
SAAG16 STANDARDS SA Age Group Long Course Meters
Women 10 & Under

	LEV3	LEV2	LEV1
50 Free			38.00
100 Free	1:06.58	1:19.13	1:34.41
200 Free	2:24.36	2:51.58	3:24.71
400 Free	5:04.21	6:01.56	
50 Back			47.00
100 Back	1:16.02	1:30.01	1:47.04
200 Back	2:43.55	3:13.64	3:46.35
50 Breast			49.00
100 Breast	1:26.29	1:41.37	2:00.54
200 Breast	3:05.08	3:37.40	4:14.12
50 Fly			45.00
100 Fly	1:13.96	1:26.88	1:43.31
200 IM	2:44.03	3:16.04	3:41.38

Women 11-11

	LEV3	LEV2	LEV1
50 Free			36.05
100 Free	1:06.58	1:19.13	1:28.95
200 Free	2:24.36	2:51.58	3:12.88
400 Free	5:04.21	6:01.56	
50 Back			45.85
100 Back	1:16.02	1:30.01	1:40.96
200 Back	2:43.55	3:13.64	3:33.26
50 Breast			47.23
100 Breast	1:26.29	1:41.37	1:53.69
200 Breast	3:05.08	3:37.40	3:59.43
50 Fly			43.46
100 Fly	1:13.96	1:26.88	1:37.44
200 IM	2:44.03	3:16.04	3:41.38

Women 12-12

	LEV3	LEV2	LEV1
50 Free			34.09
100 Free	1:06.58	1:15.31	1:24.58
200 Free	2:24.36	2:43.30	3:03.41
400 Free	5:04.21	5:44.10	
800 Free	10:14.02		
50 Back			42.83
100 Back	1:16.02	1:25.76	1:36.10
200 Back	2:43.55	3:04.48	3:22.80
50 Breast			44.30
100 Breast	1:26.29	1:36.57	1:48.21
200 Breast	3:05.08	3:27.11	3:47.67
50 Fly			41.36
100 Fly	1:13.96	1:22.77	1:32.75
200 Fly	2:37.74		
200 IM	2:44.03	3:06.70	3:41.38
400 IM	5:38.10		

Women 13-13

	LEV3	LEV2	LEV1
50 Free			33.99

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100 Free	1:04.94	1:12.03	1:20.76
200 Free	2:20.81	2:36.20	2:55.13
400 Free	4:56.73	5:29.14	
800 Free	10:14.02		
1500 Free			
50 Back			41.74
100 Back	1:14.20	1:22.11	1:31.84
200 Back	2:39.62	2:56.63	3:17.57
50 Breast			44.37
100 Breast	1:24.24	1:32.46	1:43.42
200 Breast	3:00.67	3:18.30	3:41.80
50 Fly			39.53
100 Fly	1:12.20	1:19.25	1:28.64
200 Fly	2:37.74		
200 IM	2:40.03	2:58.70	3:21.37
400 IM	5:38.10		

Women 14-14

	LEV3	LEV2	LEV1
50 Free			33.74
100 Free	1:03.85	1:09.30	1:17.49
200 Free	2:18.45	2:30.28	2:48.03
400 Free	4:51.74	5:16.67	
800 Free	10:14.02		
50 Back			41.12
100 Back	1:12.98	1:19.07	1:28.19
200 Back	2:37.01	2:50.09	3:09.72
50 Breast			44.00
100 Breast	1:22.87	1:29.04	1:39.31
200 Breast	2:57.74	3:10.96	3:32.99
50 Fly			37.96
100 Fly	1:11.22	1:16.31	1:25.11
200 Fly	2:37.74		
200 IM	2:37.36	2:52.03	3:13.37
400 IM	5:38.10		

Women 15-15

	LEV3	LEV2	LEV1
50 Free			32.58
100 Free	1:03.30	1:07.12	1:14.76
200 Free	2:17.26	2:25.55	2:42.11
400 Free	4:49.25	5:06.70	
800 Free	9:50.92		
50 Back			39.70
100 Back	1:12.38	1:16.63	1:25.15
200 Back	2:35.70	2:44.86	3:03.18
50 Breast			43.89
100 Breast	1:22.18	1:26.30	1:35.89
200 Breast	2:56.27	3:05.08	3:25.65
50 Fly			36.65
100 Fly	1:10.44	1:13.96	1:22.18
200 Fly	2:33.45		
200 IM	2:36.03	2:46.70	3:06.70
400 IM	5:26.83		

