
SAAG21 STANDARDS Sa National Jnr Long Course Meters

Women 10 & Under

	SANJ	LEV3	LEV2
50 Free			41.93
100 Free	1:08.71	1:20.66	1:38.27
200 Free	2:32.93	3:03.15	4:01.61
400 Free	5:31.10	6:40.54	
50 Back			50.45
100 Back	1:19.26	1:34.80	1:56.27
200 Back	2:52.86	3:33.98	4:19.29
50 Breast			57.04
100 Breast	1:31.57	1:47.63	2:08.48
200 Breast	3:18.23	3:56.63	4:44.94
50 Fly			57.22
100 Fly	1:23.25	1:58.60	2:29.72
200 IM	2:53.07	3:25.17	4:21.94

Women 11-11

	SANJ	LEV3	LEV2
50 Free			38.57
100 Free	1:08.71	1:20.66	1:28.95
200 Free	2:32.93	3:03.15	3:34.77
400 Free	5:31.10	6:40.54	
50 Back			46.61
100 Back	1:19.26	1:34.80	1:43.93
200 Back	2:52.86	3:33.98	3:57.91
50 Breast			52.56
100 Breast	1:31.57	1:47.63	1:57.06
200 Breast	3:18.23	3:56.63	4:35.82
50 Fly			51.22
100 Fly	1:23.25	1:58.60	2:12.63
200 IM	2:53.07	3:25.17	3:45.74

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Women 12-12

	SANJ	LEV3	LEV2
50 Free			35.59
100 Free	1:08.71	1:14.11	1:24.58
200 Free	2:32.93	2:46.23	3:03.41
400 Free	5:31.10	6:32.83	
800 Free	10:30.23		
50 Back			43.27
100 Back	1:19.26	1:27.29	1:36.10
200 Back	2:52.86	3:11.97	3:49.33
50 Breast			48.51
100 Breast	1:31.57	1:39.41	1:48.21
200 Breast	3:18.23	3:38.35	4:24.08
50 Fly			43.70
100 Fly	1:23.25	1:42.57	2:06.80
200 Fly	2:55.38		
200 IM	2:53.07	3:07.31	3:41.38
400 IM	5:51.87		

Women 13-13

	SANJ	LEV3	LEV2
50 Free			33.99
100 Free	1:07.20	1:10.96	1:20.76
200 Free	2:28.45	2:39.38	2:55.13
400 Free	5:19.79	6:00.21	
800 Free	10:30.23		
50 Back			41.74
100 Back	1:16.94	1:22.76	1:31.84
200 Back	2:47.05	3:04.81	3:34.40
50 Breast			47.49
100 Breast	1:29.05	1:35.81	1:47.75
200 Breast	3:14.35	3:37.38	4:19.84
50 Fly			40.18
100 Fly	1:19.21	1:35.65	1:47.17
200 Fly	2:55.38		
200 IM	2:48.45	3:00.84	3:21.37

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400 IM 5:51.87

Women 14-14

	SANJ	LEV3	LEV2
50 Free			33.74
100 Free	1:03.89	1:08.75	1:17.49
200 Free	2:23.81	2:35.71	2:55.13
400 Free	4:59.68	5:25.07	
800 Free	10:30.23		
50 Back			41.12
100 Back	1:14.94	1:21.25	1:30.42
200 Back	2:42.55	3:00.83	3:33.91
50 Breast			47.24
100 Breast	1:25.47	1:33.76	1:46.52
200 Breast	3:07.52	3:33.44	4:02.12
50 Fly			39.99
100 Fly	1:15.15	1:32.21	1:46.26
200 Fly	2:55.38		
200 IM	2:40.82	2:55.76	3:13.37
400 IM	5:51.87		

Women 15-15

	SANJ	LEV3	LEV2
50 Free			33.61
100 Free	1:03.42	1:07.76	1:14.76
200 Free	2:20.90	2:35.18	2:59.51
400 Free	4:52.05	5:16.27	
800 Free	9:55.92		
50 Back			41.12
100 Back	1:12.98	1:19.42	1:30.42
200 Back	2:40.24	3:00.83	3:33.91
50 Breast			47.24
100 Breast	1:24.87	1:33.76	1:46.52
200 Breast	3:04.07	3:33.44	4:02.12
50 Fly			38.82
100 Fly	1:13.13	1:29.85	1:46.26

