
CTAAGE STANDARDS CTMA SANJ Long Course Meters

Women 10 & Under

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				38,00	39,14
100 Free	1:06,49	1:08,50	1:19,13	1:34,41	1:37,24
200 Free	2:24,29	2:28,60	2:51,58	3:24,71	3:30,85
400 Free	5:02,00	5:11,10	6:01,56		
50 Back				47,00	48,41
100 Back	1:15,84	1:18,10	1:30,01	1:47,04	1:50,25
200 Back	2:41,89	2:46,70	3:13,64	3:46,35	3:53,14
50 Breast				49,00	50,47
100 Breast	1:23,97	1:26,50	1:41,37	2:00,54	2:04,16
200 Breast	3:01,53	3:07,00	3:37,40	4:14,12	4:21,74
50 Fly				45,00	46,35
100 Fly	1:12,39	1:14,60	1:26,88	1:43,31	1:46,41
200 IM	2:44,58	2:49,50	3:16,04	3:41,38	3:48,02

Women 11-11

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				36,05	37,13
100 Free	1:06,49	1:08,50	1:19,13	1:28,95	1:31,62
200 Free	2:24,29	2:28,60	2:51,58	3:12,88	3:18,67
400 Free	5:02,00	5:11,10	6:01,56		
50 Back				45,85	47,23
100 Back	1:15,84	1:18,10	1:30,01	1:40,96	1:43,99
200 Back	2:41,89	2:46,70	3:13,64	3:33,26	3:39,66
50 Breast				47,23	48,65
100 Breast	1:23,97	1:26,50	1:41,37	1:53,69	1:57,10
200 Breast	3:01,53	3:07,00	3:37,40	3:59,43	4:06,61
50 Fly				43,46	44,76
100 Fly	1:12,39	1:14,60	1:26,88	1:37,44	1:40,36
200 IM	2:44,58	2:49,50	3:16,04	3:41,38	3:48,02

Women 12-12

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				34,09	35,11
100 Free	1:06,49	1:08,50	1:15,31	1:24,58	1:27,12
200 Free	2:24,29	2:28,60	2:43,30	3:03,41	3:08,91
400 Free	5:02,00	5:11,10	5:44,10		
800 Free	10:06,97	10:25,20			
50 Back				42,83	44,11
100 Back	1:15,84	1:18,10	1:25,76	1:36,10	1:38,98
200 Back	2:41,89	2:46,70	3:04,48	3:22,80	3:28,88
50 Breast				44,30	45,63
100 Breast	1:23,97	1:26,50	1:36,57	1:48,21	1:51,46
200 Breast	3:01,53	3:07,00	3:27,11	3:47,67	3:54,50
50 Fly				41,36	42,60
100 Fly	1:12,39	1:14,60	1:22,77	1:32,75	1:35,53
200 Fly	2:38,95	2:43,70			
200 IM	2:44,58	2:49,50	3:06,70	3:41,38	3:48,02
400 IM	5:37,86	5:48,00			

Women 13-13

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				33,99	35,01
100 Free	1:05,15	1:07,10	1:12,03	1:20,76	1:23,18

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200 Free	2:21,40	2:25,60	2:36,20	2:55,13	3:00,38
400 Free	4:55,96	5:04,80	5:29,14		
800 Free	10:06,97	10:25,20			
50 Back				41,74	42,99
100 Back	1:13,72	1:15,90	1:22,11	1:31,84	1:34,60
200 Back	2:37,36	2:42,10	2:56,63	3:17,57	3:23,50
50 Breast				44,37	45,70
100 Breast	1:21,62	1:24,10	1:32,46	1:43,42	1:46,52
200 Breast	2:56,45	3:01,70	3:18,30	3:41,80	3:48,45
50 Fly				39,53	40,72
100 Fly	1:10,37	1:12,50	1:19,25	1:28,64	1:31,30
200 Fly	2:38,95	2:43,70			
200 IM	2:39,97	2:44,80	2:58,70	3:21,37	3:27,41
400 IM	5:37,86	5:48,00			

Women 14-14

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				33,74	34,75
100 Free	1:03,93	1:05,80	1:09,30	1:17,49	1:19,81
200 Free	2:18,74	2:22,90	2:30,28	2:48,03	2:53,07
400 Free	4:50,37	4:59,10	5:16,67		
800 Free	10:06,97	10:25,20			
50 Back				41,12	42,35
100 Back	1:13,22	1:15,40	1:19,07	1:28,19	1:30,84
200 Back	2:36,30	2:41,00	2:50,09	3:09,72	3:15,41
50 Breast				44,00	45,32
100 Breast	1:21,07	1:23,50	1:29,04	1:39,31	1:42,29
200 Breast	2:55,26	3:00,50	3:10,96	3:32,99	3:39,38
50 Fly				37,96	39,10
100 Fly	1:09,90	1:12,00	1:16,31	1:25,11	1:27,66
200 Fly	2:38,95	2:43,70			
200 IM	2:38,90	2:43,70	2:52,03	3:13,37	3:19,17
400 IM	5:37,86	5:48,00			

