

**SAAG14 STANDARDS Sa Age Group QT 2014 Long Course Meters**

**Women 10 & Under**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36,64	43,72
100 Free	1:06,58	1:19,13	1:34,41
200 Free	2:24,36	2:51,58	3:12,88
400 Free	5:04,21	6:01,56	
50 Back		41,97	49,91
100 Back	1:16,02	1:30,01	1:47,04
200 Back	2:43,55	3:13,64	3:37,19
50 Breast		46,40	55,18
100 Breast	1:25,61	1:41,37	2:00,54
200 Breast	3:03,61	3:37,40	4:03,84
50 Fly		38,75	46,08
100 Fly	1:13,38	1:26,88	1:43,31
200 IM	2:44,03	3:16,04	3:41,38

**Women 11-11**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36,64	41,19
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		41,97	47,08
100 Back	1:16,02	1:30,01	1:40,96
200 Back	2:43,55	3:13,64	3:37,19
50 Breast		46,40	52,04
100 Breast	1:25,61	1:41,37	1:53,69
200 Breast	3:03,61	3:37,40	4:03,84
50 Fly		38,75	43,46
100 Fly	1:13,38	1:26,88	1:37,44
200 IM	2:44,03	3:16,04	3:41,38

**Women 12-12**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		35,09	39,17
100 Free	1:06,58	1:15,31	1:24,58
200 Free	2:24,36	2:43,30	3:12,88
400 Free	5:04,21	5:44,10	
800 Free	10:14,02		
50 Back		39,99	44,81
100 Back	1:16,02	1:25,76	1:36,10
200 Back	2:43,55	3:04,48	3:37,19
50 Breast		44,20	49,53
100 Breast	1:25,61	1:36,57	1:48,21
200 Breast	3:03,61	3:27,11	4:03,84
50 Fly		36,91	41,36
100 Fly	1:13,38	1:22,77	1:32,75
200 Fly	2:37,32		
200 IM	2:44,03	3:06,70	3:41,38
400 IM	5:38,10		

**Women 13-13**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		33,36	37,40

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**SAAG14 STANDARDS Sa Age Group QT 2014 Long Course Meters**

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		38,29	42,82
100 Back	1:14,20	1:22,11	1:31,84
200 Back	2:39,62	2:56,63	3:17,57
50 Breast		42,32	47,34
100 Breast	1:23,56	1:32,46	1:43,42
200 Breast	2:59,21	3:18,30	3:41,80
50 Fly		35,34	39,53
100 Fly	1:11,61	1:19,25	1:28,64
200 Fly	2:37,32		
200 IM	2:40,03	2:58,70	3:21,37
400 IM	5:38,10		

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**Women 14-14**


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	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		32,09	35,88
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		36,87	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		40,76	45,46
100 Breast	1:22,19	1:29,04	1:39,31
200 Breast	2:56,27	3:10,96	3:32,99
50 Fly		34,03	37,96
100 Fly	1:10,44	1:16,31	1:25,11
200 Fly	2:37,32		
200 IM	2:37,36	2:52,03	3:13,37
400 IM	5:38,10		

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**Women 15-15**


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	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		31,08	34,62
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		35,73	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		39,50	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		32,99	36,65
100 Fly	1:09,85	1:13,96	1:22,18
200 Fly	2:30,87		
200 IM	2:36,03	2:46,70	3:06,70
400 IM	5:24,01		

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**SAAG14 STANDARDS Sa Age Group QT 2014 Long Course Meters**


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**Women 16-16**

	LEV3	LEV2	LEV1
50 Free		31,08	34,62
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		35,73	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		39,50	43,89
100 Breast	1:20,82	1:26,30	1:35,89
200 Breast	2:53,33	3:05,08	3:25,65
50 Fly		32,99	36,65
100 Fly	1:09,27	1:13,96	1:22,18
200 Fly	2:30,87		
200 IM	2:34,70	2:46,70	3:06,70
400 IM	5:24,01		

