

**South East Wales Regional Championships
Time Standards Report**

Event	SC	LC
Girls 11 400 Free	6:45.84	6:49.86
Girls 12 400 Free	6:22.95	6:29.62
Girls 13 400 Free	6:08.58	6:15.24
Girls 14 400 Free	5:59.37	6:05.70
Girls 15-16 400 Free	5:48.57	5:55.58
Girls 17&O 400 Free	5:45.58	5:52.24
Boys 11 400 Free	6:46.30	6:49.40
Boys 12 400 Free	6:24.10	6:28.81
Boys 13 400 Free	6:03.86	6:10.07
Boys 14 400 Free	5:46.73	5:53.05
Boys 15-16 400 Free	5:24.41	5:32.46
Boys 17&O 400 Free	5:18.20	5:27.29

The above times are the current Consideration Times for the Regional Championships 400m freestyle.

If a swimmer wishes to enter the Sub Regional Meet, but has no 800m or 1500m time, they may enter using NT as an entry time. In the event of oversubscription, but there is some room to accommodate NT entries, BS Rankings will be checked and swimmers with times no slower than the above will be given preference to those with no time.

Next, the swimmers with a 400m time slower than the above, but on BS Rankings, will have preference to those with no time. Finally, any NTs will be allowed on a first come basis.