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200 Fly	2:55.11		
200 IM	2:37.99	2:53.54	3:13.37
400 IM	5:50.71		

Women 16-16

	SANJ	LEV3	LEV2
50 Free			33.61
100 Free	1:03.67	1:07.76	1:14.76
200 Free	2:20.90	2:35.18	2:54.42
400 Free	4:52.05	5:16.27	
800 Free	9:55.92		
50 Back			41.12
100 Back	1:12.98	1:19.42	1:30.42
200 Back	2:40.24	3:00.83	3:33.91
50 Breast			47.24
100 Breast	1:21.19	1:33.76	1:46.52
200 Breast	2:57.76	3:31.86	4:02.12
50 Fly			38.82
100 Fly	1:13.13	1:29.85	1:46.26
200 Fly	2:55.11		
200 IM	2:37.99	2:53.54	3:13.32
400 IM	5:50.71		

Women 17-24

	SANJ	LEV3	LEV2
50 Free	28.39		33.61
100 Free	1:01.65	1:07.76	1:14.76
200 Free	2:14.66	2:35.18	2:54.42
400 Free	4:50.22	5:16.27	
800 Free	9:39.67		
1500 Free	18:46.65		
50 Back			41.12
100 Back	1:10.53	1:19.42	1:30.42
200 Back	2:33.72	3:00.83	3:33.91
50 Breast			47.24
100 Breast	1:20.15	1:33.76	1:46.52

SAAG21 STANDARDS Sa National Jnr Long Course Meters

200 Breast	2:55.48	3:31.86	4:02.12
50 Fly			38.82
100 Fly	1:09.27	1:29.85	1:46.26
200 Fly	2:37.48		
200 IM	2:33.70	2:53.54	3:13.32
400 IM	5:25.68		

SAAG21 STANDARDS Sa National Jnr Long Course Meters

Men 10 & Under

	SANJ	LEV3	LEV2
50 Free			40.40
100 Free	1:09.34	1:19.81	1:33.69
200 Free	2:34.18	3:00.15	4:01.05
400 Free	5:29.76	6:27.43	
50 Back			49.24
100 Back	1:20.73	1:34.52	1:53.49
200 Back	2:54.53	3:45.81	3:59.88
50 Breast			55.33
100 Breast	1:32.04	1:48.88	2:06.90
200 Breast	3:21.34	4:01.65	4:45.92
50 Fly			54.41
100 Fly	1:23.38	1:54.59	2:37.12
200 IM	2:53.41	3:23.41	4:08.81

Men 11-11

	SANJ	LEV3	LEV2
50 Free			38.64
100 Free	1:09.34	1:19.81	1:29.17
200 Free	2:34.18	3:00.15	3:58.35
400 Free	5:29.76	6:27.43	
50 Back			47.84
100 Back	1:20.73	1:34.52	1:52.46
200 Back	2:54.53	3:45.81	3:56.84
50 Breast			54.48
100 Breast	1:32.04	1:48.88	2:04.97
200 Breast	3:21.34	4:01.65	4:37.56
50 Fly			52.45
100 Fly	1:23.38	1:54.59	2:10.50
200 IM	2:53.41	3:23.41	3:51.92

SAAG21 STANDARDS Sa National Jnr Long Course Meters

Men 12-12

	SANJ	LEV3	LEV2
50 Free			35.76
100 Free	1:09.34	1:14.30	1:20.51
200 Free	2:34.18	2:47.11	3:12.41
400 Free	5:29.76	5:54.72	
1500 Free	19:32.46		
50 Back			43.99
100 Back	1:20.73	1:28.22	1:37.76
200 Back	2:54.53	3:20.74	3:55.84
50 Breast			50.53
100 Breast	1:32.04	1:40.70	1:54.23
200 Breast	3:21.34	3:44.24	4:22.15
50 Fly			46.34
100 Fly	1:23.38	1:43.51	2:01.67
200 Fly	2:39.64		
200 IM	2:53.41	3:10.58	3:29.10
400 IM	5:34.86		

