

CTAAGE STANDARDS CTMA SANJ Short Course Meters

Women 10 & Under

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				37,20	38,32
100 Free	1:04,98	1:06,93	1:17,53	1:32,81	1:35,59
200 Free	2:21,09	2:25,32	2:48,38	3:21,51	3:27,56
400 Free	4:55,60	5:04,47	5:55,16		
50 Back				46,40	47,79
100 Back	1:14,64	1:16,88	1:28,81	1:45,84	1:49,02
200 Back	2:39,49	2:44,27	3:11,24	3:43,95	3:50,67
50 Breast				48,00	49,44
100 Breast	1:21,97	1:24,43	1:39,37	1:58,54	2:02,10
200 Breast	2:57,53	3:02,86	3:33,40	4:10,12	4:17,62
50 Fly				44,30	45,63
100 Fly	1:10,99	1:13,12	1:25,48	1:41,91	1:44,97
200 IM	2:41,38	2:46,22	3:12,84	3:38,18	3:44,73

Women 11-11

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				35,25	36,31
100 Free	1:04,98	1:06,93	1:17,53	1:27,35	1:29,97
200 Free	2:21,09	2:25,32	2:48,38	3:09,68	3:15,37
400 Free	4:55,60	5:04,47	5:55,16		
50 Back				45,25	46,61
100 Back	1:14,64	1:16,88	1:28,81	1:39,76	1:42,75
200 Back	2:39,49	2:44,27	3:11,24	3:30,86	3:37,19
50 Breast				46,23	47,62
100 Breast	1:21,97	1:24,43	1:39,37	1:51,69	1:55,04
200 Breast	2:57,53	3:02,86	3:33,40	3:55,43	4:05,49
50 Fly				42,76	44,04
100 Fly	1:10,99	1:13,12	1:25,48	1:36,04	1:38,92
200 IM	2:40,83	2:45,65	3:12,84	3:38,18	3:44,73

Women 12-12

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				33,29	34,29
100 Free	1:04,98	1:06,93	1:13,71	1:22,98	1:25,47
200 Free	2:21,09	2:25,32	2:40,10	3:00,21	3:05,62
400 Free	4:55,60	5:04,47	5:37,70		
800 Free	9:54,17	10:12,00			
50 Back				42,23	43,50
100 Back	1:14,64	1:16,88	1:24,56	1:34,90	1:37,75
200 Back	2:39,49	2:44,27	3:02,08	3:20,40	3:26,41
50 Breast				43,30	44,60
100 Breast	1:21,97	1:24,43	1:34,57	1:46,21	1:49,40
200 Breast	2:57,53	3:02,86	3:23,11	3:43,67	3:50,38
50 Fly				40,66	41,88
100 Fly	1:10,99	1:13,12	1:21,37	1:31,35	1:34,09
200 Fly	2:36,15	2:40,83			
200 IM	2:41,38	2:46,22	3:03,50	3:38,18	3:44,73
400 IM	5:31,46	5:41,40			

Women 13-13

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				33,19	34,19
100 Free	1:03,55	1:05,46	1:10,43	1:19,16	1:21,53

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200 Free	2:18,20	2:22,35	2:33,00	2:51,93	2:57,09
400 Free	4:49,56	4:58,25	5:22,74		
800 Free	9:54,17	10:12,00			
50 Back				41,14	42,37
100 Back	1:12,52	1:14,70	1:20,91	1:30,64	1:33,36
200 Back	2:34,96	2:39,61	2:54,23	3:15,17	3:21,03
50 Breast				43,37	4:46,67
100 Breast	1:19,62	1:22,01	1:30,46	1:41,42	1:44,46
200 Breast	2:52,45	2:57,62	3:14,30	3:37,80	44,33
50 Fly				38,83	39,99
100 Fly	1:08,97	1:11,04	1:17,85	1:27,24	1:29,86
200 Fly	2:36,15	2:40,83			
200 IM	2:36,77	2:41,47	2:55,50	3:18,17	3:24,12
400 IM	5:31,46	5:41,40			

Women 14-14

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				32,94	33,93
100 Free	1:02,33	1:04,20	1:07,70	1:15,89	1:18,17
200 Free	2:15,54	2:19,61	2:27,08	2:44,83	2:49,77
400 Free	4:43,97	4:52,49	5:10,27		
800 Free	9:54,17	10:12,00			
50 Back				40,52	41,74
100 Back	1:12,02	1:14,18	1:17,87	1:26,99	1:29,60
200 Back	2:33,90	2:38,52	2:47,69	3:07,32	3:12,94
50 Breast				43,00	44,29
100 Breast	1:19,70	1:22,09	1:27,04	1:37,31	1:40,23
200 Breast	2:51,26	2:56,40	3:06,96	3:28,99	3:35,26
50 Fly				37,26	38,38
100 Fly	1:08,50	1:10,55	1:14,91	1:23,71	1:26,22
200 Fly	2:36,15	2:40,83			
200 IM	2:35,70	2:40,37	2:48,83	3:10,17	3:15,88
400 IM	5:31,46	5:41,40			

