

SAAG18A STANDARDS Sa National Jnr Long Course Meters

Women 10 & Under

	SANJ	LEV3	LEV2
50 Free			38.00
100 Free	1:06.49	1:19.13	1:34.41
200 Free	2:24.29	2:51.58	3:24.71
400 Free	5:02.00	6:01.56	
50 Back			47.00
100 Back	1:15.84	1:30.01	1:47.04
200 Back	2:41.89	3:13.64	3:46.35
50 Breast			49.00
100 Breast	1:23.97	1:41.37	2:00.54
200 Breast	3:01.53	3:37.40	4:14.12
50 Fly			45.00
100 Fly	1:12.39	1:26.88	1:43.31
200 IM	2:44.58	3:16.04	3:41.38

Women 11-11

	SANJ	LEV3	LEV2
50 Free			36.05
100 Free	1:06.49	1:19.13	1:28.95
200 Free	2:24.29	2:51.58	3:12.88
400 Free	5:02.00	6:01.56	
50 Back			45.85
100 Back	1:15.84	1:30.01	1:40.96
200 Back	2:41.89	3:13.64	3:33.26
50 Breast			47.23
100 Breast	1:23.97	1:41.37	1:53.69
200 Breast	3:01.53	3:37.40	3:59.43
50 Fly			43.46
100 Fly	1:12.39	1:26.88	1:37.44
200 IM	2:44.58	3:16.04	3:41.38

Women 12-12

	SANJ	LEV3	LEV2
50 Free			34.09
100 Free	1:06.49	1:15.31	1:24.58
200 Free	2:24.29	2:43.30	3:03.41
400 Free	5:02.00	5:44.10	
800 Free	10:06.97		
50 Back			42.83
100 Back	1:15.84	1:25.76	1:36.10
200 Back	2:41.89	3:04.48	3:22.80
50 Breast			44.30
100 Breast	1:23.97	1:36.57	1:48.21
200 Breast	3:01.53	3:27.11	3:47.67
50 Fly			41.36
100 Fly	1:12.39	1:22.77	1:32.75
200 Fly	2:38.95		
200 IM	2:44.58	3:06.70	3:41.38
400 IM	5:37.86		

Women 13-13

	SANJ	LEV3	LEV2
50 Free			33.99
100 Free	1:05.15	1:12.03	1:20.76

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200 Free	2:21.40	2:36.20	2:55.13
400 Free	4:55.96	5:29.14	
800 Free	10:06.97		
50 Back			41.74
100 Back	1:13.72	1:22.11	1:31.84
200 Back	2:37.36	2:56.63	3:17.57
50 Breast			44.37
100 Breast	1:21.62	1:32.46	1:43.42
200 Breast	2:56.45	3:18.30	3:41.80
50 Fly			39.53
100 Fly	1:10.37	1:19.25	1:28.64
200 Fly	2:38.95		
200 IM	2:39.97	2:58.70	3:21.37
400 IM	5:37.86		

Women 14-14

	SANJ	LEV3	LEV2
50 Free			33.74
100 Free	1:03.93	1:09.30	1:17.49
200 Free	2:18.74	2:30.28	2:48.03
400 Free	4:50.37	5:16.67	
800 Free	10:06.97		
50 Back			41.12
100 Back	1:13.22	1:19.07	1:28.19
200 Back	2:36.30	2:50.09	3:09.72
50 Breast			44.00
100 Breast	1:21.07	1:29.04	1:39.31
200 Breast	2:55.26	3:10.96	3:32.99
50 Fly			37.96
100 Fly	1:09.90	1:16.31	1:25.11
200 Fly	2:38.95		
200 IM	2:38.90	2:52.03	3:13.37
400 IM	5:37.86		

Women 15-15

	SANJ	LEV3	LEV2
50 Free			32.58
100 Free	1:03.54	1:07.12	1:14.76
200 Free	2:17.89	2:25.55	2:42.11
400 Free	4:48.60	5:06.70	
800 Free	9:44.69		
50 Back			39.70
100 Back	1:12.74	1:16.63	1:25.15
200 Back	2:35.27	2:44.86	3:03.18
50 Breast			43.89
100 Breast	1:20.54	1:26.30	1:35.89
200 Breast	2:54.11	3:05.08	3:25.65
50 Fly			36.65
100 Fly	1:09.44	1:13.96	1:22.18
200 Fly	2:30.51		
200 IM	2:37.85	2:46.70	3:06.70
400 IM	5:29.13		

Women 16-16

	SANJ	LEV3	LEV2
50 Free			32.58

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100 Free	1:02.78	1:07.12	1:14.76
200 Free	2:16.26	2:25.55	2:42.11
400 Free	4:45.18	5:06.70	
800 Free	9:44.69		
50 Back			39.70
100 Back	1:11.81	1:16.63	1:25.15
200 Back	2:33.29	2:44.86	3:03.18
50 Breast			43.89
100 Breast	1:19.51	1:26.30	1:35.89
200 Breast	2:51.89	3:05.08	3:25.65
50 Fly			36.65
100 Fly	1:08.55	1:13.96	1:22.18
200 Fly	2:30.51		
200 IM	2:35.84	2:46.70	3:06.70
400 IM	5:29.13		

Women 17 & Over

	SANJ	LEV3	LEV2
50 Free			32.58
100 Free		1:07.12	1:14.76
200 Free		2:25.55	2:42.11
400 Free		5:06.70	
800 Free			
50 Back			39.70
100 Back		1:16.63	1:25.15
200 Back		2:44.86	3:02.18
50 Breast			43.89
100 Breast		1:26.30	1:35.89
200 Breast		3:05.08	3:25.65
50 Fly			36.65
100 Fly		1:13.96	1:22.18
200 Fly			
200 IM		2:46.70	3:06.70
400 IM			

