

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	Open	20yrs	19yrs	18yrs & U									

SELECTION EVENTS													
50m Freestyle	00:22.40	00:22.61	00:22.72	00:22.83	00:22.94	00:23.15	00:23.37	00:23.59	00:23.80	00:24.02	00:24.24	00:24.45	00:24.67
100m Freestyle	00:49.62	00:50.10	00:50.34	00:50.58	00:50.82	00:51.30	00:51.78	00:52.25	00:52.73	00:53.21	00:53.69	00:54.17	00:54.65
200m Freestyle	01:49.59	01:50.64	01:51.17	01:51.70	01:52.23	01:53.29	01:54.35	01:55.41	01:56.47	01:57.53	01:58.59	01:59.64	02:00.70
400m Freestyle	03:53.65	03:55.91	03:57.04	03:58.17	03:59.29	04:01.55	04:03.81	04:06.07	04:08.33	04:10.58	04:12.84	04:15.10	04:17.36
800m Freestyle	07:58.53	08:03.17	08:05.50	08:07.82	08:10.14	08:14.79	08:19.43	08:24.08	08:28.73	08:33.37	08:38.02	08:42.66	08:47.31
1500m Freestyle	15:12.16	15:21.01	15:25.44	15:29.87	15:34.30	15:43.15	15:52.01	16:00.87	16:09.72	16:18.58	16:27.43	16:36.29	16:45.14
50m Backstroke	00:25.42	00:25.67	00:25.79	00:25.91	00:26.04	00:26.28	00:26.53	00:26.77	00:26.90	00:27.14	00:27.39	00:27.63	00:27.88
100m Backstroke	00:54.80	00:55.33	00:55.60	00:55.86	00:56.13	00:56.66	00:57.19	00:57.72	00:58.25	00:58.77	00:59.30	00:59.83	01:00.36
200m Backstroke	02:00.60	02:01.76	02:02.35	02:02.93	02:03.51	02:04.68	02:05.84	02:07.01	02:08.17	02:09.34	02:10.50	02:11.67	02:12.83
50m Breaststroke	00:27.75	00:28.02	00:28.15	00:28.28	00:28.42	00:28.69	00:28.95	00:29.22	00:29.36	00:29.62	00:29.89	00:30.16	00:30.43
100m Breaststroke	01:01.46	01:02.05	01:02.35	01:02.65	01:02.94	01:03.54	01:04.13	01:04.72	01:05.32	01:05.91	01:06.51	01:07.10	01:07.69
200m Breaststroke	02:14.44	02:15.74	02:16.38	02:17.03	02:17.68	02:18.98	02:20.28	02:21.58	02:22.88	02:24.18	02:25.48	02:26.78	02:28.07
50m Butterfly	00:23.62	00:23.85	00:23.96	00:24.07	00:24.19	00:24.42	00:24.65	00:24.87	00:24.99	00:25.22	00:25.44	00:25.67	00:25.90
100m Butterfly	00:52.87	00:53.38	00:53.63	00:53.89	00:54.14	00:54.66	00:55.17	00:55.68	00:56.19	00:56.70	00:57.21	00:57.72	00:58.23
200m Butterfly	01:58.63	01:59.78	02:00.35	02:00.92	02:01.50	02:02.64	02:03.79	02:04.94	02:06.08	02:07.23	02:08.37	02:09.52	02:10.67
200 IM	02:01.88	02:03.06	02:03.65	02:04.24	02:04.83	02:06.00	02:07.18	02:08.36	02:09.54	02:10.71	02:11.89	02:13.07	02:14.25
400 IM	04:20.32	04:22.84	04:24.10	04:25.35	04:26.61	04:29.13	04:31.64	04:34.16	04:36.67	04:39.19	04:41.70	04:44.22	04:46.73

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	Open	19yrs	18yrs	17yrs & U									

SELECTION EVENTS													
50m Freestyle	00:25.25	00:25.50	00:25.62	00:25.74	00:25.86	00:26.11	00:26.35	00:26.60	00:26.84	00:27.08	00:27.33	00:27.57	00:27.82
100m Freestyle	00:55.04	00:55.57	00:55.84	00:56.10	00:56.37	00:56.90	00:57.43	00:57.97	00:58.50	00:59.03	00:59.56	01:00.09	01:00.63
200m Freestyle	02:00.44	02:01.61	02:02.19	02:02.77	02:03.35	02:04.52	02:05.68	02:06.84	02:08.01	02:09.17	02:10.33	02:11.50	02:12.66
400m Freestyle	04:12.36	04:14.80	04:16.02	04:17.24	04:18.46	04:20.90	04:23.34	04:25.77	04:28.21	04:30.65	04:33.09	04:35.53	04:37.97
800m Freestyle	08:39.87	08:44.89	08:47.40	08:49.92	08:52.43	08:54.94	08:59.96	09:04.98	09:10.01	09:15.03	09:20.05	09:25.08	09:30.10
1500m Freestyle	16:42.59	16:52.28	16:57.12	17:01.97	17:06.81	17:11.65	17:21.34	17:31.03	17:40.72	17:50.40	18:00.09	18:09.78	18:19.46
50m Backstroke	00:28.42	00:28.70	00:28.84	00:28.97	00:29.11	00:29.38	00:29.66	00:29.93	00:30.07	00:30.35	00:30.62	00:30.90	00:31.17
100m Backstroke	01:01.58	01:02.18	01:02.48	01:02.77	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 Backstroke	02:13.30	02:14.59	02:15.23	02:15.87	02:16.52	02:17.81	02:19.09	02:20.38	02:21.67	02:22.96	02:24.24	02:25.53	02:26.82
50m Breaststroke	00:31.08	00:31.38	00:31.53	00:31.68	00:31.83	00:32.13	00:32.43	00:32.73	00:32.88	00:33.18	00:33.48	00:33.78	00:34.08
100m Breaststroke	01:08.55	01:09.21	01:09.54	01:09.87	01:10.20	01:10.87	01:11.53	01:12.19	01:12.85	01:13.52	01:14.18	01:14.84	01:15.50
200m Breaststroke	02:28.56	02:30.00	02:30.72	02:31.43	02:32.15	02:33.59	02:35.02	02:36.46	02:37.89	02:39.33	02:40.76	02:42.20	02:43.64
50m Butterfly	00:26.41	00:26.66	00:26.79	00:26.92	00:27.04	00:27.30	00:27.55	00:27.81	00:27.94	00:28.19	00:28.45	00:28.70	00:28.96
100m Butterfly	00:58.92	00:59.49	00:59.78	01:00.06	01:00.35	01:00.92	01:01.48	01:02.05	01:02.62	01:03.19	01:03.76	01:04.33	01:04.90
200m Butterfly	02:12.55	02:13.83	02:14.47	02:15.11	02:15.75	02:17.03	02:18.32	02:19.60	02:20.88	02:22.16	02:23.44	02:24.72	02:26.00
200 IM	02:14.72	02:16.02	02:16.67	02:17.32	02:17.97	02:19.27	02:20.57	02:21.87	02:23.18	02:24.48	02:25.78	02:27.08	02:28.38
400 IM	04:50.21	04:53.02	04:54.42	04:55.82	04:57.22	05:00.03	05:02.83	05:05.64	05:08.44	05:11.24	05:14.05	05:16.85	05:19.66