
SAAG2020 STANDARDS Sa National Jnr Short Course Meters

Women 10 & Under

	SANJ	LEV3	LEV2
50 Free			37,20
100 Free	1:04,98	1:17,53	1:32,81
200 Free	2:21,09	2:48,38	3:21,51
400 Free	4:55,60	5:55,16	
50 Back			46,40
100 Back	1:14,64	1:28,81	1:45,84
200 Back	2:39,49	3:11,24	3:43,95
50 Breast			48,00
100 Breast	1:21,97	1:39,37	1:58,54
200 Breast	2:57,53	3:33,40	4:10,12
50 Fly			44,30
100 Fly	1:10,99	1:25,48	1:41,91
200 IM	2:41,38	3:12,84	3:38,18

Women 11-11

	SANJ	LEV3	LEV2
50 Free			35,25
100 Free	1:04,98	1:17,53	1:27,35
200 Free	2:21,09	2:48,38	3:09,68
400 Free	4:55,60	5:55,16	
50 Back			45,25
100 Back	1:14,64	1:28,81	1:39,76
200 Back	2:39,49	3:11,24	3:30,86
50 Breast			46,23
100 Breast	1:21,97	1:39,37	1:51,69
200 Breast	2:57,53	3:33,40	3:55,43
50 Fly			42,76
100 Fly	1:10,99	1:25,48	1:36,04
200 IM	2:40,83	3:12,84	3:38,18

Women 12-12

	SANJ	LEV3	LEV2
50 Free			33,29
100 Free	1:04,98	1:13,71	1:22,98
200 Free	2:21,09	2:40,10	3:00,21
400 Free	4:55,60	5:37,70	
800 Free	9:54,17		
50 Back			42,23
100 Back	1:14,64	1:24,56	1:34,90
200 Back	2:39,49	3:02,08	3:20,40
50 Breast			43,30
100 Breast	1:21,97	1:34,57	1:46,21
200 Breast	2:57,53	3:23,11	3:43,67
50 Fly			40,66
100 Fly	1:10,99	1:21,37	1:31,35
200 Fly	2:36,15		
200 IM	2:41,38	3:03,50	3:38,18
400 IM	5:31,46		

Women 13-13

	SANJ	LEV3	LEV2
50 Free			33,19
100 Free	1:03,55	1:10,43	1:19,16

SAAG2020 STANDARDS Sa National Jnr Short Course Meters

200 Free	2:18,20	2:33,00	2:51,93
400 Free	4:49,56	5:22,74	
800 Free	9:54,17		
50 Back			41,14
100 Back	1:12,52	1:20,91	1:30,64
200 Back	2:34,96	2:54,23	3:15,17
50 Breast			43,37
100 Breast	1:19,62	1:30,46	1:41,42
200 Breast	2:52,45	3:14,30	3:37,80
50 Fly			38,83
100 Fly	1:08,97	1:17,85	1:27,24
200 Fly	2:36,15		
200 IM	2:36,77	2:55,50	3:18,17
400 IM	5:31,46		

Women 14-14

	SANJ	LEV3	LEV2
50 Free			32,94
100 Free	1:02,33	1:07,70	1:15,89
200 Free	2:15,54	2:27,08	2:44,83
400 Free	4:43,97	5:10,27	
800 Free	9:54,17		
50 Back			40,52
100 Back	1:12,02	1:17,87	1:26,99
200 Back	2:33,90	2:47,69	3:07,32
50 Breast			43,00
100 Breast	1:19,70	1:27,04	1:37,31
200 Breast	2:51,26	3:06,96	3:28,99
50 Fly			37,26
100 Fly	1:08,50	1:14,91	1:23,71
200 Fly	2:36,15		
200 IM	2:35,70	2:48,83	3:10,17
400 IM	5:31,46		

Women 15-15

	SANJ	LEV3	LEV2
50 Free			31,78
100 Free	1:01,94	1:05,52	1:13,16
200 Free	2:14,66	2:22,35	2:38,91
400 Free	4:42,20	5:00,30	
800 Free	9:31,89		
50 Back			39,10
100 Back	1:11,54	1:15,43	1:23,95
200 Back	2:32,87	2:42,46	3:00,78
50 Breast			42,89
100 Breast	1:18,54	1:24,30	1:33,89
200 Breast	2:50,11	3:01,08	3:21,65
50 Fly			35,95
100 Fly	1:08,04	1:12,56	1:20,78
200 Fly	2:27,71		
200 IM	2:34,65	2:43,50	3:03,50
400 IM	5:20,43		

Women 16-16

	SANJ	LEV3	LEV2
50 Free			31,78

SAAG2020 STANDARDS Sa National Jnr Short Course Meters

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

Women 17 & Over

	SANJ	LEV3	LEV2
50 Free			31,78
100 Free		1:05,52	1:13,16
200 Free		2:22,35	2:38,91
400 Free		5:00,30	
800 Free			
50 Back			39,10
100 Back		1:15,43	1:23,95
200 Back		2:42,46	2:59,78
50 Breast			42,89
100 Breast		1:24,30	1:33,89
200 Breast		3:01,08	3:21,65
50 Fly			35,95
100 Fly		1:12,56	1:20,78
200 Fly			
200 IM		2:43,50	3:03,50
400 IM			

