
WCA20 STANDARDS WCA CHAMP QT Short Course Meters

Women 10 & Under

	WCQT	JCQT
50 Free	35,84	42,92
100 Free	1:17,53	1:32,81
200 Free	2:48,38	3:09,68
400 Free	5:55,16	6:42,94
50 Back	41,37	49,31
100 Back	1:28,81	1:45,84
200 Back	3:11,24	3:34,79
50 Breast	45,40	54,18
100 Breast	1:39,37	1:58,54
200 Breast	3:33,40	3:59,84
50 Fly	38,05	45,38
100 Fly	1:25,48	1:41,91
200 IM	3:12,84	3:38,18

Women 11-11

	WCQT	JCQT
50 Free	35,84	41,45
100 Free	1:17,53	1:32,53
200 Free	2:48,38	3:09,68
400 Free	5:55,16	6:40,43
800 Free	12:08,92	
1500 Free	23:06,93	
50 Back	41,37	48,67
100 Back	1:28,18	1:45,37
200 Back	3:11,24	3:34,79
50 Breast	45,40	53,47
100 Breast	1:39,37	1:57,89
200 Breast	3:33,40	3:59,84
50 Fly	38,05	44,80
100 Fly	1:25,48	1:41,69
200 Fly	3:05,45	
200 IM	3:12,84	3:38,18
400 IM	6:49,20	

Women 12-12

	WCQT	JCQT
50 Free	34,29	37,89
100 Free	1:13,71	1:22,83
200 Free	2:40,10	3:07,97
400 Free	5:37,70	6:24,89
800 Free	11:33,79	
1500 Free	22:19,70	
50 Back	39,39	43,65
100 Back	1:24,56	1:34,58
200 Back	3:02,08	3:32,70
50 Breast	43,20	47,90
100 Breast	1:34,57	1:45,72
200 Breast	3:23,11	3:57,38
50 Fly	36,21	40,15
100 Fly	1:21,37	1:31,08
200 Fly	2:57,36	
200 IM	3:03,50	3:35,05
400 IM	6:29,68	

WCA20 STANDARDS WCA CHAMP QT Short Course Meters

Women 13-13

	WCQT	JCQT
50 Free	34,29	37,89
100 Free	1:13,71	1:22,83
200 Free	2:40,10	3:07,97
400 Free	5:37,70	6:24,89
800 Free	11:33,79	
1500 Free	22:19,70	
50 Back	39,39	43,65
100 Back	1:24,56	1:34,58
200 Back	3:02,08	3:32,70
50 Breast	43,20	47,90
100 Breast	1:34,57	1:45,72
200 Breast	3:23,11	3:57,38
50 Fly	36,21	40,15
100 Fly	1:21,37	1:31,08
200 Fly		
200 IM	3:03,50	3:35,05
400 IM	6:29,68	

Women 14-14

	WCQT	JCQT
50 Free	31,29	34,84
100 Free	1:07,70	1:15,88
200 Free	2:27,08	2:43,47
400 Free	5:10,27	5:44,58
800 Free	10:38,25	
1500 Free	20:14,41	
50 Back	36,27	40,00
100 Back	1:17,87	1:26,79
200 Back	2:47,69	3:05,63
50 Breast	39,76	43,88
100 Breast	1:27,40	1:36,95
200 Breast	3:06,96	3:28,99
50 Fly	33,33	36,79
100 Fly	1:14,91	1:23,55
200 Fly	2:42,89	
200 IM	2:48,83	3:08,35
400 IM	5:58,99	

Women 15-15

	WCQT	JCQT
50 Free	31,29	34,84
100 Free	1:07,70	1:15,86
200 Free	2:27,08	2:43,47
400 Free	5:10,27	5:44,58
800 Free	10:38,25	
1500 Free	20:14,41	
50 Back	36,27	40,00
100 Back	1:17,87	1:26,79
200 Back	2:47,69	3:05,63
50 Breast	39,76	43,88
100 Breast	1:27,40	1:36,95
200 Breast	3:06,96	3:26,99
50 Fly	33,33	36,79

WCA20 STANDARDS WCA CHAMP QT Short Course Meters

100 Fly	1:14,91	1:23,55
200 Fly	2:42,89	
200 IM	2:48,83	3:08,35
400 IM	5:58,99	

Women 16-16

	WCQT	JCQT
50 Free	30,28	32,84
100 Free	1:05,52	1:13,16
200 Free	2:22,35	2:38,91
400 Free	5:00,30	5:36,17
800 Free	10:18,25	
1500 Free	19:36,35	
50 Back	35,13	39,09
100 Back	1:15,43	1:23,94
200 Back	2:42,46	3:00,77
50 Breast	38,50	42,88
100 Breast	1:24,30	1:33,88
200 Breast	3:01,08	3:21,64
50 Fly	32,29	35,95
100 Fly	1:12,56	1:20,78
200 Fly	2:37,85	
200 IM	2:43,50	3:03,50
400 IM	5:47,85	

Women 17 & Over

	WCQT	JCQT
50 Free	30,28	32,84
100 Free	1:05,52	1:13,16
200 Free	2:22,35	2:38,91
400 Free	5:00,30	5:36,17
800 Free	10:18,25	
1500 Free	19:36,35	
50 Back	35,13	39,10
100 Back	1:15,43	1:23,95
200 Back	2:42,46	3:00,78
50 Breast	38,50	42,89
100 Breast	1:24,30	1:33,89
200 Breast	3:01,08	3:21,64
50 Fly	32,29	35,95
100 Fly	1:12,56	1:20,78
200 Fly	2:37,85	
200 IM	2:43,50	3:03,50
400 IM	5:47,85	

