

**WCA2023 STANDARDS Long Course Meters**

**Women 10 & Under**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	27,32	28,45			39,80
100 Free	59,68	1:02,17	1:07,98	1:18,11	1:32,63
200 Free	2:10,42	2:15,86	2:29,68	2:52,69	3:39,06
400 Free	4:32,96	4:44,35	5:20,92	6:15,35	
800 Free	9:34,77	10:00,93	11:03,53		
1500 Free	18:11,34	19:01,01	21:46,14		
50 Back	31,14	32,44			49,23
100 Back	1:06,48	1:09,28	1:17,96	1:31,19	1:49,49
200 Back	2:24,26	2:30,54	2:48,82	3:18,48	4:07,04
50 Breast	34,26	35,75			55,04
100 Breast	1:15,00	1:18,26	1:28,14	1:43,91	2:03,30
200 Breast	2:42,51	2:49,58	3:10,99	3:45,16	4:36,27
50 Fly	28,95	30,27			55,86
100 Fly	1:04,04	1:06,71	1:17,98	1:37,36	2:16,76
200 Fly	2:24,41	2:30,99	2:59,97		
200 IM	2:27,50	2:33,92	2:51,16	3:20,19	4:04,80
400 IM	5:11,53	5:25,09	6:07,73		

**Women 11-11**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	27,32	28,45			38,20
100 Free	59,68	1:02,17	1:07,98	1:18,11	1:26,37
200 Free	2:10,42	2:15,86	2:29,68	2:52,69	3:21,68
400 Free	4:32,96	4:44,35	5:20,92	6:15,35	
800 Free	9:34,77	10:00,93	11:03,53		
1500 Free	18:11,34	19:01,01	21:46,14		
50 Back	31,14	32,44			46,27
100 Back	1:06,48	1:09,28	1:17,96	1:31,19	1:41,08
200 Back	2:24,26	2:30,54	2:48,82	3:18,48	3:50,29
50 Breast	34,26	35,75			51,75
100 Breast	1:15,00	1:18,26	1:28,14	1:43,91	1:54,30
200 Breast	2:42,51	2:49,58	3:10,99	3:45,16	4:23,32
50 Fly	28,95	30,27			50,37
100 Fly	1:04,04	1:06,71	1:17,98	1:37,36	2:02,55
200 Fly	2:24,41	2:30,99	2:59,97		
200 IM	2:27,50	2:33,92	2:51,16	3:20,19	3:41,61
400 IM	5:11,53	5:25,09	6:07,73		

**Women 12-12**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	27,32	28,45			35,67
100 Free	59,68	1:02,17	1:07,98	1:14,82	1:21,35
200 Free	2:10,42	2:15,86	2:29,68	2:45,17	2:59,65
400 Free	4:32,96	4:44,35	5:20,92	6:03,61	
800 Free	9:34,77	10:00,93	11:03,53		
1500 Free	18:11,34	19:01,01	21:46,14		
50 Back	31,14	32,44			43,19
100 Back	1:06,48	1:09,28	1:17,96	1:26,78	1:33,95
200 Back	2:24,26	2:30,54	2:48,82	3:08,54	3:36,83
50 Breast	34,26	35,75			48,16
100 Breast	1:15,00	1:18,26	1:28,14	1:38,61	1:46,44
200 Breast	2:42,51	2:49,58	3:10,99	3:33,66	4:08,01
50 Fly	28,95	30,27			44,12

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100 Fly	1:04,04	1:06,71	1:17,98	1:33,33	1:55,61
200 Fly	2:24,41	2:30,99	2:59,97		
200 IM	2:27,50	2:33,92	2:51,16	3:10,53	3:30,79
400 IM	5:11,53	5:25,09	6:07,73		

**Women 13-13**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	27,32	28,45			34,03
100 Free	59,68	1:02,17	1:06,03	1:09,88	1:17,98
200 Free	2:10,42	2:15,86	2:25,30	2:33,97	2:51,48
400 Free	4:32,96	4:44,35	5:08,56	5:35,52	
800 Free	9:34,77	10:00,93	10:37,38		
1500 Free	18:11,34	19:01,01	20:49,27		
50 Back	31,14	32,44			41,61
100 Back	1:06,48	1:09,28	1:15,24	1:21,90	1:30,09
200 Back	2:24,26	2:30,54	2:42,79	2:57,60	3:23,22
50 Breast	34,26	35,75			46,84
100 Breast	1:15,00	1:18,26	1:25,29	1:33,27	1:44,44
200 Breast	2:42,51	2:49,58	3:04,80	3:22,09	3:59,48
50 Fly	28,95	30,27			40,17
100 Fly	1:04,04	1:06,71	1:15,29	1:25,31	1:39,19
200 Fly	2:24,41	2:30,99	2:52,84		
200 IM	2:27,50	2:33,92	2:45,19	2:58,11	3:17,65
400 IM	5:11,53	5:25,09	5:54,26		

