

SANAT11 STANDARDS Sa National Standards Long Course Meters

Women

	SANA
50 Free	27.72
100 Free	1:00.21
200 Free	2:10.03
400 Free	4:33.87
800 Free	9:22.42
1500 Free	17:29.47
50 Back	31.76
100 Back	1:09.10
200 Back	2:28.66
50 Breast	35.11
100 Breast	1:17.29
200 Breast	2:46.00
50 Fly	29.32
100 Fly	1:06.47
200 Fly	2:26.54
200 IM	2:27.44
400 IM	5:10.74

Men

	SANA
50 Free	24.36
100 Free	53.66
200 Free	1:58.50
400 Free	4:10.66
800 Free	8:32.28
1500 Free	16:35.34
50 Back	28.16
100 Back	1:01.76
200 Back	2:14.08
50 Breast	30.83
100 Breast	1:08.96
200 Breast	2:29.73
50 Fly	26.35
100 Fly	59.20
200 Fly	2:11.79
200 IM	2:12.33
400 IM	4:41.66

YOUTH11 STANDARDS Youth Nationals Long Course Meters

Women

	YUTH
50 Free	28.99
100 Free	1:02.97
200 Free	2:15.99
400 Free	4:46.44
800 Free	9:53.38
1500 Free	18:17.61
50 Back	33.18
100 Back	1:12.19
200 Back	2:35.29
50 Breast	36.68
100 Breast	1:20.74
200 Breast	2:53.41
50 Fly	30.63
100 Fly	1:09.44
200 Fly	2:34.29
200 IM	2:35.56
400 IM	5:30.69

Men

	YUTH
50 Free	25.48
100 Free	56.12
200 Free	2:03.94
400 Free	4:22.15
800 Free	8:55.78
1500 Free	17:30.13
50 Back	29.41
100 Back	1:04.51
200 Back	2:20.07
50 Breast	32.21
100 Breast	1:12.04
200 Breast	2:36.42
50 Fly	27.53
100 Fly	1:01.85
200 Fly	2:18.85
200 IM	2:19.61
400 IM	4:59.74

SAAGE11 STANDARDS Sa Age Group Standards Long Course Meters

Women 10 & Under

	LEV3	LEV2	LEV1
50 Free		36.87	43.99
100 Free	1:07.39	1:20.10	1:35.57
200 Free	2:25.53	2:52.97	3:14.44
400 Free	5:06.54	6:04.33	
50 Back		41.97	49.91
100 Back	1:17.13	1:31.32	1:48.59
200 Back	2:45.91	3:16.44	3:40.33
50 Breast		46.40	55.18
100 Breast	1:26.26	1:42.13	2:01.46
200 Breast	3:05.26	3:39.35	4:06.03
50 Fly		38.75	46.08
100 Fly	1:14.19	1:27.84	1:44.46
200 IM	2:46.38	3:18.85	3:44.55

Women 11-11

	LEV3	LEV2	LEV1
50 Free		36.87	41.45
100 Free	1:07.39	1:20.10	1:30.04
200 Free	2:25.53	2:52.97	3:14.44
400 Free	5:06.54	6:04.33	
50 Back		41.97	47.08
100 Back	1:17.13	1:31.32	1:42.42
200 Back	2:45.91	3:16.44	3:40.33
50 Breast		46.40	52.04
100 Breast	1:26.26	1:42.13	1:54.56
200 Breast	3:05.26	3:39.35	4:06.03
50 Fly		38.75	43.46
100 Fly	1:14.19	1:27.84	1:38.52
200 IM	2:46.38	3:18.85	3:44.44