Women 15-15

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				32,58	33,56
100 Free	1:03,54	1:05,04	1:07,12	1:14,76	1:17,00
200 Free	2:17,89	2:22,00	2:25,55	2:42,11	2:46,97
400 Free	4:48,60	4:57,30	5:06,70		
800 Free	9:44,69	10:02,20			
50 Back				39,70	40,89
100 Back	1:12,74	1:14,90	1:16,63	1:25,15	1:27,70
200 Back	2:35,27	2:39,90	2:44,86	3:03,18	3:08,68
50 Breast				43,89	45,21
100 Breast	1:20,54	1:23,00	1:26,30	1:35,89	1:38,77
200 Breast	2:54,11	2:59,30	3:05,08	3:25,65	3:31,82
50 Fly				36,65	37,75
100 Fly	1:09,44	1:11,50	1:13,96	1:22,18	1:24,65
200 Fly	2:30,51	2:35,00			
200 IM	2:37,85	2:42,60	2:46,70	3:06,70	3:12,30
400 IM	5:29,13	5:39,00			

Women 16-16

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				32,58	3,36

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100 Free	1:02,78	1:04,70	1:07,12	1:14,76	1:17,00
200 Free	2:16,26	2:20,30	2:25,55	2:42,11	2:46,97
400 Free	4:45,18	4:53,70	5:06,70		
800 Free	9:44,69	10:02,20			
50 Back				39,70	40,89
100 Back	1:11,81	1:14,00	1:16,63	1:25,15	1:27,70
200 Back	2:33,29	2:37,90	2:44,86	3:03,18	3:08,68
50 Breast				43,89	45,21
100 Breast	1:19,51	1:21,90	1:26,30	1:35,89	1:38,77
200 Breast	2:51,89	2:57,00	3:05,08	3:25,65	3:31,82
50 Fly				36,65	37,75
100 Fly	1:08,55	1:10,60	1:13,96	1:22,18	1:24,65
200 Fly	2:30,51	2:35,00			
200 IM	2:35,84	2:40,50	2:46,70	3:06,70	3:12,30
400 IM	5:29,13	5:39,00			

Women 17-17

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				32,58	33,56
100 Free	1:02,78	1:04,70	1:07,12	1:14,76	1:17,00
200 Free	2:16,26	2:20,30	2:25,55	2:42,11	2:46,97
400 Free	4:45,18	4:53,70	5:06,70		
800 Free	9:44,69	10:02,20			
50 Back				39,70	40,89
100 Back	1:11,81	1:14,00	1:16,63	1:25,15	1:27,70
200 Back	2:33,29	2:37,90	2:44,86	3:03,18	3:08,68
50 Breast				43,89	45,21
100 Breast	1:19,51	1:21,90	1:26,30	1:35,89	1:38,77
200 Breast	2:51,89	2:57,00	3:05,08	3:25,65	3:31,82
50 Fly				36,65	37,75
100 Fly	1:08,55	1:10,60	1:13,96	1:22,18	1:24,65
200 Fly	2:30,51	2:35,00			
200 IM	2:35,84	2:40,05	2:46,70	3:06,70	3:12,30
400 IM	5:29,13	5:39,00			

Women 18 & Over

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				32,58	33,56
100 Free	1:02,78	1:04,70	1:07,12	1:14,76	1:17,00
200 Free	2:16,26	2:20,30	2:25,55	2:42,11	2:46,97
400 Free	4:45,18	4:53,70	5:06,70		
800 Free	9:44,69	10:02,20			
50 Back				39,70	40,89
100 Back	1:11,81	1:14,00	1:16,63	1:25,15	1:27,70
200 Back	2:33,29	2:37,90	2:44,86	3:03,18	3:08,68
50 Breast				43,89	45,21
100 Breast	1:19,51	1:21,90	1:26,30	1:35,89	1:38,82
200 Breast	2:51,89	2:57,00	3:05,08	3:25,65	3:31,82
50 Fly				36,65	37,75
100 Fly	1:08,55	1:10,60	1:13,96	1:22,18	1:24,65
200 Fly	2:30,51	2:35,00			
200 IM	2:35,84	2:40,50	2:46,70	3:06,70	3:12,30
400 IM	5:29,13	5:39,00			

