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**WCA20 STANDARDS WCA CHAMP QT Long Course Meters**


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**Women 10 & Under**


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|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 36,64       | 43,72       |
| 100 Free   | 1:19,10     | 1:34,40     |
| 200 Free   | 2:51,60     | 3:12,90     |
| 400 Free   | 6:01,60     | 6:49,30     |
| 50 Back    | 41,97       | 49,91       |
| 100 Back   | 1:30,00     | 1:47,00     |
| 200 Back   | 3:13,60     | 3:37,20     |
| 50 Breast  | 46,40       | 55,18       |
| 100 Breast | 1:41,40     | 2:00,50     |
| 200 Breast | 3:37,40     | 4:03,80     |
| 50 Fly     | 38,75       | 46,08       |
| 100 Fly    | 1:26,90     | 1:43,50     |
| 200 IM     | 3:16,00     | 3:41,40     |

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**Women 11-11**


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|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 36,64       | 42,25       |
| 100 Free   | 1:19,13     | 1:34,10     |
| 200 Free   | 2:51,60     | 3:12,90     |
| 400 Free   | 6:01,60     | 6:46,80     |
| 800 Free   | 12:21,70    |             |
| 1500 Free  | 23:30,90    |             |
| 50 Back    | 41,97       | 49,28       |
| 100 Back   | 1:29,40     | 1:46,60     |
| 200 Back   | 3:13,60     | 3:37,20     |
| 50 Breast  | 46,40       | 54,47       |
| 100 Breast | 1:41,40     | 1:59,90     |
| 200 Breast | 3:37,40     | 4:03,80     |
| 50 Fly     | 38,75       | 45,50       |
| 100 Fly    | 1:26,90     | 1:43,10     |
| 200 Fly    | 3:08,20     |             |
| 200 IM     | 3:16,00     | 3:41,40     |
| 400 IM     | 6:55,60     |             |

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**Women 12-12**


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|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 35,09       | 38,69       |
| 100 Free   | 1:15,30     | 1:24,40     |
| 200 Free   | 2:43,30     | 3:11,20     |
| 400 Free   | 5:44,10     | 6:31,30     |
| 800 Free   | 11:46,60    |             |
| 1500 Free  | 22:43,70    |             |
| 50 Back    | 39,99       | 44,25       |
| 100 Back   | 1:25,80     | 1:35,80     |
| 200 Back   | 3:04,50     | 3:35,40     |
| 50 Breast  | 44,20       | 48,90       |
| 100 Breast | 1:36,60     | 1:47,70     |
| 200 Breast | 3:27,10     | 4:01,40     |
| 50 Fly     | 36,91       | 40,85       |
| 100 Fly    | 1:22,80     | 1:32,50     |
| 200 Fly    | 3:00,20     |             |
| 200 IM     | 3:06,70     | 3:38,20     |
| 400 IM     | 6:36,10     |             |

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**Women 13-13**


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|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 35,09       | 38,69       |
| 100 Free   | 1:15,30     | 1:24,40     |
| 200 Free   | 2:43,30     | 3:11,20     |
| 400 Free   | 5:44,10     | 6:31,30     |
| 800 Free   | 11:46,60    |             |
| 1500 Free  | 22:43,70    |             |
| 50 Back    | 39,99       | 44,25       |
| 100 Back   | 1:25,80     | 1:35,80     |
| 200 Back   | 3:04,50     | 3:35,10     |
| 50 Breast  | 44,20       | 48,90       |
| 100 Breast | 1:36,60     | 1:47,70     |
| 200 Breast | 3:27,10     | 4:01,40     |
| 50 Fly     | 36,91       | 40,85       |
| 100 Fly    | 1:22,80     | 1:32,50     |
| 200 Fly    | 3:00,20     |             |
| 200 IM     | 3:06,70     | 3:38,20     |
| 400 IM     | 6:36,10     |             |