Men 10 & Under

	WCQT	JCQT
50 Free	35,32	41,21
100 Free	1:17,97	1:31,16
200 Free	2:52,54	3:05,49
400 Free	5:53,70	6:50,68
50 Back	41,13	47,92
100 Back	1:29,10	1:43,79
200 Back	3:10,27	3:28,49
50 Breast	44,70	52,13
100 Breast	1:38,09	1:55,32

WCA20 STANDARDS WCA CHAMP QT Short Course Meters

200 Breast	3:32,68	3:50,50
50 Fly	38,36	44,71
100 Fly	1:24,51	1:39,65
200 IM	3:12,08	3:30,70

Men 11-11

	WCQT	JCQT
50 Free	35,32	40,69
100 Free	1:17,97	1:30,90
200 Free	2:52,54	3:05,49
400 Free	5:53,70	6:45,70
800 Free	12:31,74	
1500 Free	24:08,24	
50 Back	41,13	47,30
100 Back	1:29,10	1:43,35
200 Back	3:10,27	3:28,49
50 Breast	44,70	51,45
100 Breast	1:38,09	1:54,71
200 Breast	3:32,68	3:50,50
50 Fly	38,36	44,14
100 Fly	1:24,51	1:39,27
200 Fly	3:10,83	
200 IM	3:12,08	3:30,70
400 IM	6:55,83	

Men 12-12

	WCQT	JCQT
50 Free	32,14	34,59
100 Free	1:11,14	1:17,43
200 Free	2:37,45	2:39,61
400 Free	5:34,69	5:47,66
800 Free	11:27,50	
1500 Free	22:04,49	
50 Back	37,16	40,36
100 Back	1:21,48	1:28,56
200 Back	2:57,68	3:10,63
50 Breast	40,85	43,84
100 Breast	1:30,40	1:37,94
200 Breast	3:16,24	3:27,10
50 Fly	35,07	37,65
100 Fly	1:18,18	1:24,82
200 Fly	2:54,71	
200 IM	2:58,25	3:13,28
400 IM	6:21,01	

Men 13-13

	WCQT	JCQT
50 Free	32,14	34,59
100 Free	1:11,14	1:17,43
200 Free	2:37,45	2:39,61
400 Free	5:34,69	5:44,79
800 Free	11:27,50	
1500 Free	22:04,49	
50 Back	37,16	40,36
100 Back	1:21,48	1:28,56
200 Back	2:57,68	3:10,63

WCA20 STANDARDS WCA CHAMP QT Short Course Meters

50 Breast	40,85	43,84
100 Breast	1:30,40	1:37,94
200 Breast	3:16,24	3:27,10
50 Fly	35,07	37,65
100 Fly	1:18,18	1:24,82
200 Fly	2:54,71	
200 IM	2:58,25	3:13,28
400 IM	6:21,01	

Men 14-14

	WCQT	JCQT
50 Free	28,60	30,24
100 Free	1:03,33	1:06,81
200 Free	2:20,20	2:28,77
400 Free	4:58,06	5:24,10
800 Free	10:13,58	
1500 Free	19:42,08	
50 Back	33,59	35,41
100 Back	1:12,78	1:17,62
200 Back	2:38,73	2:47,99
50 Breast	36,44	38,41
100 Breast	1:20,67	1:25,97
200 Breast	2:55,16	3:05,35
50 Fly	31,30	33,02
100 Fly	1:09,80	1:14,51
200 Fly	2:36,32	
200 IM	2:39,02	2:49,61
400 IM	5:40,19	

Men 15-15

	WCQT	JCQT
50 Free	28,60	30,24
100 Free	1:03,33	1:06,81
200 Free	2:20,20	2:28,77
400 Free	4:58,06	5:20,39
800 Free	10:13,58	
1500 Free	19:42,08	
50 Back	33,59	35,41
100 Back	1:12,78	1:17,62
200 Back	2:38,73	2:47,99
50 Breast	36,44	38,41
100 Breast	1:20,67	1:25,97
200 Breast	2:55,16	3:05,35
50 Fly	31,30	33,02
100 Fly	1:09,80	1:14,51
200 Fly	2:36,32	
200 IM	2:39,02	2:49,61
400 IM	5:40,19	

Men 16-16

	WCQT	JCQT
50 Free	27,28	29,49
100 Free	1:00,40	1:05,28
200 Free	2:13,73	2:26,67
400 Free	4:44,32	5:17,09
800 Free	9:45,89	

WCA20 STANDARDS WCA CHAMP QT Short Course Meters

1500 Free	18:48,74	
50 Back	32,08	34,09
100 Back	1:09,52	1:14,95
200 Back	2:31,62	2:43,47
50 Breast	34,79	36,99
100 Breast	1:17,02	1:23,11
200 Breast	2:47,80	3:00,44
50 Fly	29,89	31,77
100 Fly	1:06,66	1:11,90
200 Fly	2:29,37	
200 IM	2:31,81	2:45,04
400 IM	5:25,26	

Men 17 & Over

	WCQT	JCQT
50 Free	27,28	29,49
100 Free	1:00,40	1:05,28
200 Free	2:13,73	2:26,67
400 Free	4:44,32	5:17,09
800 Free	9:45,89	
1500 Free	18:48,74	
50 Back	32,08	34,09
100 Back	1:09,52	1:14,95
200 Back	2:31,62	2:43,47
50 Breast	34,79	36,99
100 Breast	1:17,02	1:23,11
200 Breast	2:47,80	3:00,44
50 Fly	29,89	31,77
100 Fly	1:06,66	1:11,90
200 Fly	2:29,37	
200 IM	2:31,81	2:45,04
400 IM	5:25,26	