**Women 17-17**

	LEV3	LEV2	LEV1
50 Free		31,08	
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		35,73	
100 Back	1:11,16	1:16,63	
200 Back	2:33,08	2:44,86	
50 Breast		39,50	
100 Breast	1:18,76	1:26,30	
200 Breast	2:48,92	3:05,08	
50 Fly		32,99	
100 Fly	1:08,68	1:13,96	
200 Fly	2:30,87		
200 IM	2:33,36	2:46,70	
400 IM	5:24,01		

**Women 18-18**

	LEV3	LEV2	LEV1
50 Free		31,08	
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		35,73	
100 Back	1:11,16	1:16,63	
200 Back	2:33,08	2:44,86	
50 Breast		39,50	
100 Breast	1:18,76	1:26,30	
200 Breast	2:48,92	3:05,08	
50 Fly		32,99	
100 Fly	1:08,68	1:13,96	
200 Fly	2:30,87		
200 IM	2:33,36	2:46,70	

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**SAAG14 STANDARDS Sa Age Group QT 2014 Long Course Meters**

400 IM 5:24,01

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**Men 10 & Under**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36,03	42,01
100 Free	1:07,85	1:19,57	1:32,76
200 Free	2:29,86	2:55,74	3:08,69
400 Free	5:18,19	6:00,10	
50 Back		41,73	48,52
100 Back	1:17,24	1:30,30	1:44,99
200 Back	2:48,24	3:12,67	3:30,89
50 Breast		45,70	53,13
100 Breast	1:26,32	1:40,09	1:57,32
200 Breast	3:07,07	3:36,68	3:54,50
50 Fly		39,06	45,41
100 Fly	1:14,35	1:25,91	1:41,05
200 IM	2:48,23	3:15,28	3:33,90

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**Men 11-11**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36,03	38,69
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	6:00,10	
50 Back		41,73	44,75
100 Back	1:17,24	1:30,30	1:36,83
200 Back	2:48,24	3:12,67	3:30,89
50 Breast		45,70	49,00
100 Breast	1:26,32	1:40,09	1:48,21
200 Breast	3:07,07	3:36,68	3:54,50
50 Fly		39,06	41,88
100 Fly	1:14,35	1:25,91	1:33,20
200 IM	2:48,23	3:15,28	3:33,90

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**Men 12-12**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		32,94	35,82
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		38,21	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		41,85	45,42
100 Breast	1:26,32	1:32,40	1:40,30
200 Breast	3:07,07	3:20,24	3:33,10
50 Fly		35,77	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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**SAAG14 STANDARDS Sa Age Group QT 2014 Long Course Meters**


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**Men 13-13**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		31,17	33,39
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		36,20	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		39,64	42,40
100 Breast	1:20,85	1:27,53	1:33,62
200 Breast	2:55,21	3:09,70	3:22,88
50 Fly		33,88	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**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		29,40	31,40
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		34,19	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		37,44	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		32,00	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**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		28,08	30,29
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		32,68	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		35,79	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		30,59	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

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**SAAG14 STANDARDS Sa Age Group QT 2014 Long Course Meters**

400 IM 4:54,93

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**Men 16-16**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		28,08	30,29
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		32,68	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		35,79	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		30,59	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		

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**Men 17-17**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		28,08	
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		32,68	
100 Back	1:03,65	1:10,72	
200 Back	2:18,62	2:34,02	
50 Breast		35,79	
100 Breast	1:11,12	1:19,02	
200 Breast	2:34,14	2:51,80	
50 Fly		30,59	
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		

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**Men 18-18**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		28,08	
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		32,68	
100 Back	1:03,65	1:10,72	
200 Back	2:18,62	2:34,02	
50 Breast		35,79	
100 Breast	1:11,12	1:19,02	
200 Breast	2:34,14	2:51,80	
50 Fly		30,59	
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	