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Women

	CTSJ	CT3+	CT3	CT2	CT1+
400 IM	5:29,13				

Men 10 & Under

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				37,10	38,21
100 Free	1:07,21	1:09,20	1:19,57	1:32,76	1:35,54
200 Free	2:26,11	2:30,50	2:55,74	3:14,08	3:19,90
400 Free	5:16,65	5:26,10	6:13,13		
50 Back				44,39	45,72
100 Back	1:16,70	1:19,00	1:30,30	1:44,99	1:48,14
200 Back	2:45,20	2:50,20	3:16,67	3:36,81	3:43,31
50 Breast				45,39	46,75
100 Breast	1:26,46	1:29,10	1:40,09	1:57,32	2:00,84
200 Breast	3:07,85	3:13,50	3:38,68	3:54,50	4:01,54
50 Fly				42,47	43,74
100 Fly	1:13,49	1:15,70	1:26,91	1:41,05	1:44,08
200 IM	2:48,11	2:53,20	3:18,28	3:33,90	3:40,32

Men 11-11

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				35,86	36,94
100 Free	1:07,21	1:09,20	1:19,57	1:25,43	1:27,99
200 Free	2:26,11	2:30,50	2:55,74	3:08,69	3:14,35
400 Free	5:16,65	5:26,10	6:13,13		
50 Back				44,75	46,09
100 Back	1:16,70	1:19,00	1:30,30	1:36,83	1:39,73
200 Back	2:45,20	2:50,20	3:16,67	3:30,89	3:37,22
50 Breast				44,00	45,32
100 Breast	1:26,46	1:29,10	1:40,09	1:48,21	1:51,46
200 Breast	3:07,85	3:13,50	3:38,68	3:43,95	3:50,67
50 Fly				41,88	43,14
100 Fly	1:13,49	1:15,70	1:26,91	1:33,20	1:36,00
200 IM	2:48,11	2:53,20	3:18,28	3:33,90	3:40,32

Men 12-12

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				33,13	34,12
100 Free	1:07,21	1:09,20	1:12,74	1:19,09	1:21,46
200 Free	2:26,11	2:30,50	2:40,65	2:44,17	2:49,10
400 Free	5:16,65	5:26,10	5:41,09		
1500 Free	19:32,46	20:07,60			
50 Back				41,48	42,72
100 Back	1:16,70	1:19,00	1:22,68	1:29,76	1:32,45
200 Back	2:45,20	2:50,20	3:00,08	3:14,79	3:20,63
50 Breast				43,00	44,29
100 Breast	1:26,46	1:29,10	1:32,40	1:40,30	1:43,31
200 Breast	3:07,85	3:13,50	3:20,24	3:33,10	3:39,49
50 Fly				38,82	39,98
100 Fly	1:13,49	1:15,70	1:19,58	1:26,39	1:28,98
200 Fly	2:35,32	2:40,00			
200 IM	2:48,11	2:53,20	3:01,45	3:18,28	3:24,23
400 IM	5:33,74	5:43,80			

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Men 13-13

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				31,99	32,95
100 Free	1:03,66	1:05,60	1:08,83	1:13,72	1:15,93
200 Free	2:18,43	2:22,60	2:32,02	2:42,81	2:47,69
400 Free	4:58,68	5:07,60	5:22,77		
1500 Free	19:32,46	2:00,60			
50 Back				38,72	39,88
100 Back	1:12,22	1:14,40	1:18,33	1:23,78	1:26,29
200 Back	2:35,89	2:40,60	2:50,40	3:02,46	3:07,93
50 Breast				41,27	42,51
100 Breast	1:19,57	1:22,00	1:27,53	1:33,62	1:36,43
200 Breast	2:56,91	3:02,20	3:09,70	3:22,88	3:28,97
50 Fly				36,24	37,33
100 Fly	1:09,39	1:11,50	1:15,39	1:20,63	1:23,05
200 Fly	2:35,32	2:40,00			
200 IM	2:38,79	2:43,60	2:51,84	3:05,06	3:10,61
400 IM	5:33,74				

Men 14-14

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				30,71	31,63
100 Free	1:00,33	1:02,10	1:04,93	1:09,32	1:11,40
200 Free	2:11,19	2:15,10	2:23,40	2:33,10	2:37,69
400 Free	4:43,04	4:51,50	5:04,46		
1500 Free	19:32,46	20:07,60			
50 Back				36,45	37,54
100 Back	1:08,69	1:10,80	1:13,98	1:18,88	1:21,25
200 Back	2:28,28	2:32,70	2:41,13	2:51,80	2:56,95
50 Breast				39,92	41,12
100 Breast	1:15,69	1:18,00	1:22,67	1:28,15	1:30,79
200 Breast	2:48,27	2:53,30	2:59,16	3:11,02	3:16,75
50 Fly				34,12	35,14
100 Fly	1:06,00	1:08,00	1:11,20	1:15,92	1:18,20
200 Fly	2:35,32	2:40,00			
200 IM	2:31,03	2:35,60	2:42,22	2:54,25	2:59,48
400 IM	5:33,74	5:43,80			

