
SANJ STANDARDS Sa National Jnr 2023 Long Course Meters**Women 12 & Under**

SANJ	
50 Free	
100 Free	1:07.98
200 Free	2:29.68
400 Free	5:20.92
800 Free	11:03.53
1500 Free	21:46.14
50 Back	
100 Back	1:17.96
200 Back	2:48.82
50 Breast	
100 Breast	1:28.14
200 Breast	3:10.99
50 Fly	
100 Fly	1:17.98
200 Fly	2:59.97
200 IM	2:51.16
400 IM	6:07.73

Women 13-13

SANJ	
50 Free	
100 Free	1:06.03
200 Free	2:25.30
400 Free	5:08.56
800 Free	10:37.38
1500 Free	20:49.27
50 Back	
100 Back	1:15.24
200 Back	2:42.79
50 Breast	
100 Breast	1:25.29
200 Breast	3:04.80
50 Fly	
100 Fly	1:15.29
200 Fly	2:52.84
200 IM	2:45.19
400 IM	5:54.26

Women 14-14

SANJ	
50 Free	
100 Free	1:04.09
200 Free	2:20.94
400 Free	4:57.91
800 Free	10:28.00
1500 Free	20:10.21
50 Back	
100 Back	1:12.86
200 Back	2:37.53
50 Breast	
100 Breast	1:22.47
200 Breast	2:58.70
50 Fly	

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100 Fly	1:11.60
200 Fly	2:43.96
200 IM	2:39.96
400 IM	5:45.04

Women 15-15

SANJ

50 Free	
100 Free	1:03.69
200 Free	2:20.04
400 Free	4:55.95
800 Free	10:23.52
1500 Free	20:01.18
50 Back	
100 Back	1:12.37
200 Back	2:36.45
50 Breast	
100 Breast	1:21.90
200 Breast	2:57.45
50 Fly	
100 Fly	1:10.36
200 Fly	2:42.00
200 IM	2:38.89
400 IM	5:37.85

Women 16-16

SANJ

50 Free	
100 Free	1:03.10
200 Free	2:18.73
400 Free	4:51.27
800 Free	10:17.02
1500 Free	19:35.61
50 Back	
100 Back	1:10.98
200 Back	2:34.38
50 Breast	
100 Breast	1:20.26
200 Breast	2:53.90
50 Fly	
100 Fly	1:08.33
200 Fly	2:36.11
200 IM	2:36.83
400 IM	5:33.37

Men 12 & Under

SANJ

50 Free	
100 Free	1:05.33
200 Free	2:24.04
400 Free	5:10.79
800 Free	11:00.99
1500 Free	20:47.95
50 Back	
100 Back	1:15.40
200 Back	2:42.77

SANJ STANDARDS Sa National Jnr 2023 Long Course Meters

50 Breast	
100 Breast	1:24.49
200 Breast	3:07.35
50 Fly	
100 Fly	1:13.45
200 Fly	2:49.25
200 IM	2:43.32
400 IM	5:52.85

Men 13-13

SANJ

50 Free	
100 Free	1:02.14
200 Free	2:19.01
400 Free	4:59.93
800 Free	10:24.19
1500 Free	19:42.15
50 Back	
100 Back	1:12.21
200 Back	2:38.05
50 Breast	
100 Breast	1:22.30
200 Breast	3:02.50
50 Fly	
100 Fly	1:10.50
200 Fly	2:41.88
200 IM	2:37.38
400 IM	5:36.64

Men 14-14

SANJ

50 Free	
100 Free	59.09
200 Free	2:11.65
400 Free	4:44.05
800 Free	9:49.99
1500 Free	18:56.63
50 Back	
100 Back	1:07.65
200 Back	2:28.85
50 Breast	
100 Breast	1:17.19
200 Breast	2:51.16
50 Fly	
100 Fly	1:05.76
200 Fly	2:30.27
200 IM	2:28.75
400 IM	5:18.19

Men 15-15

SANJ

50 Free	
100 Free	57.24
200 Free	2:06.43
400 Free	4:32.79
800 Free	9:29.63

SANJ STANDARDS Sa National Jnr 2023 Long Course Meters

1500 Free	18:36.33
50 Back	
100 Back	1:04.26
200 Back	2:21.00
50 Breast	
100 Breast	1:12.89
200 Breast	2:41.63
50 Fly	
100 Fly	1:02.29
200 Fly	2:21.91
200 IM	2:22.68
400 IM	5:07.21

Men 16-16

SANJ

50 Free	
100 Free	56.57
200 Free	2:03.37
400 Free	4:26.19
800 Free	9:15.20
1500 Free	18:06.65
50 Back	
100 Back	1:02.90
200 Back	2:18.29
50 Breast	
100 Breast	1:10.50
200 Breast	2:36.33
50 Fly	
100 Fly	1:00.72
200 Fly	2:18.13
200 IM	2:19.13
400 IM	5:00.36
