



Best of the West Fest Time Standards

WESTERNS 2026 FEMALE STANDARDS										
Long Course Metres						Short Course Metres				
17&Over	16	15	14	13 & U	Event	17&Over	16	15	14	13 & U
00:27.56	00:27.84	00:28.20	00:28.42	00:29.03	50 FR	00:27.01	00:27.28	00:27.64	00:27.85	00:28.45
00:59.52	01:00.12	01:01.08	01:01.79	01:03.15	100 FR	00:58.33	00:58.92	00:59.86	01:00.55	01:01.89
02:08.82	02:10.12	02:12.41	02:14.08	02:17.48	200 FR	02:06.24	02:07.52	02:09.76	02:11.40	02:14.73
04:34.29	04:37.06	04:41.63	04:44.74	04:51.05	400 FR	04:28.80	04:31.52	04:36.00	04:39.05	04:45.23
09:26.93	09:32.66	09:40.96	09:49.52	09:57.39	800 FR	09:15.59	09:21.21	09:29.34	09:37.73	09:45.44
18:22.25	18:33.38	18:52.43	18:54.84	19:12.10	1500 FR	18:00.20	18:11.11	18:29.78	18:32.14	18:49.06
00:30.40	00:30.71	00:31.02	00:31.33	00:31.96	50 BK	00:29.79	00:30.10	00:30.40	00:30.70	00:31.32
01:06.62	01:07.29	01:08.75	01:09.63	01:11.60	100 BK	01:05.28	01:05.94	01:07.38	01:08.24	01:10.17
02:24.37	02:25.83	02:28.63	02:30.61	02:34.56	200 BK	02:21.48	02:22.91	02:25.66	02:27.60	02:31.47
00:34.24	00:34.59	00:34.94	00:35.11	00:35.81	50 BR	00:33.56	00:33.90	00:34.24	00:34.41	00:35.09
01:16.53	01:17.30	01:18.44	01:19.11	01:21.62	100 BR	01:15.00	01:15.75	01:16.87	01:17.53	01:19.99
02:44.40	02:46.06	02:50.18	02:51.49	02:56.58	200 BR	02:41.11	02:42.74	02:46.78	02:48.06	02:53.05
00:28.58	00:28.87	00:29.02	00:29.45	00:30.04	50 FL	00:28.01	00:28.29	00:28.44	00:28.86	00:29.44
01:04.98	01:05.64	01:06.76	01:07.80	01:09.48	100 FL	01:03.68	01:04.33	01:05.42	01:06.44	01:08.09
02:25.82	02:27.29	02:30.89	02:33.09	02:37.97	200 FL	02:22.90	02:24.34	02:27.87	02:30.03	02:34.81
02:26.32	02:27.80	02:30.38	02:32.57	02:35.76	200 IM	02:23.40	02:24.84	02:27.37	02:29.52	02:32.64
05:11.45	05:14.60	05:19.75	05:24.53	05:32.23	400 IM	05:05.22	05:08.31	05:13.35	05:18.04	05:25.59

WESTERNS 2026 MALE STANDARDS										
Long Course Metres						Short Course Metres				
17&Over	16	15	14	13 & U	Event	17&Over	16	15	14	13 & U
00:25.05	00:25.56	00:25.94	00:26.56	00:27.36	50 FR	00:24.55	00:25.05	00:25.42	00:26.03	00:26.81
00:54.32	00:55.56	00:56.50	00:57.85	00:59.59	100 FR	00:53.23	00:54.45	00:55.37	00:56.69	00:58.40
01:58.80	02:01.70	02:03.83	02:07.16	02:10.97	200 FR	01:56.42	01:59.27	02:01.35	02:04.62	02:08.35
04:15.18	04:20.90	04:24.62	04:31.73	04:39.88	400 FR	04:10.08	04:15.68	04:19.33	04:26.30	04:34.28
08:55.04	09:03.68	09:11.46	09:22.98	09:39.87	800 FR	08:44.34	08:52.81	09:00.43	09:11.72	09:28.27
17:08.48	17:19.17	17:37.53	17:54.69	18:26.93	1500 FR	16:47.91	16:58.39	17:16.38	17:33.20	18:04.79
00:28.42	00:28.70	00:29.28	00:30.16	00:31.06	50 BK	00:27.85	00:28.13	00:28.69	00:29.56	00:30.44
01:01.31	01:03.33	01:04.12	01:05.87	01:07.85	100 BK	01:00.08	01:02.06	01:02.84	01:04.55	01:06.49
02:14.32	02:17.30	02:19.18	02:22.79	02:27.07	200 BK	02:11.63	02:14.55	02:16.40	02:19.93	02:24.13
00:30.65	00:30.96	00:31.89	00:33.00	00:33.99	50 BR	00:30.04	00:30.34	00:31.25	00:32.34	00:33.31
01:09.46	01:10.54	01:12.01	01:14.14	01:16.36	100 BR	01:08.07	01:09.13	01:10.57	01:12.66	01:14.83
02:31.71	02:34.79	02:37.50	02:42.11	02:46.97	200 BR	02:28.68	02:31.69	02:34.35	02:38.87	02:43.63
00:26.11	00:26.37	00:27.16	00:28.11	00:28.95	50 FL	00:25.59	00:25.84	00:26.62	00:27.55	00:28.37
00:59.18	01:00.51	01:01.54	01:03.45	01:05.35	100 FL	00:58.00	00:59.30	01:00.31	01:02.18	01:04.04
02:13.51	02:17.01	02:19.83	02:24.32	02:28.65	200 FL	02:10.84	02:14.27	02:17.03	02:21.43	02:25.68
02:14.85	02:18.16	02:19.92	02:23.60	02:27.91	200 IM	02:12.15	02:15.40	02:17.12	02:20.73	02:24.95
04:50.32	04:56.27	05:00.15	05:10.80	05:20.12	400 IM	04:44.51	04:50.34	04:54.15	05:04.58	05:13.72