Men 10 & Under

	SANJ	LEV3	LEV2
50 Free			37.10
100 Free	1:07.21	1:19.57	1:32.76
200 Free	2:26.11	2:55.74	3:14.08
400 Free	5:16.65	6:13.13	
50 Back			44.39
100 Back	1:16.70	1:30.30	1:44.99
200 Back	2:45.20	3:16.67	3:36.81
50 Breast			45.39
100 Breast	1:26.46	1:40.09	1:57.32
200 Breast	3:07.85	3:38.68	3:54.50
50 Fly			42.47
100 Fly	1:13.49	1:26.91	1:41.05
200 IM	2:48.11	3:18.28	3:33.90

Men 11-11

	SANJ	LEV3	LEV2
50 Free			35.86
100 Free	1:07.21	1:19.57	1:25.43
200 Free	2:26.11	2:55.74	3:08.69

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400 Free	5:16.65	6:13.13	
50 Back			44.75
100 Back	1:16.70	1:30.30	1:36.83
200 Back	2:45.20	3:16.67	3:30.89
50 Breast			44.00
100 Breast	1:26.46	1:40.09	1:48.21
200 Breast	3:07.85	3:38.68	3:43.95
50 Fly			41.88
100 Fly	1:13.49	1:26.91	1:33.20
200 IM	2:48.11	3:18.28	3:33.90

Men 12-12

	SANJ	LEV3	LEV2
50 Free			33.13
100 Free	1:07.21	1:12.74	1:19.09
200 Free	2:26.11	2:40.65	2:44.17
400 Free	5:16.65	5:41.09	
1500 Free	19:32.46		
50 Back			41.48
100 Back	1:16.70	1:22.68	1:29.76
200 Back	2:45.20	3:00.08	3:14.79
50 Breast			43.00
100 Breast	1:26.46	1:32.40	1:40.30
200 Breast	3:07.85	3:20.24	3:33.10
50 Fly			38.82
100 Fly	1:13.49	1:19.58	1:26.39
200 Fly	2:35.32		
200 IM	2:48.11	3:01.45	3:18.28
400 IM	5:33.74		

Men 13-13

	SANJ	LEV3	LEV2
50 Free			31.99
100 Free	1:03.66	1:08.83	1:13.72
200 Free	2:18.43	2:32.02	2:42.81
400 Free	4:58.68	5:22.77	
1500 Free	19:32.46		
50 Back			38.72
100 Back	1:12.22	1:18.33	1:23.78
200 Back	2:35.89	2:50.40	3:02.46
50 Breast			41.27
100 Breast	1:19.57	1:27.53	1:33.62
200 Breast	2:56.91	3:09.70	3:22.88
50 Fly			36.24
100 Fly	1:09.39	1:15.39	1:20.63
200 Fly	2:35.32		
200 IM	2:38.79	2:51.84	3:05.06
400 IM	5:33.74		

Men 14-14

	SANJ	LEV3	LEV2
50 Free			30.71
100 Free	1:00.33	1:04.93	1:09.32
200 Free	2:11.19	2:23.40	2:33.10
400 Free	4:43.04	5:04.46	
1500 Free	19:32.46		

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50 Back			36.45
100 Back	1:08.69	1:13.98	1:18.88
200 Back	2:28.28	2:41.13	2:51.80
50 Breast			39.92
100 Breast	1:15.69	1:22.67	1:28.15
200 Breast	2:48.27	2:59.16	3:11.02
50 Fly			34.12
100 Fly	1:06.00	1:11.20	1:15.92
200 Fly	2:35.32		
200 IM	2:31.03	2:42.22	2:54.25
400 IM	5:33.74		

Men 15-15

	SANJ	LEV3	LEV2
50 Free			28.78
100 Free	57.60	1:02.00	1:06.88
200 Free	2:05.25	2:16.93	2:29.87
400 Free	4:30.24	4:50.72	
1500 Free	17:24.44		
50 Back			34.69
100 Back	1:05.32	1:10.72	1:16.16
200 Back	2:21.01	2:34.02	2:45.87
50 Breast			37.99
100 Breast	1:11.97	1:19.02	1:25.11
200 Breast	2:40.02	2:51.80	3:04.44
50 Fly			32.47
100 Fly	1:02.76	1:08.06	1:13.30
200 Fly	2:20.49		
200 IM	2:23.63	2:35.01	2:48.24
400 IM	5:07.21		

Men 16-16

	SANJ	LEV3	LEV2
50 Free			28.78
100 Free	56.25	1:02.00	1:06.88
200 Free	2:02.30	2:16.93	2:29.87
400 Free	4:23.88	4:50.72	
1500 Free	17:24.44		
50 Back			34.69
100 Back	1:04.47	1:10.72	1:16.16
200 Back	2:19.17	2:34.02	2:45.87
50 Breast			37.99
100 Breast	1:11.04	1:19.02	1:25.11
200 Breast	2:37.94	2:51.80	3:04.44
50 Fly			32.47
100 Fly	1:01.95	1:08.06	1:13.30
200 Fly	2:18.66		
200 IM	2:21.76	2:35.01	2:48.24
400 IM	5:03.22		

Men 17 & Over

	SANJ	LEV3	LEV2
50 Free			28.78
100 Free		1:02.00	1:06.88
200 Free		2:16.93	2:29.87
400 Free		4:50.72	

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1500	Free		
50	Back		34.69
100	Back	1:10.72	1:16.16
200	Back	2:34.02	2:45.87
50	Breast		37.99
100	Breast	1:19.02	1:25.11
200	Breast	2:51.80	3:04.44
50	Fly		32.47
100	Fly	1:08.06	1:13.30
200	Fly		
200	IM	2:35.01	2:48.24
400	IM		