Men 10 & Under

	SANJ	LEV3	LEV2
50 Free			36,30
100 Free	1:05,61	1:17,97	1:31,16
200 Free	2:22,91	2:52,54	3:10,88
400 Free	5:10,25	6:06,73	
50 Back			43,79
100 Back	1:15,50	1:29,10	1:43,79
200 Back	2:42,80	3:14,27	3:34,41
50 Breast			44,39
100 Breast	1:24,46	1:38,09	1:55,32
200 Breast	3:03,85	3:34,68	3:50,50
50 Fly			41,77
100 Fly	1:12,09	1:25,51	1:39,65
200 IM	2:44,91	3:15,08	3:30,70

Men 11-11

	SANJ	LEV3	LEV2
50 Free			35,06
100 Free	1:05,61	1:17,97	1:23,83
200 Free	2:22,91	2:52,54	3:05,49

SAAG2020 STANDARDS Sa National Jnr Short Course Meters

400 Free	5:10,25	6:06,73	
50 Back			44,15
100 Back	1:15,50	1:29,10	1:35,63
200 Back	2:42,80	3:14,27	3:28,49
50 Breast			43,00
100 Breast	1:24,46	1:38,09	1:46,21
200 Breast	3:03,85	3:34,68	3:39,95
50 Fly			41,18
100 Fly	1:12,09	1:25,51	1:31,80
200 IM	2:44,91	3:15,08	3:30,70

Men 12-12

	SANJ	LEV3	LEV2
50 Free			32,33
100 Free	1:05,61	1:11,14	1:17,49
200 Free	2:22,91	2:37,45	2:40,97
400 Free	5:10,25	5:34,69	
1500 Free	19:08,46		
50 Back			40,88
100 Back	1:15,50	1:21,48	1:28,56
200 Back	2:42,80	2:57,68	3:12,39
50 Breast			42,00
100 Breast	1:24,46	1:30,40	1:38,30
200 Breast	3:03,85	3:16,24	3:29,10
50 Fly			38,12
100 Fly	1:12,09	1:18,18	1:24,99
200 Fly	2:32,52		
200 IM	2:44,91	2:58,25	3:15,08
400 IM	5:27,34		

Men 13-13

	SANJ	LEV3	LEV2
50 Free			31,19
100 Free	1:02,06	1:07,23	1:12,12
200 Free	2:15,23	2:28,82	2:39,61
400 Free	4:52,28	5:16,37	
1500 Free	19:08,46		
50 Back			38,12
100 Back	1:11,02	1:17,13	1:22,58
200 Back	2:33,49	2:48,00	3:00,06
50 Breast			40,27
100 Breast	1:17,57	1:25,53	1:31,62
200 Breast	2:52,91	3:05,70	3:18,88
50 Fly			35,54
100 Fly	1:07,99	1:13,99	1:19,23
200 Fly	2:32,52		
200 IM	2:35,59	2:48,64	3:01,86
400 IM	5:27,34		

Men 14-14

	SANJ	LEV3	LEV2
50 Free			29,91
100 Free	58,73	1:03,33	1:07,72
200 Free	2:07,99	2:20,20	2:29,90
400 Free	4:36,64	4:58,06	
1500 Free	19:08,46		

SAAG2020 STANDARDS Sa National Jnr Short Course Meters

50 Back			35,85
100 Back	1:07,49	1:12,78	1:17,68
200 Back	2:24,80	2:38,73	2:49,40
50 Breast			38,92
100 Breast	1:13,69	1:20,67	1:26,15
200 Breast	2:44,27	2:55,16	3:07,02
50 Fly			33,42
100 Fly	1:04,60	1:09,80	1:14,52
200 Fly	2:32,52		
200 IM	2:27,83	2:39,02	2:51,05
400 IM	5:27,34		

Men 15-15

	SANJ	LEV3	LEV2
50 Free			27,98
100 Free	56,00	1:00,40	1:05,28
200 Free	2:02,05	2:13,73	2:26,67
400 Free	4:23,84	4:44,32	
1500 Free	17:00,44		
50 Back			34,09
100 Back	1:04,12	1:09,52	1:14,96
200 Back	2:18,61	2:31,62	2:43,47
50 Breast			36,99
100 Breast	1:09,97	1:17,02	1:23,11
200 Breast	2:36,02	2:47,80	3:00,44
50 Fly			31,77
100 Fly	1:01,36	1:06,66	1:11,90
200 Fly	2:17,69		
200 IM	2:20,43	2:31,81	2:45,04
400 IM	5:00,81		

Men 16-16

	SANJ	LEV3	LEV2
50 Free			27,98
100 Free	54,65	1:00,40	1:05,28
200 Free	1:59,10	2:13,73	2:26,67
400 Free	4:17,48	4:44,32	
1500 Free	17:00,44		
50 Back			34,09
100 Back	1:03,27	1:09,52	1:14,96
200 Back	2:16,77	2:31,62	2:43,47
50 Breast			36,99
100 Breast	1:09,04	1:17,02	1:23,11
200 Breast	2:33,94	2:47,80	3:00,44
50 Fly			31,77
100 Fly	1:00,55	1:06,66	1:11,90
200 Fly	2:15,86		
200 IM	2:18,56	2:31,81	2:45,04
400 IM	4:56,82		

Men 17 & Over

	SANJ	LEV3	LEV2
50 Free			27,98
100 Free		1:00,40	1:05,28
200 Free		2:13,73	2:26,67
400 Free		4:44,32	

SAAG2020 STANDARDS Sa National Jnr Short Course Meters

1500	Free		
50	Back		34,09
100	Back	1:09,52	1:14,96
200	Back	2:31,62	2:43,47
50	Breast		36,99
100	Breast	1:17,02	1:23,11
200	Breast	2:47,80	3:00,44
50	Fly		31,77
100	Fly	1:06,66	1:11,90
200	Fly		
200	IM	2:31,81	2:31,81
400	IM		