Men 13-13

	SANJ	LEV3	LEV2
50 Free			32.84
100 Free	1:03.58	1:08.19	1:13.54
200 Free	2:21.11	2:32.80	2:49.41
400 Free	5:04.40	5:48.66	
1500 Free	19:32.46		
50 Back			41.46
100 Back	1:14.39	1:21.18	1:32.43
200 Back	2:44.69	3:00.25	3:45.72
50 Breast			45.46
100 Breast	1:23.61	1:32.63	1:43.51
200 Breast	3:08.22	3:26.30	4:04.88
50 Fly			39.08
100 Fly	1:14.44	1:30.94	1:56.08
200 Fly	2:39.64		
200 IM	2:40.01	2:51.88	3:09.03

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400 IM 5:34.86

Men 14-14

	SANJ	LEV3	LEV2
50 Free			31.05
100 Free	1:00.29	1:04.20	1:08.80
200 Free	2:15.08	2:25.35	2:40.28
400 Free	4:46.32	5:28.16	
1500 Free	19:32.46		
50 Back			38.53
100 Back	1:11.39	1:17.06	1:32.43
200 Back	2:33.89	2:51.22	3:40.18
50 Breast			43.84
100 Breast	1:20.00	1:27.36	1:42.05
200 Breast	2:57.26	3:21.86	4:01.79
50 Fly			35.67
100 Fly	1:08.77	1:17.54	1:46.10
200 Fly	2:39.64		
200 IM	2:31.97	2:44.13	2:57.18
400 IM	5:34.86		

Men 15-15

	SANJ	LEV3	LEV2
50 Free			29.55
100 Free	57.97	1:01.42	1:06.88
200 Free	2:10.42	2:20.47	2:38.72
400 Free	4:42.52	5:13.94	
1500 Free	18:00.33		
50 Back			36.08
100 Back	1:06.99	1:14.18	1:28.94
200 Back	2:29.42	2:54.66	3:02.68
50 Breast			41.74
100 Breast	1:16.13	1:23.59	1:38.47
200 Breast	2:50.50	3:11.96	3:48.98
50 Fly			34.34
100 Fly	1:04.57	1:12.52	1:30.15

SAAG21 STANDARDS Sa National Jnr Long Course Meters

200 Fly	2:27.27		
200 IM	2:27.03	2:37.80	2:52.12
400 IM	5:11.65		

Men 16-16

	SANJ	LEV3	LEV2
50 Free			29.55
100 Free	56.62	1:01.42	1:06.88
200 Free	2:06.81	2:20.47	2:38.72
400 Free	4:35.37	5:13.94	
1500 Free	18:00.33		
50 Back			36.08
100 Back	1:05.86	1:14.18	1:28.94
200 Back	2:26.35	2:54.66	3:02.68
50 Breast			41.74
100 Breast	1:14.33	1:23.59	1:38.47
200 Breast	2:46.01	3:11.96	3:48.98
50 Fly			34.34
100 Fly	1:02.62	1:12.52	1:30.15
200 Fly	2:27.27		
200 IM	2:23.18	2:37.80	2:52.12
400 IM	5:11.65		

Men 17-24

	SANJ	LEV3	LEV2
50 Free	25.05		29.55
100 Free	54.55	1:00.37	1:06.88
200 Free	2:01.48	2:18.17	2:38.72
400 Free	4:25.89	5:09.11	
800 Free	8:59.05		
1500 Free	17:18.51		
50 Back			34.69
100 Back	1:03.50	1:14.18	1:27.21
200 Back	2:21.48	2:54.66	3:02.68
50 Breast			41.74
100 Breast	1:10.16	1:22.02	1:38.47

SAAG21 STANDARDS Sa National Jnr Long Course Meters

200 Breast	2:39.39	3:11.96	3:44.08
50 Fly			34.34
100 Fly	59.36	1:10.34	1:23.96
200 Fly	2:19.29		
200 IM	2:18.31	2:34.44	2:52.12
400 IM	4:59.99		
