

Nat West Island Games

**Consideration Times\* ISLE OF WIGHT**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Womens Consideration time** | **Womens** **Training squad** | **Events** | **Mens Consideration time** | **Mens** **Training** **squad** |
| **27.14** | **29.04** | **50 Free** | **24.22** | **25.91** |
| **1.00.35** | **1.04.57** | **100 Free** | **52.82** | **56.52** |
| **2.11.37** | **2.20.56** | **200 Free** | **1.57.30** | **2.05.51** |
| **4.35.61** | **4.54.90** | **400 Free** | **4.10.30** | **4.27.82** |
| **9.30.84** | **10.10.79** | **800 / 1500 Free** | **17.09.10** | **18.12.74** |
| **30.98** | **33.15** | **50 Back** | **28.15** | **30.12** |
| **1.06.91** | **1.11.59** | **100 Back** | **1.00.27** | **1.04.49** |
| **2.25.65** | **2.35.84** | **200 Back** | **2.12.79** | **2.22.09** |
| **34.96** | **37.41** | **50 Breast** | **30.86** | **33.02** |
| **1.15.80** | **1.21.11** | **100 Breast** | **1.08.32** | **1.13.10** |
| **2.45.47** | **2.57.05** | **200 Breast** | **2.32.33** | **2.42.99** |
| **30.29** | **32.41** | **50 Fly** | **25.85** | **27.66** |
| **1.08.10** | **1.12.87** | **100 Fly** | **57.48** | **1.01.50** |
| **2.28.26** | **2.38.64** | **200 Fly** | **2.14.26** | **2.23.66** |
| **1.08.16** | **1.12.93** | **100 I.M** | **59.06** | **1.03.19** |
| **2.27.46** | **2.37.78** | **200 I.M** | **2.11.94** | **2.21.18** |
| **5.12.46** | **5.34.33** | **400 I.M** | **4.50.04** | **5.10.34** |

\*To be considered for Island Games Training Squad and final team selection, a criteria including minimum training hours will apply. Please contact Val Gard to request a copy of the full criteria. valgard@ymail.com