

Swimming New Zealand National Programmes

Performance Standards 2022-2023

Senior Standards

National Age Programme Standards

	Women		
	World T8 31/12/19	FINA A Olympics 2021	FINA A World Champs 2022
50 free	00:24.34	00:24.77	00:25.04
100 free	00:53.05	00:54.38	00:54.25
200 free	01:56.09	01:57.28	01:58.66
400 free	04:05.30	04:07.90	04:10.57
800 free	08:24.25	08:33.36	08:37.90
1500 free	15:56.39	16:32.04	16:29.57
100 back	00:59.25	01:00.25	01:00.59
200 back	02:07.91	02:10.39	02:11.08
100 brst	01:06.54	01:07.07	01:07.43
200 brst	02:22.82	02:25.52	02:25.91
100 fly	00:57.06	00:57.92	00:58.33
200 fly	02:07.36	02:08.43	02:09.21
200 IM	02:09.97	02:12.56	02:12.98
400 IM	04:36.98	04:38.53	04:43.06

Women	
18-20 years	
Top 150	T150 + 1.5%
00:25.36	00:25.74
00:55.27	00:56.10
02:00.01	02:01.81
04:13.88	04:17.69
08:45.10	08:52.98
16:46.14	17:01.23
01:01.64	01:02.56
02:13.20	02:15.20
01:09.07	01:10.06
02:28.75	02:30.98
00:59.43	01:00.32
02:12.56	02:14.55
02:15.38	02:17.41
04:47.93	04:52.25

17 years		
Gold	Silver	Bronze
00:25.60	00:25.98	00:26.37
00:55.48	00:56.31	00:57.16
02:00.25	02:02.05	02:03.88
04:14.29	04:18.10	04:21.98
08:46.37	08:54.27	09:02.28
16:51.11	17:06.28	17:21.67
01:01.87	01:02.80	01:03.74
02:13.68	02:15.69	02:17.72
01:09.37	01:10.41	01:11.47
02:29.82	02:32.07	02:34.35
00:59.89	01:00.79	01:01.70
02:12.89	02:14.88	02:16.91
02:15.73	02:17.77	02:19.83
04:48.51	04:52.84	04:57.23

16 years		
Gold	Silver	Bronze
00:25.73	00:26.12	00:26.51
00:55.96	00:56.80	00:57.65
02:01.40	02:03.22	02:05.07
04:16.83	04:20.68	04:24.59
08:50.03	08:57.98	09:06.05
16:59.24	17:14.53	17:30.05
01:02.37	01:03.31	01:04.26
02:14.73	02:16.75	02:18.80
01:10.05	01:11.10	01:12.17
02:31.29	02:33.56	02:35.86
01:00.48	01:01.39	01:02.31
02:14.18	02:16.19	02:18.24
02:16.99	02:19.04	02:21.13
04:51.37	04:55.74	05:00.18

15 years		
Gold	Silver	Bronze
00:26.09	00:26.48	00:26.88
00:56.73	00:57.58	00:58.44
02:03.04	02:04.89	02:06.76
04:19.39	04:23.28	04:27.23
08:55.30	09:03.33	09:11.48
17:08.83	17:24.26	17:39.93
01:03.31	01:04.26	01:05.22
02:16.35	02:18.40	02:20.47
01:11.02	01:12.09	01:13.17
02:33.35	02:35.65	02:37.99
01:01.45	01:02.37	01:03.31
02:17.24	02:19.30	02:21.39
02:18.84	02:20.92	02:23.04
04:57.28	05:01.74	05:06.27

14 years		
Gold	Silver	Bronze
00:26.34	00:26.74	00:27.14
00:57.74	00:58.61	00:59.49
02:04.36	02:06.23	02:08.12
04:23.51	04:27.46	04:31.47
08:59.92	09:08.02	09:16.24
17:19.92	17:35.52	17:51.35
01:04.19	01:05.15	01:06.13
02:17.85	02:19.92	02:22.02
01:12.49	01:13.58	01:14.68
02:36.61	02:38.96	02:41.34
01:02.42	01:03.36	01:04.31
02:19.97	02:22.07	02:24.20
02:20.72	02:22.83	02:24.97
05:02.90	05:07.44	05:12.06

13 years		
Gold	Silver	Bronze
00:26.60	00:27.00	00:27.40
00:59.14	01:00.03	01:00.93
02:08.25	02:10.17	02:12.13
04:30.10	04:34.15	04:38.26
09:16.47	09:24.82	09:33.29
17:48.01	18:04.03	18:20.29
01:05.84	01:06.83	01:07.83
02:22.26	02:24.39	02:26.56
01:14.03	01:15.14	01:16.27
02:39.80	02:42.20	02:44.63
01:03.88	01:04.84	01:05.81
02:21.68	02:23.81	02:25.96
02:24.77	02:26.94	02:29.15
05:07.80	05:12.42	05:17.10