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**Women 14-14**


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|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 32,09       | 35,64       |
| 100 Free   | 1:09,30     | 1:17,50     |
| 200 Free   | 2:30,30     | 2:46,70     |
| 400 Free   | 5:16,70     | 5:51,00     |
| 800 Free   | 10:51,10    |             |
| 1500 Free  | 20:38,40    |             |
| 50 Back    | 36,87       | 40,60       |
| 100 Back   | 1:19,10     | 1:28,00     |
| 200 Back   | 2:50,10     | 3:08,00     |
| 50 Breast  | 40,76       | 44,88       |
| 100 Breast | 1:29,40     | 1:39,00     |
| 200 Breast | 3:11,00     | 3:33,00     |
| 50 Fly     | 34,03       | 37,49       |
| 100 Fly    | 1:16,30     | 1:24,90     |
| 200 Fly    | 2:45,70     |             |
| 200 IM     | 2:52,00     | 3:11,50     |
| 400 IM     | 6:05,40     |             |

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**Women 15-15**


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|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 32,09       | 35,64       |
| 100 Free   | 1:09,30     | 1:17,50     |
| 200 Free   | 2:30,30     | 2:46,70     |
| 400 Free   | 5:16,70     | 5:51,00     |
| 800 Free   | 10:51,10    |             |
| 1500 Free  | 20:38,40    |             |
| 50 Back    | 36,87       | 40,60       |
| 100 Back   | 1:19,07     | 1:27,98     |
| 200 Back   | 2:50,10     | 3:08,00     |
| 50 Breast  | 40,76       | 44,88       |
| 100 Breast | 1:29,40     | 1:39,00     |
| 200 Breast | 3:11,00     | 3:41,00     |
| 50 Fly     | 34,03       | 37,49       |

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|         |         |         |
|---------|---------|---------|
| 100 Fly | 1:16,30 | 1:24,90 |
| 200 Fly | 2:45,70 |         |
| 200 IM  | 2:52,00 | 3:11,50 |
| 400 IM  | 6:05,40 |         |

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**Women 16-16**

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 31,08       | 33,64       |
| 100 Free   | 1:07,10     | 1:14,80     |
| 200 Free   | 2:27,60     | 2:42,10     |
| 400 Free   | 5:06,70     | 5:42,60     |
| 800 Free   | 10:31,10    |             |
| 1500 Free  | 20:00,40    |             |
| 50 Back    | 35,73       | 39,70       |
| 100 Back   | 1:16,60     | 1:25,10     |
| 200 Back   | 2:44,90     | 3:03,20     |
| 50 Breast  | 39,50       | 43,88       |
| 100 Breast | 1:26,30     | 1:35,90     |
| 200 Breast | 3:05,10     | 3:25,60     |
| 50 Fly     | 32,99       | 36,65       |
| 100 Fly    | 1:14,00     | 1:22,20     |
| 200 Fly    | 2:40,70     |             |
| 200 IM     | 2:46,70     | 3:06,70     |
| 400 IM     | 5:54,20     |             |

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**Women 17 & Over**

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 31,08       | 33,64       |
| 100 Free   | 1:07,10     | 1:14,80     |
| 200 Free   | 2:27,60     | 2:42,10     |
| 400 Free   | 5:06,70     | 5:42,60     |
| 800 Free   | 10:31,10    |             |
| 1500 Free  | 20:00,40    |             |
| 50 Back    | 35,73       | 39,61       |
| 100 Back   | 1:16,60     | 1:25,10     |
| 200 Back   | 2:44,90     | 3:03,20     |
| 50 Breast  | 39,50       | 43,89       |
| 100 Breast | 1:26,30     | 1:35,90     |
| 200 Breast | 3:05,10     | 3:25,60     |
| 50 Fly     | 32,99       | 36,65       |
| 100 Fly    | 1:14,00     | 1:22,20     |
| 200 Fly    | 2:40,70     |             |
| 200 IM     | 2:46,70     | 3:06,70     |
| 400 IM     | 5:54,20     |             |