Women 15-15

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				31,78	32,73
100 Free	1:01,94	1:03,80	1:05,52	1:13,16	1:15,35
200 Free	2:14,66	2:18,70	2:22,35	2:38,91	2:43,68
400 Free	4:42,20	4:50,67	5:00,30		
800 Free	9:31,89	9:49,05			
50 Back				39,10	40,27
100 Back	1:11,54	1:13,69	1:15,43	1:23,95	1:26,47
200 Back	2:32,87	2:37,46	2:42,46	3:00,78	3:06,20
50 Breast				42,89	44,18
100 Breast	1:18,54	1:20,90	1:24,30	1:33,89	1:36,71
200 Breast	2:50,11	2:55,21	3:01,08	3:21,65	3:27,70
50 Fly				35,95	37,03
100 Fly	1:08,04	1:10,08	1:12,56	1:20,78	1:23,20
200 Fly	2:27,71	2:32,14			
200 IM	2:34,65	2:39,29	2:43,50	3:03,50	3:09,01
400 IM	5:20,43	5:30,04			

Women 16-16

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				31,78	32,73

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100 Free	1:01,18	1:03,02	1:05,52	1:13,16	1:15,35
200 Free	2:13,06	2:17,05	2:22,35	2:38,91	2:43,68
400 Free	4:38,78	4:47,14	5:00,30		
800 Free	9:31,89	9:49,05			
50 Back				39,10	40,27
100 Back	1:10,61	1:12,73	1:15,43	1:23,95	1:26,47
200 Back	2:30,89	2:35,42	2:42,46	3:00,78	3:06,20
50 Breast				42,89	44,18
100 Breast	1:17,51	1:19,84	1:24,30	1:33,89	1:36,71
200 Breast	2:47,89	2:52,93	3:01,08	3:21,65	3:27,70
50 Fly				35,95	37,03
100 Fly	1:07,15	1:09,16	1:12,56	1:20,78	1:23,20
200 Fly	2:27,71	2:32,14			
200 IM	2:32,64	2:37,22	2:43,50	3:03,50	3:09,01
400 IM	5:22,73	5:32,41			

Women 17-17

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				31,78	32,73
100 Free	1:01,18	1:03,02	1:05,52	1:13,16	1:15,35
200 Free	2:13,06	2:17,05	2:22,35	2:38,91	2:43,68
400 Free	4:38,78	4:47,14	5:00,30		
800 Free	9:31,89	9:49,05			
50 Back				39,10	40,27
100 Back	1:10,61	1:12,73	1:15,43	1:23,95	1:26,47
200 Back	2:30,89	2:35,42	2:42,46	3:00,78	3:06,20
50 Breast				42,89	44,18
100 Breast	1:17,51	1:19,84	1:24,30	1:33,89	1:36,71
200 Breast	2:47,89	2:52,93	3:01,08	3:21,65	3:27,70
50 Fly				35,95	37,03
100 Fly	1:07,15	1:09,16	1:12,56	1:20,78	1:23,20
200 Fly	2:27,71	2:32,14			
200 IM	2:32,64	2:37,22	2:43,50	3:03,50	3:09,01
400 IM	5:22,73	5:32,41			

Women 18 & Over

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				31,78	32,73
100 Free	1:01,18	1:03,02	1:05,52	1:13,16	1:15,35
200 Free	2:13,06	2:17,05	2:22,35	2:38,91	2:43,68
400 Free	4:38,78	4:47,14	5:00,30		
800 Free	9:31,89	9:49,05			
50 Back				39,10	40,27
100 Back	1:16,98	1:19,29	1:15,43	1:23,95	1:26,47
200 Back	2:30,89	2:35,42	2:42,46	3:00,78	3:06,20
50 Breast				42,89	44,18
100 Breast	1:17,51	1:19,84	1:24,30	1:33,89	1:36,71
200 Breast	2:47,89	2:52,93	3:01,08	3:21,65	3:27,70
50 Fly				35,95	37,03
100 Fly	1:07,15	1:09,16	1:12,56	1:20,78	1:23,20
200 Fly	2:27,71	2:32,14			
200 IM	2:32,64	2:37,22	2:43,50	3:03,50	3:09,01
400 IM	5:22,73	5:32,60			