Women 12-12

	LEV3	LEV2	LEV1
50 Free		35.09	39.42
100 Free	1:07.39	1:16.23	1:25.62
200 Free	2:25.53	2:44.62	3:14.44
400 Free	5:06.54	5:46.74	
800 Free	10:14.02		
50 Back		39.99	44.81
100 Back	1:17.13	1:27.00	1:37.49
200 Back	2:45.91	3:07.15	3:40.33
50 Breast		44.20	49.53
100 Breast	1:26.26	1:37.30	1:49.04
200 Breast	3:05.26	3:28.98	4:06.03
50 Fly		36.91	41.36
100 Fly	1:14.19	1:23.68	1:33.77
200 Fly	2:39.62		
200 IM	2:46.38	3:09.38	3:44.55

400 IM 5:42.10

Women 13-13

	LEV3	LEV2	LEV1
50 Free		33.57	37.64
100 Free	1:05.74	1:12.92	1:21.76
200 Free	2:21.96	2:37.46	2:56.55
400 Free	4:59.00	5:31.66	
800 Free	10:14.02		
1500 Free			
50 Back		38.29	42.82
100 Back	1:15.27	1:23.30	1:33.17
200 Back	2:41.93	2:59.19	3:20.42
50 Breast		42.32	47.34
100 Breast	1:24.19	1:33.16	1:44.21
200 Breast	3:00.82	3:20.08	3:43.80
50 Fly		35.34	39.53
100 Fly	1:12.41	1:20.12	1:29.62
200 Fly	2:39.62		
200 IM	2:42.32	3:01.26	3:24.26
400 IM	5:42.10		

Women 14-14

	LEV3	LEV2	LEV1
50 Free		32.30	36.11
100 Free	1:04.63	1:10.15	1:18.44
200 Free	2:19.57	2:31.50	2:49.39
400 Free	4:53.97	5:19.10	
800 Free	10:14.02		
1500 Free			
50 Back		36.87	41.12
100 Back	1:14.04	1:20.21	1:29.47
200 Back	2:39.28	2:52.55	3:12.46
50 Breast		40.76	45.46
100 Breast	1:22.81	1:29.71	1:40.06
200 Breast	2:57.85	3:12.67	3:34.90
50 Fly		34.03	37.96
100 Fly	1:11.22	1:17.16	1:26.06
200 Fly	2:39.62		
200 IM	2:39.62	2:54.50	3:16.14
400 IM	5:42.10		

Women 15-15

	LEV3	LEV2	LEV1
50 Free		31.28	34.84
100 Free	1:04.08	1:07.95	1:15.68
200 Free	2:18.38	2:26.73	2:43.43
400 Free	4:51.46	5:09.05	
800 Free	9:53.38		
1500 Free			
50 Back		35.73	39.70
100 Back	1:13.42	1:17.74	1:26.38
200 Back	2:37.95	2:47.24	3:05.82
50 Breast		39.50	43.89
100 Breast	1:22.12	1:26.95	1:36.61

200 Breast	2:56.37	3:06.74	3:27.49
50 Fly		32.99	36.65
100 Fly	1:10.63	1:14.78	1:23.09
200 Fly	2:34.39		
200 IM	2:38.27	2:49.09	3:09.38
400 IM	5:30.69		

Women 16-16

	LEV3	LEV2	LEV1
50 Free		31.28	34.84
100 Free	1:03.53	1:07.95	1:15.68
200 Free	2:17.18	2:26.73	2:43.43
400 Free	4:48.95	5:09.05	
800 Free	9:53.38		
1500 Free			
50 Back		35.73	39.70
100 Back	1:12.81	1:17.74	1:26.38
200 Back	2:36.62	2:47.24	3:05.82
50 Breast		39.50	43.89
100 Breast	1:21.43	1:26.95	1:36.61
200 Breast	2:54.89	3:06.74	3:27.49
50 Fly		32.99	36.65
100 Fly	1:10.03	1:14.78	1:23.09
200 Fly	2:34.39		
200 IM	2:36.91	2:49.00	3:09.38
400 IM	5:30.69		