	Men		
	World T8 31/12/19	FINA A Olympics 2021	FINA A World Champs 2022
50 free	00:21.67	00:22.01	00:22.18
100 free	00:48.10	00:48.57	00:48.77
200 free	01:45.56	01:47.02	01:47.06
400 free	03:45.59	03:46.78	03:48.15
800 free	07:45.01	07:54.31	07:53.11
1500 free	14:47.75	15:00.99	15:04.64
100 back	00:53.13	00:53.85	00:54.03
200 back	01:56.06	01:57.50	01:58.07
100 brst	00:59.05	00:59.93	00:59.75
200 brst	02:07.86	02:10.35	02:10.32
100 fly	00:51.28	00:51.96	00:51.96
200 fly	01:55.26	01:56.48	01:56.71
200 IM	01:57.26	01:59.67	01:59.76
400 IM	04:12.54	04:15.84	04:17.48

Men	
19-21 years	
Top 150	T150 + 1.5%
00:22.51	00:22.85
00:49.40	00:50.14
01:48.57	01:50.20
03:52.39	03:55.88
08:04.82	08:12.09
15:24.61	15:38.48
00:55.03	00:55.86
02:00.56	02:02.37
01:01.25	01:02.17
02:13.17	02:15.17
00:53.11	00:53.91
01:58.99	02:00.77
02:01.73	02:03.56
04:22.25	04:26.18

18 years		
Gold	Silver	Bronze
00:22.67	00:23.01	00:23.36
00:49.50	00:50.24	00:51.00
01:48.85	01:50.48	01:52.14
03:52.86	03:56.35	03:59.90
08:05.17	08:12.45	08:19.83
15:31.13	15:40.44	15:49.85
00:56.08	00:56.92	00:57.78
02:00.92	02:02.73	02:04.57
01:01.44	01:02.36	01:03.30
02:13.71	02:15.72	02:17.75
00:53.30	00:54.10	00:54.91
01:59.23	02:01.02	02:02.83
02:01.98	02:03.81	02:05.67
04:22.65	04:26.59	04:30.59

17 years		
Gold	Silver	Bronze
00:22.80	00:23.14	00:23.49
00:50.17	00:50.92	00:51.69
01:50.00	01:51.65	01:53.32
03:55.89	03:59.43	04:03.02
08:11.90	08:19.28	08:26.77
15:41.04	15:50.45	15:59.95
00:56.08	00:56.92	00:57.78
02:02.56	02:04.40	02:06.26
01:02.30	01:03.23	01:04.18
02:15.92	02:17.96	02:20.03
00:53.78	00:54.59	00:55.41
02:01.66	02:03.48	02:05.34
02:03.52	02:05.37	02:07.25
04:26.17	04:30.16	04:34.21

16 years		
Gold	Silver	Bronze
00:23.20	00:23.55	00:23.90
00:51.14	00:51.91	00:52.69
01:52.41	01:54.10	01:55.81
04:00.58	04:04.19	04:07.85
08:21.22	08:28.74	08:36.37
16:01.91	16:11.53	16:21.24
00:57.13	00:57.99	00:58.86
02:04.99	02:06.86	02:08.77
01:03.54	01:04.49	01:05.46
02:18.13	02:20.20	02:22.30
00:54.83	00:55.65	00:56.49
02:03.22	02:05.07	02:06.94
02:06.01	02:07.90	02:09.82
04:31.33	04:35.40	04:39.53

15 years		
Gold	Silver	Bronze
00:23.70	00:24.06	00:24.42
00:52.59	00:53.38	00:54.18
01:55.69	01:57.43	01:59.19
04:07.36	04:11.07	04:14.84
08:36.54	08:44.29	08:52.15
16:28.62	16:38.51	16:48.49
00:58.99	00:59.87	01:00.77
02:08.82	02:10.75	02:12.71
01:05.64	01:06.62	01:07.62
02:22.46	02:24.60	02:26.77
00:56.34	00:57.19	00:58.04
02:06.60	02:08.50	02:10.43
02:09.90	02:11.85	02:13.83
04:39.28	04:43.47	04:47.72

14 years		
Gold	Silver	Bronze
00:24.15	00:24.51	00:24.88
00:54.12	00:54.93	00:55.76
01:59.07	02:00.86	02:02.67
04:14.75	04:18.57	04:22.45
08:56.96	09:05.01	09:13.19
16:58.00	17:13.27	17:28.77
01:00.49	01:01.40	01:02.32
02:12.37	02:14.36	02:16.37
01:07.26	01:08.27	01:09.29
02:26.31	02:28.50	02:30.73
00:58.08	00:58.95	00:59.84
02:10.51	02:12.47	02:14.45
02:13.40	02:15.40	02:17.43
04:47.42	04:51.73	04:56.11

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

Silver times for 1500m Freestyle for males aged 15, 16, 17 and 18 years are 1% slower than the Gold standard, and the Bronze times are 1% slower than the Silver standard.

World's Top 8 times are the 8th fastest time in the world (2 athletes per nation) on 31st December 2019.

The FINA A 2021 times are the FINA A standard for the 2021 Olympic Games, the FINA A 2022 times are the FINA A standard for the 2022 FINA World Championships.

World's Top 150 times are the 150th fastest time (raw - unlimited swimmers per nation) as on the 31st December 2019.