

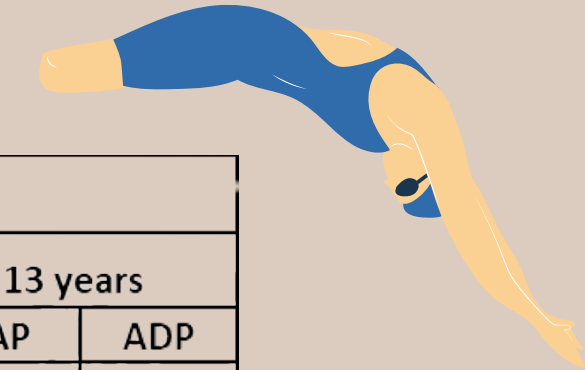
# ADP Standards

## Qualifying times

### SELECTION AFTER DIV II 2021

The ADP 2021 standards have been created by softening the NAP (National Age Programme) **Bronze** times by 5%. This has been adopted for Female 13-16yrs and Male 14-16yrs for Olympic events only, as per the NAP. The standards can be met through Short Course converted times.

These standards will provide a benchmark for those swimmers who are targeting the NAP programme in future years.



		Performance Standards - Female							
		16 years		15 years		14 years		13 years	
		NAP	ADP	NAP	ADP	NAP	ADP	NAP	ADP
Free	50	00:26.51	00:27.84	00:26.88	00:28.22	00:27.14	00:28.50	00:27.40	00:28.77
	100	00:57.65	01:00.53	00:58.44	01:01.36	00:59.49	01:02.46	01:00.93	01:03.98
	200	02:05.07	02:11.32	02:06.76	02:13.10	02:08.12	02:14.53	02:12.13	02:18.74
	400	04:24.59	04:37.82	04:27.23	04:40.59	04:31.47	04:45.04	04:38.26	04:52.17
	800	09:06.05	09:33.35	09:11.48	09:39.05	09:16.24	09:44.05	09:33.29	10:01.95
	1500	17:30.05	18:22.55	17:39.93	18:32.93	17:51.35	18:44.92	18:20.29	19:15.30
Back	100	01:04.26	01:07.47	01:05.22	01:08.48	01:06.13	01:09.44	01:07.83	01:11.22
	200	02:18.80	02:25.74	02:20.47	02:27.49	02:22.02	02:29.12	02:26.56	02:33.89
Breast	100	01:12.17	01:15.78	01:13.17	01:16.83	01:14.68	01:18.41	01:16.27	01:20.08
	200	02:35.86	02:43.65	02:37.99	02:45.89	02:41.34	02:49.41	02:44.63	02:52.86
Fly	100	01:02.31	01:05.43	01:03.31	01:06.48	01:04.31	01:07.53	01:05.81	01:09.10
	200	02:18.24	02:25.15	02:21.39	02:28.46	02:24.20	02:31.41	02:25.96	02:33.26
IM	200	02:21.13	02:28.19	02:23.04	02:30.19	02:24.97	02:32.22	02:29.15	02:36.61
	400	05:00.18	05:15.19	05:06.27	05:21.58	05:12.06	05:27.66	05:12.42	05:28.04

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		Performance Standards - Male					
		16 years		15 years		14 years	
		NAP	ADP	NAP	ADP	NAP	ADP
Free	50	00:23.90	00:25.10	00:24.42	00:25.64	00:24.88	00:26.12
	100	00:52.69	00:55.32	00:54.18	00:56.89	00:55.76	00:58.55
	200	01:55.81	02:01.60	01:59.19	02:05.15	02:02.67	02:08.80
	400	04:07.85	04:20.24	04:14.84	04:27.58	04:22.45	04:35.57
	800	08:36.37	09:02.19	08:52.15	09:18.76	09:13.19	09:40.85
	1500	16:21.24	17:10.30	16:48.49	17:38.91	17:28.77	18:21.21
Back	100	00:58.86	01:01.80	01:00.77	01:03.81	01:02.32	01:05.44
	200	02:08.77	02:15.21	02:12.71	02:19.35	02:16.37	02:23.19
Breast	100	01:05.46	01:08.73	01:07.62	01:11.00	01:09.29	01:12.75
	200	02:22.30	02:29.41	02:26.77	02:34.11	02:30.73	02:38.27
Fly	100	00:56.49	00:59.31	00:58.04	01:00.94	00:59.84	01:02.83
	200	02:06.94	02:13.29	02:10.43	02:16.95	02:14.45	02:21.17
IM	200	02:09.82	02:16.31	02:13.83	02:20.52	02:17.43	02:24.30
	400	04:39.53	04:53.51	04:47.72	05:02.11	04:56.11	05:10.92