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Women

	CTSJ	CT3+	CT3	CT2	CT1+
400 IM	5:22,91				

Men 10 & Under

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				36,30	37,46
100 Free	1:05,61	1:07,58	1:17,97	1:31,16	1:34,08
200 Free	2:22,91	2:27,20	2:52,54	3:10,88	3:16,99
400 Free	5:10,25	5:19,56	6:06,73		
50 Back				43,79	45,19
100 Back	1:15,50	1:17,77	1:29,10	1:43,79	1:47,11
200 Back	2:42,80	2:47,68	3:14,27	3:34,41	3:41,27
50 Breast				44,39	45,81
100 Breast	1:24,46	1:26,99	1:38,09	1:55,32	1:59,01
200 Breast	3:03,85	3:09,37	3:34,68	3:50,50	3:57,88
50 Fly				41,77	43,11
100 Fly	1:12,09	1:14,25	1:25,51	1:39,65	1:42,84
200 IM	2:44,91	2:49,86	3:15,08	3:30,70	3:37,44

Men 11-11

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				35,06	36,18
100 Free	1:05,61	1:07,58	1:17,97	1:23,83	1:26,51
200 Free	2:22,91	2:27,20	2:52,54	3:05,49	3:11,43
400 Free	5:10,25	5:19,56	6:06,73		
50 Back				44,15	45,56
100 Back	1:15,50	1:17,77	1:29,10	1:35,63	1:38,69
200 Back	2:42,80	2:47,68	3:14,27	3:28,49	3:35,16
50 Breast				43,00	44,38
100 Breast	1:24,46	1:26,99	1:38,09	1:46,21	1:49,61
200 Breast	3:03,85	3:09,37	3:34,68	3:39,95	3:46,99
50 Fly				41,18	42,50
100 Fly	1:12,09	1:14,25	1:25,51	1:31,80	1:34,74
200 IM	2:44,91	2:49,86	3:15,08	3:30,70	3:37,44

Men 12-12

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				32,33	33,36
100 Free	1:05,61	1:07,58	1:11,14	1:17,49	1:19,97
200 Free	2:22,91	2:27,20	2:37,45	2:40,97	2:46,12
400 Free	5:10,25	5:19,56	5:34,69		
1500 Free	19:08,46	19:42,91			
50 Back				40,88	42,19
100 Back	1:15,50	1:17,77	1:21,48	1:28,56	1:31,39
200 Back	2:42,80	2:47,68	2:57,68	3:12,39	3:18,55
50 Breast				42,00	43,34
100 Breast	1:24,46	1:26,99	1:30,40	1:38,30	1:41,45
200 Breast	3:03,85	3:09,37	3:16,24	3:29,10	3:35,79
50 Fly				38,12	39,34
100 Fly	1:12,09	1:14,25	1:18,18	1:24,99	1:27,71
200 Fly	2:32,52	2:37,10			
200 IM	2:44,91	2:49,86	2:58,25	3:15,08	3:21,32
400 IM	5:27,34	5:37,16			

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Men 13-13

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				31,19	32,19
100 Free	1:02,06	1:03,92	1:07,23	1:12,12	1:14,43
200 Free	2:15,23	2:19,29	2:28,82	2:39,61	2:44,72
400 Free	4:52,28	5:01,05	5:16,37		
1500 Free	19:08,46	19:42,91			
50 Back				38,12	39,34
100 Back	1:11,02	1:13,15	1:17,13	1:22,58	1:25,22
200 Back	2:33,49	2:38,09	2:48,00	3:00,06	3:05,82
50 Breast				40,27	41,56
100 Breast	1:17,57	1:19,90	1:25,53	1:31,62	1:34,55
200 Breast	2:52,91	2:58,10	3:05,70	3:18,88	3:25,24
50 Fly				35,54	36,68
100 Fly	1:07,99	1:10,03	1:13,99	1:19,23	1:21,77
200 Fly	2:32,52	2:37,10			
200 IM	2:35,59	2:40,26	2:48,64	3:01,86	3:07,68
400 IM	5:27,34	5:37,16			

Men 14-14

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				29,91	30,87
100 Free	58,73	1:00,49	1:03,33	1:07,72	1:09,89
200 Free	2:07,99	2:11,83	2:20,20	2:29,90	2:34,70
400 Free	4:36,64	4:44,94	4:58,06		
1500 Free	19:08,46	19:42,91			
50 Back				35,85	37,00
100 Back	1:07,49	1:09,51	1:12,78	1:17,68	1:20,17
200 Back	2:24,80	2:29,14	2:38,73	2:49,40	2:54,82
50 Breast				38,92	40,17
100 Breast	1:13,69	1:15,90	1:20,67	1:26,15	1:28,91
200 Breast	2:44,27	2:49,20	2:55,16	3:07,02	3:13,00
50 Fly				33,42	33,46
100 Fly	1:04,60	1:06,54	1:09,80	1:14,52	1:16,90
200 Fly	2:32,52	2:37,10			
200 IM	2:27,83	2:32,26	2:39,02	2:51,05	2:56,52
400 IM	5:27,34	5:37,16			