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Women 16-16

	LEV3	LEV2	LEV1
50 Free			32.58
100 Free	1:02.80	1:07.12	1:14.76
200 Free	2:16.08	2:25.55	2:42.11
400 Free	4:46.75	5:06.70	
800 Free	9:50.92		
50 Back			39.70
100 Back	1:11.77	1:16.63	1:25.15
200 Back	2:34.39	2:44.86	3:03.18
50 Breast			43.89
100 Breast	1:21.50	1:26.30	1:35.89
200 Breast	2:54.80	3:05.08	3:25.65
50 Fly			36.65
100 Fly	1:09.85	1:13.96	1:22.18
200 Fly	2:33.45		
200 IM	2:34.70	2:46.70	3:06.70
400 IM	5:26.83		

Women 17-17

	LEV3	LEV2	LEV1
50 Free			
100 Free	1:02.21	1:07.12	
200 Free	2:14.90	2:25.55	
400 Free	4:44.26	5:06.70	
800 Free	9:50.92		
50 Back			
100 Back	1:11.16	1:16.63	
200 Back	2:33.08	2:44.86	
50 Breast			
100 Breast	1:20.81	1:26.30	
200 Breast	2:53.33	3:05.08	
50 Fly			
100 Fly	1:09.26	1:13.96	
200 Fly	2:33.45		
200 IM	2:33.36	2:46.70	
400 IM	5:26.83		

Women 18-18

	LEV3	LEV2	LEV1
50 Free			
100 Free	1:02.21	1:07.12	
200 Free	2:14.90	2:25.55	
400 Free	4:44.26	5:06.70	
800 Free	9:50.92		
50 Back			
100 Back	1:11.16	1:16.63	
200 Back	2:33.08	2:44.86	
50 Breast			
100 Breast	1:20.81	1:26.30	
200 Breast	2:53.33	3:05.08	
50 Fly			
100 Fly	1:09.26	1:13.96	
200 Fly	2:33.45		
200 IM	2:33.36	2:46.70	

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400 IM 5:26.83

Men 10 & Under

	LEV3	LEV2	LEV1
50 Free			37.10
100 Free	1:07.85	1:19.57	1:32.76
200 Free	2:29.86	2:55.74	3:14.08
400 Free	5:18.19	6:13.13	
50 Back			44.39
100 Back	1:17.24	1:30.30	1:44.99
200 Back	2:48.24	3:16.67	3:36.81
50 Breast			45.39
100 Breast	1:26.32	1:40.09	1:57.32
200 Breast	3:07.07	3:38.68	3:54.50
50 Fly			42.47
100 Fly	1:14.35	1:26.91	1:41.05
200 IM	2:48.23	3:18.28	3:33.90

Men 11-11

	LEV3	LEV2	LEV1
50 Free			35.86
100 Free	1:07.85	1:19.57	1:25.43
200 Free	2:29.86	2:55.74	3:08.69
400 Free	5:18.19	6:13.13	
50 Back			44.75
100 Back	1:17.24	1:30.30	1:36.83
200 Back	2:48.24	3:16.67	3:30.89
50 Breast			44.00
100 Breast	1:26.32	1:40.09	1:48.21
200 Breast	3:07.07	3:38.68	3:43.95
50 Fly			41.88
100 Fly	1:14.35	1:26.91	1:33.20
200 IM	2:48.23	3:18.28	3:33.90

Men 12-12

	LEV3	LEV2	LEV1
50 Free			33.13
100 Free	1:07.85	1:12.74	1:19.09
200 Free	2:29.86	2:40.65	2:44.17
400 Free	5:18.19	5:41.09	
1500 Free	19:41.11		
50 Back			41.48
100 Back	1:17.24	1:22.68	1:29.76
200 Back	2:48.24	3:00.08	3:14.79
50 Breast			43.00
100 Breast	1:26.32	1:32.40	1:40.30
200 Breast	3:07.07	3:20.24	3:33.10
50 Fly			38.82
100 Fly	1:14.35	1:19.58	1:26.39
200 Fly	2:35.42		
200 IM	2:48.23	3:01.45	3:18.28
400 IM	5:35.96		

