
WCA20 STANDARDS WCA CHAMP QT Long Course Meters

Women 10 & Under

	WCQT	JCQT
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

Women 11-11

	WCQT	JCQT
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	

Women 12-12

	WCQT	JCQT
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

	WCQT	JCQT
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	

Women 14-14

	WCQT	JCQT
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	

Women 15-15

	WCQT	JCQT
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

WCA20 STANDARDS WCA CHAMP QT Long Course Meters

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	

Women 16-16

	WCQT	JCQT
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	

Women 17 & Over

	WCQT	JCQT
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	

Men 10 & Under

	WCQT	JCQT
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

WCA20 STANDARDS WCA CHAMP QT Long Course Meters

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

	WCQT	JCQT
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

	WCQT	JCQT
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

	WCQT	JCQT
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

WCA20 STANDARDS WCA CHAMP QT Long Course Meters

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

	WCQT	JCQT
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

	WCQT	JCQT
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

	WCQT	JCQT
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	

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	

Men 17 & Over

	WCQT	JCQT
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	