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**Men 10 & Under**

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 36,12       | 42,01       |
| 100 Free   | 1:19,60     | 1:32,80     |
| 200 Free   | 2:55,70     | 3:08,70     |
| 400 Free   | 6:00,10     | 6:57,10     |
| 50 Back    | 41,73       | 48,52       |
| 100 Back   | 1:30,30     | 1:45,00     |
| 200 Back   | 3:12,70     | 3:30,90     |
| 50 Breast  | 45,70       | 53,13       |
| 100 Breast | 1:40,10     | 1:57,30     |

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|            |         |         |
|------------|---------|---------|
| 200 Breast | 3:36,70 | 3:54,50 |
| 50 Fly     | 39,06   | 45,41   |
| 100 Fly    | 1:25,90 | 1:41,00 |
| 200 IM     | 3:15,30 | 3:33,90 |

**Men 11-11**

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 36,12       | 41,49       |
| 100 Free   | 1:19,60     | 1:32,50     |
| 200 Free   | 2:55,70     | 3:08,70     |
| 400 Free   | 6:00,10     | 6:52,10     |
| 800 Free   | 12:44,50    |             |
| 1500 Free  | 24:32,20    |             |
| 50 Back    | 41,73       | 47,89       |
| 100 Back   | 1:30,30     | 1:44,60     |
| 200 Back   | 3:12,70     | 3:30,90     |
| 50 Breast  | 45,70       | 52,45       |
| 100 Breast | 1:40,10     | 1:56,70     |
| 200 Breast | 3:36,70     | 3:54,50     |
| 50 Fly     | 39,06       | 44,84       |
| 100 Fly    | 1:25,90     | 1:40,70     |
| 200 Fly    | 3:13,60     |             |
| 200 IM     | 3:15,30     | 3:33,90     |
| 400 IM     | 7:02,20     |             |

**Men 12-12**

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 32,94       | 35,39       |
| 100 Free   | 1:12,70     | 1:19,00     |
| 200 Free   | 2:40,70     | 2:42,80     |
| 400 Free   | 5:41,10     | 5:54,10     |
| 800 Free   | 11:40,30    |             |
| 1500 Free  | 22:28,50    |             |
| 50 Back    | 37,76       | 40,96       |
| 100 Back   | 1:22,70     | 1:29,80     |
| 200 Back   | 3:00,10     | 3:13,00     |
| 50 Breast  | 41,85       | 44,84       |
| 100 Breast | 1:32,40     | 1:39,90     |
| 200 Breast | 3:20,20     | 3:31,10     |
| 50 Fly     | 35,77       | 38,35       |
| 100 Fly    | 1:19,60     | 1:26,20     |
| 200 Fly    | 2:57,50     |             |
| 200 IM     | 3:01,40     | 3:16,50     |
| 400 IM     | 6:27,40     |             |

**Men 13-13**

|           | <b>WCQT</b> | <b>JCQT</b> |
|-----------|-------------|-------------|
| 50 Free   | 32,94       | 35,39       |
| 100 Free  | 1:12,70     | 1:19,00     |
| 200 Free  | 2:40,70     | 2:42,80     |
| 400 Free  | 5:41,10     | 5:51,20     |
| 800 Free  | 11:40,30    |             |
| 1500 Free | 22:28,50    |             |
| 50 Back   | 37,76       | 40,96       |
| 100 Back  | 1:22,70     | 1:29,80     |
| 200 Back  | 3:00,10     | 3:13,00     |

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|            |         |         |
|------------|---------|---------|
| 50 Breast  | 41,85   | 44,84   |
| 100 Breast | 1:32,40 | 1:39,90 |
| 200 Breast | 3:20,20 | 3:31,10 |
| 50 Fly     | 35,77   | 38,35   |
| 100 Fly    | 1:19,60 | 1:26,20 |
| 200 Fly    | 2:57,50 |         |
| 200 IM     | 3:01,40 | 3:16,50 |
| 400 IM     | 6:27,40 |         |