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Men 13-13

	LEV3	LEV2	LEV1
50 Free			31.99
100 Free	1:03.46	1:08.83	1:13.72
200 Free	2:20.16	2:32.02	2:42.81
400 Free	4:57.59	5:22.77	
1500 Free	19:41.11		
50 Back			38.72
100 Back	1:12.35	1:18.33	1:23.78
200 Back	2:37.57	2:50.40	3:02.46
50 Breast			41.27
100 Breast	1:20.85	1:27.53	1:33.62
200 Breast	2:55.21	3:09.70	3:22.88
50 Fly			36.24
100 Fly	1:09.63	1:15.39	1:20.63
200 Fly	2:35.42		
200 IM	2:37.42	2:51.84	3:05.06
400 IM	5:35.96		

Men 14-14

	LEV3	LEV2	LEV1
50 Free			30.71
100 Free	1:00.04	1:04.93	1:09.32
200 Free	2:12.61	2:23.40	2:33.10
400 Free	4:41.57	5:04.46	
1500 Free	19:41.11		
50 Back			36.45
100 Back	1:08.54	1:13.98	1:18.88
200 Back	2:29.28	2:41.13	2:51.80
50 Breast			39.92
100 Breast	1:16.59	1:22.67	1:28.15
200 Breast	2:45.99	2:59.16	3:11.02
50 Fly			34.12
100 Fly	1:05.97	1:11.20	1:15.92
200 Fly	2:35.42		
200 IM	2:29.01	2:42.22	2:54.25
400 IM	5:35.96		

Men 15-15

	LEV3	LEV2	LEV1
50 Free			28.78
100 Free	57.60	1:02.00	1:06.88
200 Free	2:08.02	2:16.93	2:29.87
400 Free	4:30.12	4:50.72	
1500 Free	17:30.13		
50 Back			34.69
100 Back	1:05.82	1:10.72	1:16.16
200 Back	2:23.36	2:34.02	2:45.87
50 Breast			37.99
100 Breast	1:13.55	1:19.02	1:25.11
200 Breast	2:39.40	2:51.80	3:04.44
50 Fly			32.47
100 Fly	1:03.35	1:08.06	1:13.30
200 Fly	2:16.73		
200 IM	2:23.00	2:35.01	2:48.24

SAAG16 STANDARDS SA Age Group Long Course Meters

400 IM 4:54.93

Men 16-16

	LEV3	LEV2	LEV1
50 Free			28.78
100 Free	56.14	1:02.00	1:06.88
200 Free	2:02.99	2:16.93	2:29.87
400 Free	4:23.45	4:50.72	
1500 Free	17:30.13		
50 Back			34.69
100 Back	1:04.19	1:10.72	1:16.16
200 Back	2:19.80	2:34.02	2:45.87
50 Breast			37.99
100 Breast	1:11.73	1:19.02	1:25.11
200 Breast	2:35.45	2:51.80	3:04.44
50 Fly			32.47
100 Fly	1:01.78	1:08.06	1:13.30
200 Fly	2:16.73		
200 IM	2:19.39	2:35.01	2:48.24
400 IM	4:54.93		

Men 17-17

	LEV3	LEV2	LEV1
50 Free			
100 Free	55.65	1:02.00	
200 Free	2:02.91	2:16.93	
400 Free	4:20.97	4:50.72	
1500 Free	17:30.13		
50 Back			
100 Back	1:03.65	1:10.72	
200 Back	2:18.62	2:34.02	
50 Breast			
100 Breast	1:11.12	1:19.02	
200 Breast	2:34.14	2:51.80	
50 Fly			
100 Fly	1:01.26	1:08.06	
200 Fly	2:16.73		
200 IM	2:18.20	2:35.01	
400 IM	4:54.93		

Men 18-18

	LEV3	LEV2	LEV1
50 Free			
100 Free	55.65	1:02.00	
200 Free	2:02.91	2:16.93	
400 Free	4:20.97	4:50.72	
1500 Free	17:30.13		
50 Back			
100 Back	1:03.65	1:10.72	
200 Back	2:18.62	2:34.02	
50 Breast			
100 Breast	1:11.12	1:19.02	
200 Breast	2:34.14	2:51.80	
50 Fly			
100 Fly	1:01.26	1:08.06	

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200 Fly	2:16.73	
200 IM	2:18.20	2:35.01
400 IM	4:54.93	