Women 17-17

	LEV3	LEV2	LEV1
50 Free		31.28	
100 Free	1:02.97	1:07.95	
200 Free	2:15.99	2:26.73	
400 Free	4:46.44	5:09.05	
800 Free	9:53.38		
1500 Free			
50 Back		35.73	
100 Back	1:12.19	1:17.74	
200 Back	2:35.29	2:47.24	
50 Breast		39.50	
100 Breast	1:20.74	1:26.95	
200 Breast	2:53.41	3:06.74	
50 Fly		32.99	
100 Fly	1:09.44	1:14.78	
200 Fly	2:34.39		
200 IM	2:35.56	2:49.09	
400 IM	5:30.69		

Women 18-18

	LEV3	LEV2	LEV1
50 Free		31.28	
100 Free	1:02.97	1:07.95	
200 Free	2:15.99	2:26.73	
400 Free	4:46.44	5:09.05	
800 Free	9:53.38		
50 Back		35.73	

100 Back	1:12.19	1:17.74
200 Back	2:35.29	2:47.24
50 Breast		39.50
100 Breast	1:20.74	1:26.95
200 Breast	2:53.41	3:06.74
50 Fly		32.99
100 Fly	1:09.44	1:14.78
200 Fly	2:34.39	
200 IM	2:35.56	2:49.09
400 IM	5:30.69	

Men 10 & Under

	LEV3	LEV2	LEV1
50 Free		36.43	42.47
100 Free	1:08.43	1:20.24	1:33.54
200 Free	2:31.12	2:57.21	3:10.26
400 Free	5:19.64	6:14.83	
50 Back		41.73	48.52
100 Back	1:18.30	1:31.53	1:46.42
200 Back	2:50.00	3:18.74	3:33.10
50 Breast		45.70	53.13
100 Breast	1:27.43	1:42.21	1:58.83
200 Breast	3:09.84	3:41.93	3:57.97
50 Fly		39.06	45.41
100 Fly	1:15.06	1:27.75	1:42.02
200 IM	2:49.96	3:20.31	3:36.09

Men 11-11

	LEV3	LEV2	LEV1
50 Free		36.43	39.11
100 Free	1:08.43	1:20.24	1:26.15
200 Free	2:31.12	2:57.21	3:10.26
400 Free	5:19.64	6:14.83	
50 Back		41.73	44.75
100 Back	1:18.30	1:31.53	1:38.15
200 Back	2:50.00	3:18.74	3:33.10
50 Breast		45.70	49.00
100 Breast	1:27.43	1:42.21	1:49.59
200 Breast	3:09.84	3:41.93	3:57.97
50 Fly		39.06	41.88
100 Fly	1:15.06	1:27.75	1:34.09
200 IM	2:49.96	3:20.31	3:36.09

Men 12-12

	LEV3	LEV2	LEV1
50 Free		33.30	36.21
100 Free	1:08.43	1:13.36	1:19.75
200 Free	2:31.12	2:41.99	3:10.26
400 Free	5:19.64	5:42.64	
1500 Free	19:47.11		
50 Back		38.21	41.48
100 Back	1:18.30	1:23.81	1:30.98
200 Back	2:50.00	3:01.97	3:33.10
50 Breast		41.85	45.42
100 Breast	1:27.43	1:33.59	1:41.59

200 Breast	3:09.84	3:23.21	3:57.97
50 Fly		35.77	38.82
100 Fly	1:15.06	1:20.35	1:27.22
200 Fly	2:36.50		
200 IM	2:49.96	3:03.31	3:36.09
400 IM	5:38.50		

Men 13-13

	LEV3	LEV2	LEV1
50 Free		31.51	33.75
100 Free	1:04.00	1:09.41	1:14.34
200 Free	2:21.34	2:33.30	2:44.17
400 Free	4:58.95	5:24.24	
1500 Free	19:47.11		
50 Back		36.20	38.72
100 Back	1:13.34	1:19.40	1:24.92
200 Back	2:39.23	2:52.40	3:04.37
50 Breast		39.64	42.40
100 Breast	1:21.89	1:28.66	1:34.82
200 Breast	2:57.81	3:12.51	3:25.88
50 Fly		33.88	36.24
100 Fly	1:10.30	1:16.12	1:21.40
200 Fly	2:36.50		
200 IM	2:39.03	2:53.60	3:06.96
400 IM	5:38.50		