**Men 14-14**

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 29,40       | 31,04       |
| 100 Free   | 1:04,90     | 1:08,40     |
| 200 Free   | 2:23,40     | 2:32,00     |
| 400 Free   | 5:04,50     | 5:30,50     |
| 800 Free   | 10:26,40    |             |
| 1500 Free  | 20:06,10    |             |
| 50 Back    | 34,19       | 36,01       |
| 100 Back   | 1:14,00     | 1:18,80     |
| 200 Back   | 2:41,10     | 2:50,40     |
| 50 Breast  | 37,44       | 39,41       |
| 100 Breast | 1:22,70     | 1:28,00     |
| 200 Breast | 2:59,20     | 3:09,40     |
| 50 Fly     | 32,00       | 33,72       |
| 100 Fly    | 1:11,20     | 1:15,90     |
| 200 Fly    | 2:45,70     |             |
| 200 IM     | 2:42,20     | 2:52,80     |
| 400 IM     | 5:46,60     |             |

**Men 15-15**

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 29,40       | 31,04       |
| 100 Free   | 1:04,93     | 1:08,40     |
| 200 Free   | 2:23,40     | 2:32,00     |
| 400 Free   | 5:04,50     | 5:26,80     |
| 800 Free   | 10:26,40    |             |
| 1500 Free  | 20:06,10    |             |
| 50 Back    | 34,19       | 36,01       |
| 100 Back   | 1:14,00     | 1:18,80     |
| 200 Back   | 2:41,10     | 2:50,40     |
| 50 Breast  | 37,44       | 39,41       |
| 100 Breast | 1:22,70     | 1:28,00     |
| 200 Breast | 2:59,20     | 3:09,40     |
| 50 Fly     | 32,00       | 33,72       |
| 100 Fly    | 1:11,20     | 1:15,90     |
| 200 Fly    | 2:45,70     |             |
| 200 IM     | 2:42,20     | 2:52,80     |
| 400 IM     | 5:46,60     |             |

**Men 16-16**

|          | <b>WCQT</b> | <b>JCQT</b> |
|----------|-------------|-------------|
| 50 Free  | 28,08       | 30,29       |
| 100 Free | 1:02,00     | 1:06,90     |
| 200 Free | 2:16,90     | 2:29,90     |
| 400 Free | 4:50,70     | 5:23,50     |
| 800 Free | 9:58,70     |             |

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**WCA20 STANDARDS WCA CHAMP QT Long Course Meters**

|            |          |         |
|------------|----------|---------|
| 1500 Free  | 19:12,70 |         |
| 50 Back    | 32,68    | 34,69   |
| 100 Back   | 1:10,70  | 1:16,20 |
| 200 Back   | 2:34,00  | 2:45,90 |
| 50 Breast  | 35,79    | 37,99   |
| 100 Breast | 1:19,00  | 1:25,10 |
| 200 Breast | 2:51,80  | 3:04,40 |
| 50 Fly     | 30,59    | 32,47   |
| 100 Fly    | 1:08,10  | 1:13,30 |
| 200 Fly    | 2:32,20  |         |
| 200 IM     | 2:35,00  | 2:48,20 |
| 400 IM     | 5:31,70  |         |

|                          |
|--------------------------|
| <b>Men 17 &amp; Over</b> |
|--------------------------|

|            | <b>WCQT</b> | <b>JCQT</b> |
|------------|-------------|-------------|
| 50 Free    | 28,08       | 30,29       |
| 100 Free   | 1:02,00     | 1:06,90     |
| 200 Free   | 2:16,90     | 2:29,90     |
| 400 Free   | 4:50,70     | 5:23,50     |
| 800 Free   | 9:58,70     |             |
| 1500 Free  | 19:12,70    |             |
| 50 Back    | 32,68       | 34,69       |
| 100 Back   | 1:10,70     | 1:16,20     |
| 200 Back   | 2:34,00     | 2:45,90     |
| 50 Breast  | 35,79       | 37,99       |
| 100 Breast | 1:19,00     | 1:25,10     |
| 200 Breast | 2:51,80     | 3:04,40     |
| 50 Fly     | 30,59       | 32,47       |
| 100 Fly    | 1:08,10     | 1:13,30     |
| 200 Fly    | 2:32,20     |             |
| 200 IM     | 2:35,00     | 2:48,20     |
| 400 IM     | 5:31,70     |             |

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