:13.65	04:15.91	04:18.18	04:20.44	
800m Freestyle	08:01.48	08:03.82	08:08.50	08:13.17	08:17.84	08:22.52	08:27.19	08:31.87	08:36.54	08:41.22	08:45.89	08:50.57	08:55.24	
1500m Freestyle	15:23.80	15:28.28	15:37.25	15:46.22	15:55.19	16:04.16	16:13.13	16:22.09	16:31.06	16:40.03	16:49.00	16:57.97	17:06.94	
100m Backstroke	00:54.85	00:55.12	00:55.65	00:56.18	00:56.71	00:57.24	00:57.77	00:58.30	00:58.83	00:59.36	00:59.89	01:00.42	01:00.95	
200m Backstroke	02:01.22	02:01.80	02:02.98	02:04.15	02:05.32	02:06.49	02:07.66	02:08.83	02:10.00	02:11.17	02:12.35	02:13.52	02:14.69	
100m Breaststroke	01:01.60	01:01.90	01:02.50	01:03.09	01:03.69	01:04.28	01:04.88	01:05.47	01:06.07	01:06.66	01:07.26	01:07.85	01:08.45	
200m Breaststroke	02:14.23	02:14.88	02:16.17	02:17.47	02:18.77	02:20.07	02:21.36	02:22.66	02:23.96	02:25.25	02:26.55	02:27.85	02:29.14	
100m Butterfly	00:53.07	00:53.33	00:53.84	00:54.36	00:54.87	00:55.38	00:55.90	00:56.41	00:56.92	00:57.43	00:57.95	00:58.46	00:58.97	
200m Butterfly	01:58.93	01:59.51	02:00.66	02:01.80	02:02.95	02:04.10	02:05.25	02:06.40	02:07.55	02:08.70	02:09.85	02:11.00	02:12.15	
200 IM	02:01.86	02:02.45	02:03.63	02:04.80	02:05.98	02:07.16	02:08.34	02:09.51	02:10.69	02:11.87	02:13.05	02:14.22	02:15.40	
400 IM	04:21.34	04:22.60	04:25.13	04:27.65	04:30.18	04:32.70	04:35.22	04:37.75	04:40.27	04:42.80	04:45.32	04:47.85	04:50.37	

**Pool (Able-Bodied) Performance Standards**

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

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

SELECTION EVENTS													
50m Freestyle	00:25.73	00:25.85	00:26.10	00:26.35	00:26.60	00:26.85	00:27.10	00:27.35	00:27.59	00:27.84	00:28.09	00:28.34	00:28.59
100m Freestyle	00:55.70	00:55.97	00:56.51	00:57.05	00:57.59	00:58.13	00:58.66	00:59.20	00:59.74	01:00.28	01:00.82	01:01.35	01:01.89
200m Freestyle	02:00.96	02:01.54	02:02.71	02:03.88	02:05.05	02:06.22	02:07.39	02:08.56	02:09.73	02:10.89	02:12.06	02:13.23	02:14.40
400m Freestyle	04:15.07	04:16.30	04:18.76	04:21.23	04:23.69	04:26.16	04:28.62	04:31.08	04:33.55	04:36.01	04:38.48	04:40.94	04:43.41
800m Freestyle	08:46.00	08:48.55	08:53.66	08:58.77	09:03.87	09:08.98	09:14.09	09:19.19	09:24.30	09:29.41	09:34.51	09:39.62	09:44.73
1500m Freestyle	16:42.73	16:47.59	16:57.33	17:07.06	17:16.80	17:26.53	17:36.27	17:46.00	17:55.74	18:05.47	18:15.21	18:24.95	18:34.68
100m Backstroke	01:02.16	01:02.46	01:03.06	01:03.66	01:04.26	01:04.86	01:05.47	01:06.07	01:06.67	01:07.27	01:07.87	01:08.47	01:09.07
200m Backstroke	02:14.62	02:15.27	02:16.57	02:17.87	02:19.17	02:20.48	02:21.78	02:23.08	02:24.38	02:25.68	02:26.98	02:28.28	02:29.58
100m Breaststroke	01:08.72	01:09.06	01:09.72	01:10.38	01:11.05	01:11.71	01:12.38	01:13.04	01:13.70	01:14.37	01:15.03	01:15.70	01:16.36
200m Breaststroke	02:30.17	02:30.89	02:32.34	02:33.80	02:35.25	02:36.70	02:38.15	02:39.60	02:41.05	02:42.50	02:43.95	02:45.40	02:46.85
100m Butterfly	00:59.94	01:00.23	01:00.81	01:01.38	01:01.96	01:02.54	01:03.12	01:03.70	01:04.28	01:04.86	01:05.44	01:06.02	01:06.60
200m Butterfly	02:12.37	02:13.01	02:14.28	02:15.56	02:16.84	02:18.12	02:19.40	02:20.68	02:21.96	02:23.24	02:24.52	02:25.79	02:27.07
200 IM	02:15.30	02:15.95	02:17.26	02:18.56	02:19.87	02:21.18	02:22.48	02:23.79	02:25.10	02:26.41	02:27.71	02:29.02	02:30.33
400 IM	04:50.52	04:51.93	04:54.74	04:57.54	05:00.35	05:03.16	05:05.96	05:08.77	05:11.58	05:14.38	05:17.19	05:20.00	05:22.81

### Open Water (Able-Bodied) Performance Standards

Athletes must meet both performance standards below, by event, in order to meet automatic qualification outlined in the selection criteria.

WA Target Flippers Squad		Performance Standard 1	Performance Standard 2
Race Distance	Category	Finish Position Required*	Max Time (s) behind 1 <sup>st</sup> place*
10km	Open	5 <sup>th</sup> or better	N/A

WA State Flippers Squad		Performance Standard 1	Performance Standard 2
Race Distance	Category	Finish Position Required*	Max Time (s) behind 1 <sup>st</sup> place*
10km	Open	10 <sup>th</sup> or better	N/A
10km	Age (18 & 19yr only)	4 <sup>th</sup> or better	N/A
7.5km	Age (16 & 17yr only)	4 <sup>th</sup> or better	90

WA Development Squad		Performance Standard 1	Performance Standard 2
Race Distance	Category	Finish Position Required*	Max Time (s) behind 1 <sup>st</sup> place*
10km	Age (18 & 19yr only)	8 <sup>th</sup> place or better	N/A
7.5km	Age (16 & 17yr only)	8 <sup>th</sup> place or better	150
5km	Age (14 & 15yr only)	8 <sup>th</sup> place or better	120

\* Refers to the finish position amongst and/or maximum time behind the leading, Australian athletes only. In this instance, an Australian athlete is defined as:

- Current member of a Swimming WA or other Swimming Australia affiliated club
- Eligible under World Aquatics regulations to represent Australia at the upcoming international benchmark competition as defined by Swimming Australia.