

**Subject: Commonwealth Games 2026 –  
Glasgow – Consideration Standards**

Dear All,

Please find attached the Consideration Standards approved by the Isle of Man Commonwealth Games Association (CGA).

These standards have been calculated using an average mark across the range of events, based on 675 World Aquatics Points (WAP) at the time of publishing. They have been developed with the aim that athletes who achieve these times/distances will have a realistic chance of:

- being selected for Team Isle of Man, and
- progressing beyond the first round of competition (or, in swimming terms, advancing from heats to semi-finals and finals).

These are **Consideration** Standards only. Unlike the Island Games, we are competing against other sports for a limited number of places within the overall Team Isle of Man quota across all disciplines. We believe the standards are sufficiently strong to enable our selected swimming representatives to deliver the high level of performance and results that we have come to expect from Isle of Man athletes.

If anyone has any questions about these standards, please do not hesitate to get in touch.

		<b>Glasgow 2026</b>	
	<b>Event</b>	<b>Long Course</b>	<b>Short Course</b>
<b>M e n</b>	50m Freestyle	00:23.83	00:22.98
	100m Freestyle	00:52.89	00:51.11
	200m Freestyle	01:56.27	01:53.28
	400m Freestyle	04:10.87	04:01.96
	800m Freestyle	08:35.41	08:22.11
	1500m Freestyle	16:32.55	16:05.43
	50m Backstroke	00:26.84	00:25.20
	100m Backstroke	00:58.82	00:55.09
	200m Backstroke	02:07.58	02:00.41
	50m Breaststroke	00:29.58	00:28.44
	100m Breaststroke	01:04.84	01:03.01
	200m Breaststroke	02:23.04	02:16.98
	50m Butterfly	00:25.38	00:24.79
	100m Butterfly	00:56.37	00:54.46
	200m Butterfly	02:05.78	02:01.80
200m Individual Medley	02:09.95	02:04.97	
400m Individual Medley	04:36.44	04:27.68	
<b>W o m e n</b>	50m Freestyle	00:26.91	00:26.14
	100m Freestyle	00:58.94	00:57.28
	200m Freestyle	02:07.94	02:05.75
	400m Freestyle	04:28.32	04:23.67
	800m Freestyle	09:12.65	09:04.25
	1500m Freestyle	17:29.33	17:15.37
	50m Backstroke	00:30.62	00:28.78
	100m Backstroke	01:05.12	01:02.57
	200m Backstroke	02:20.37	02:15.59
	50m Breaststroke	00:33.24	00:32.34
	100m Breaststroke	01:13.10	01:11.08
	200m Breaststroke	02:36.80	02:33.40
	50m Butterfly	00:27.85	00:27.79
	100m Butterfly	01:02.90	01:01.61
	200m Butterfly	02:18.86	02:16.35
200m Individual Medley	02:23.77	02:18.91	
400m Individual Medley	05:01.38	04:55.18	