Men 15-15

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				27,98	28,88
100 Free	56,00	57,68	1:00,40	1:05,28	1:07,37
200 Free	2:02,05	2:05,71	2:13,73	2:26,67	2:31,36
400 Free	4:23,84	4:31,76	4:44,32		
1500 Free	17:00,44	17:31,05			
50 Back				34,09	35,18
100 Back	1:04,12	1:06,04	1:09,52	1:14,96	1:17,36
200 Back	2:18,61	2:22,77	2:31,62	2:43,47	2:48,70
50 Breast				36,99	38,17
100 Breast	1:09,97	1:12,07	1:17,02	1:23,11	1:25,77
200 Breast	2:36,02	2:40,70	2:47,80	3:00,44	3:06,21
50 Fly				31,77	32,79
100 Fly	1:01,36	1:03,20	1:06,66	1:11,90	1:14,20
200 Fly	2:17,69	2:21,82			
200 IM	2:20,43	2:24,64	2:31,81	2:45,04	2:50,32
400 IM	5:00,81	5:09,83			

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Men 16-16

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				27,98	28,88
100 Free	54,65	56,29	1:00,40	1:05,28	1:07,37
200 Free	1:59,10	2:02,67	2:13,73	2:26,67	2:31,36
400 Free	4:17,48	4:25,20	4:44,32		
1500 Free	17:00,44	17:31,05			
50 Back				34,09	35,18
100 Back	1:03,27	1:05,17	1:09,52	1:14,96	1:17,36
200 Back	2:16,77	2:20,84	2:31,62	2:43,47	2:48,70
50 Breast				36,99	38,17
100 Breast	1:09,04	1:11,11	1:17,02	1:23,11	1:25,77
200 Breast	2:33,94	2:38,56	2:47,80	3:00,44	3:06,21
50 Fly				31,77	32,79
100 Fly	1:00,55	1:02,37	1:06,66	1:11,90	1:14,20
200 Fly	2:15,86	2:19,94			
200 IM	2:18,56	2:22,72	2:31,81	2:45,04	2:50,32
400 IM	4:56,82	5:05,72			

Men 17-17

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				27,98	28,80
100 Free	54,33	55,96	1:00,40	1:05,28	1:07,37
200 Free	1:58,41	2:01,96	2:13,73	2:26,67	2:31,36
400 Free	4:15,98	4:23,66	4:44,32		
1500 Free	17:00,44	17:31,05			
50 Back				34,09	35,18
100 Back	1:02,08	1:03,94	1:09,52	1:14,96	1:17,36
200 Back	2:14,20	2:18,23	2:31,62	2:43,47	2:48,70
50 Breast				36,99	38,17
100 Breast	1:07,72	1:09,75	1:17,02	1:23,11	1:25,77
200 Breast	2:31,01	2:35,54	2:47,80	3:00,44	3:06,21
50 Fly				31,77	32,79
100 Fly	59,40	1:01,18	1:06,66	1:11,90	1:14,20
200 Fly	2:13,30	2:17,30			
200 IM	2:15,93	2:20,01	2:31,81	2:45,04	2:50,32
400 IM	4:51,21	4:59,95			

Men 18 & Over

	CTSJ	CT3+	CT3	CT2	CT1+
50 Free				27,98	28,88
100 Free	54,33	55,96	1:00,40	1:05,28	1:07,37
200 Free	1:58,41	2:01,96	2:13,73	2:26,67	2:31,36
400 Free	4:15,98	4:23,66	4:44,32		
1500 Free	17:00,44	17:31,05			
50 Back				34,09	35,18
100 Back	1:02,08	1:03,94	1:09,52	1:14,96	1:17,36
200 Back	2:14,20	2:18,23	2:31,62	2:43,47	2:48,70
50 Breast				36,99	38,17
100 Breast	1:07,72	1:09,75	1:17,02	1:23,11	1:25,77
200 Breast	2:31,01	2:35,54	2:47,80	3:00,44	3:06,21
50 Fly				31,77	32,79
100 Fly	59,40	1:01,18	1:06,66	1:11,90	1:14,20
200 Fly	2:13,30	2:17,30			
200 IM	2:15,93	2:20,01	2:31,51	2:45,04	2:50,32

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400 IM

4:51,21

4:59,95