Men 14-14

	LEV3	LEV2	LEV1
50 Free		29.73	31.74
100 Free	1:00.55	1:05.48	1:09.91
200 Free	2:13.73	2:24.60	2:34.38
400 Free	4:42.85	5:05.85	
800 Free			
1500 Free	19:47.11		
50 Back		34.19	36.45
100 Back	1:09.48	1:14.99	1:19.95
200 Back	2:30.85	2:42.82	2:53.59
50 Breast		37.44	39.92
100 Breast	1:17.58	1:23.74	1:29.28
200 Breast	2:48.45	3:01.82	3:13.85
50 Fly		32.00	34.12
100 Fly	1:06.60	1:11.89	1:16.65
200 Fly	2:36.50		
200 IM	2:30.54	2:43.89	2:56.06
400 IM	5:38.50		

Men 15-15

	LEV3	LEV2	LEV1
50 Free		28.38	30.17
100 Free	58.09	1:02.52	1:06.46
200 Free	2:08.29	2:18.07	2:26.77
400 Free	4:31.35	4:52.05	
800 Free			
1500 Free	17:30.13		
50 Back		32.68	34.69

100 Back	1:06.72	1:11.68	1:16.09
200 Back	2:24.86	2:35.64	2:45.21
50 Breast		35.79	37.99
100 Breast	1:14.50	1:20.04	1:24.97
200 Breast	2:41.76	2:53.80	3:04.49
50 Fly		30.59	32.47
100 Fly	1:03.96	1:08.72	1:12.95
200 Fly	2:18.85		
200 IM	2:24.47	2:36.61	2:47.53
400 IM	4:59.74		

Men 16-16

	LEV3	LEV2	LEV1
50 Free		28.38	30.17
100 Free	56.61	1:02.52	1:06.46
200 Free	2:05.03	2:18.07	2:26.77
400 Free	4:24.45	4:52.05	
800 Free			
1500 Free	17:30.13		
50 Back		32.68	34.69
100 Back	1:05.07	1:11.68	1:16.09
200 Back	2:21.27	2:35.64	2:45.21
50 Breast		35.79	37.99
100 Breast	1:12.65	1:20.04	1:24.97
200 Breast	2:37.75	2:53.80	3:04.49
50 Fly		30.59	32.47
100 Fly	1:02.37	1:08.72	1:12.95
200 Fly	2:18.85		
200 IM	2:20.82	2:36.61	2:47.53
400 IM	4:59.74		

Men 17-17

	LEV3	LEV2	LEV1
50 Free		28.38	
100 Free	56.12	1:02.52	
200 Free	2:03.94	2:18.07	
400 Free	4:22.15	4:52.05	
800 Free			
1500 Free	17:30.13		
50 Back		32.68	
100 Back	1:04.51	1:11.68	
200 Back	2:20.07	2:35.64	
50 Breast		35.79	
100 Breast	1:12.04	1:20.04	
200 Breast	2:36.42	2:53.80	
50 Fly		30.59	
100 Fly	1:01.85	1:08.72	
200 Fly	2:18.85		
200 IM	2:19.61	2:36.61	
400 IM	4:59.74		

Men 18-18

	LEV3	LEV2	LEV1
50 Free		28.38	
100 Free	56.12	1:02.52	

200 Free	2:03.94	2:18.07
400 Free	4:22.15	4:52.05
800 Free		
1500 Free	17:30.13	
50 Back		32.68
100 Back	1:04.51	1:11.68
200 Back	2:20.07	2:35.64
50 Breast		35.79
100 Breast	1:12.04	1:20.04
200 Breast	2:36.42	2:53.80
50 Fly		30.59
100 Fly	1:01.85	1:08.72
200 Fly	2:18.85	
200 IM	2:19.61	2:36.61
400 IM	4:59.74	