Men 15-15

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				28,78	29,64
100 Free	57,60	59,30	1:02,00	1:06,88	1:08,89
200 Free	2:05,25	2:09,00	2:16,93	2:29,87	2:34,37
400 Free	4:30,24	4:38,30	4:50,72		
1500 Free	17:24,44	17:55,80			
50 Back				34,69	35,73
100 Back	1:05,32	1:07,30	1:10,72	1:16,16	1:18,44
200 Back	2:21,01	2:25,20	2:34,02	2:45,87	2:50,85
50 Breast				37,99	39,13
100 Breast	1:11,97	1:14,10	1:19,02	1:25,11	1:27,66
200 Breast	2:40,02	2:44,80	2:51,80	3:04,44	3:09,97
50 Fly				32,47	33,44
100 Fly	1:02,76	1:04,60	1:08,06	1:13,30	1:15,50
200 Fly	2:20,49	2:24,70			
200 IM	2:23,63	2:27,90	2:35,01	2:48,24	2:53,29
400 IM	5:07,21	5:16,40			

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Men 16-16

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				28,78	29,64
100 Free	56,25	57,90	1:02,00	1:06,88	1:08,89
200 Free	2:02,30	2:06,00	2:16,93	2:29,87	2:34,37
400 Free	4:23,88	4:31,80	4:50,72		
1500 Free	17:24,44	17:55,80			
50 Back				34,69	35,73
100 Back	1:04,47	1:06,40	1:10,72	1:16,16	1:18,44
200 Back	2:19,17	2:23,30	2:34,02	2:45,87	2:50,85
50 Breast				37,99	39,13
100 Breast	1:11,04	1:13,20	1:19,02	1:25,11	1:27,66
200 Breast	2:37,94	2:42,70	2:51,80	3:04,44	3:09,97
50 Fly				32,47	33,44
100 Fly	1:01,95	1:03,80	1:08,06	1:13,30	1:15,50
200 Fly	2:18,66	2:22,80			
200 IM	2:21,76	2:26,00	2:35,01	2:48,24	2:53,29
400 IM	5:03,22	5:12,30			

Men 17-17

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				28,78	29,64
100 Free	55,93	57,60	1:02,00	1:06,88	1:08,89
200 Free	2:01,61	2:05,30	2:16,93	2:29,87	2:34,37
400 Free	4:22,38	4:30,30	4:50,72		
1500 Free	17:24,44	17:55,80			
50 Back				34,69	35,73
100 Back	1:03,28	1:05,20	1:10,72	1:16,16	1:18,44
200 Back	2:16,60	2:20,70	2:34,02	2:45,87	2:50,85
50 Breast				37,99	39,13
100 Breast	1:09,72	1:11,80	1:19,02	1:25,11	1:27,66
200 Breast	2:35,01	2:39,70	2:51,80	3:04,44	3:09,97
50 Fly				32,47	33,44
100 Fly	1:00,80	1:02,60	1:08,06	1:13,30	1:15,50
200 Fly	2:16,10	2:20,20			
200 IM	2:19,13	2:23,30	2:35,01	2:48,24	2:53,29
400 IM	4:57,61	5:06,50			

Men 18 & Over

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				28,78	29,64
100 Free	55,93	57,60	1:02,00	1:06,88	1:08,89
200 Free	2:01,61	2:05,30	2:16,93	2:29,87	2:34,37
400 Free	4:22,38	4:30,30	4:50,72		
1500 Free	17:24,44	17:55,80			
50 Back				34,69	35,73
100 Back	1:03,28	1:05,20	1:10,72	1:16,16	1:18,44
200 Back	2:16,60	2:20,70	2:34,02	2:45,87	2:50,85
50 Breast				37,99	39,13
100 Breast	1:09,72	1:11,80	1:19,02	1:25,11	1:27,66
200 Breast	2:35,01	2:39,70	2:51,80	3:04,44	3:09,97
50 Fly				32,47	33,44
100 Fly	1:00,80	1:02,60	1:08,06	1:13,30	1:15,50
200 Fly	2:16,10	2:20,20			
200 IM	2:19,13	2:23,30	2:35,01	2:48,24	2:53,29

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400 IM

4:57,61

5:06,50