**Women 14-14**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	27,32	28,45			33,82
100 Free	59,68	1:02,17	1:04,09	1:08,77	1:16,16
200 Free	2:10,42	2:15,86	2:20,94	2:31,46	2:51,03
400 Free	4:32,96	4:44,35	4:57,91	5:27,89	
800 Free	9:34,77	10:00,93	10:28,00		
1500 Free	18:11,34	19:01,01	20:10,21		
50 Back	31,14	32,44			41,18
100 Back	1:06,48	1:09,28	1:12,86	1:20,38	1:29,12
200 Back	2:24,26	2:30,54	2:37,53	2:54,20	3:22,38
50 Breast	34,26	35,75			46,57
100 Breast	1:15,00	1:18,26	1:22,47	1:31,43	1:43,50
200 Breast	2:42,51	2:49,58	2:58,70	3:18,11	3:49,91
50 Fly	28,95	30,27			39,93
100 Fly	1:04,04	1:06,71	1:11,60	1:19,48	1:38,40
200 Fly	2:24,41	2:30,99	2:43,96		
200 IM	2:27,50	2:33,92	2:39,95	2:54,88	3:13,07
400 IM	5:11,53	5:25,09	5:45,04		

**Women 15-15**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	27,32	28,45			33,68
100 Free	59,68	1:02,17	1:03,69	1:07,47	1:14,60
200 Free	2:10,42	2:15,86	2:20,04	2:28,53	2:50,59
400 Free	4:32,96	4:44,35	4:55,95	5:23,64	
800 Free	9:34,77	10:00,93	10:23,52		
1500 Free	18:11,34	19:01,01	20:01,18		
50 Back	31,14	32,44			41,06
100 Back	1:06,48	1:09,28	1:12,37	1:18,96	1:28,86
200 Back	2:24,26	2:30,54	2:36,45	2:52,59	3:21,79

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50 Breast	34,26	35,75			46,43
100 Breast	1:15,00	1:18,26	1:21,90	1:29,73	1:43,18
200 Breast	2:42,51	2:49,58	2:57,45	3:14,42	3:49,22
50 Fly	28,95	30,27			39,20
100 Fly	1:04,04	1:06,71	1:10,36	1:16,59	1:36,08
200 Fly	2:24,41	2:30,99	2:42,00		
200 IM	2:27,50	2:33,92	2:38,89	2:53,36	3:12,51
400 IM	5:11,53	5:25,09	5:37,85		

**Women 16-16**

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	27,32	28,45			33,68
100 Free	59,68	1:02,17	1:03,10	1:07,47	1:14,60
200 Free	2:10,42	2:15,86	2:18,73	2:28,53	2:50,23
400 Free	4:32,96	4:44,35	4:51,27	5:23,64	
800 Free	9:34,77	10:00,93	10:17,02		
1500 Free	18:11,34	19:01,01	19:35,61		
50 Back	31,14	32,44			41,06
100 Back	1:06,48	1:09,28	1:10,98	1:18,96	1:28,86
200 Back	2:24,26	2:30,54	2:34,38	2:52,59	3:21,79
50 Breast	34,26	35,75			46,43
100 Breast	1:15,00	1:18,26	1:20,26	1:29,73	1:43,18
200 Breast	2:42,51	2:49,58	2:53,90	3:14,42	3:51,22
50 Fly	28,95	30,27			39,20
100 Fly	1:04,04	1:06,71	1:08,33	1:16,59	1:38,08
200 Fly	2:24,41	2:30,99	2:36,11		
200 IM	2:27,50	2:33,92	2:36,83	2:53,36	3:12,48
400 IM	5:11,53	5:25,09	5:33,37		

**Women 17 & Over**

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	27,32	28,45			33,68
100 Free	59,68	1:02,17		1:07,47	1:14,60
200 Free	2:10,42	2:15,86		2:28,53	2:50,23
400 Free	4:32,96	4:44,35		5:23,64	
800 Free	9:34,77	10:00,93			
1500 Free	18:11,34	19:01,01			
50 Back	31,14	32,44			41,06
100 Back	1:06,48	1:09,28		1:18,96	1:28,86
200 Back	2:24,26	2:30,54		2:52,59	3:21,79
50 Breast	34,26	35,75			46,43
100 Breast	1:15,00	1:18,26		1:29,73	1:43,18
200 Breast	2:42,51	2:49,58		3:14,42	3:51,22
50 Fly	28,95	30,27			29,20
100 Fly	1:04,04	1:06,71		1:16,59	1:38,08
200 Fly	2:24,41	2:30,99			
200 IM	2:27,50	2:33,92		2:53,36	3:12,48
400 IM	5:11,53	5:25,09			

**Men 10 & Under**

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	24,13	25,14			39,07
100 Free	54,14	56,40	1:05,33	1:16,55	1:31,55
200 Free	1:57,74	2:02,65	2:24,04	2:50,25	3:39,94
400 Free	4:14,04	4:24,64	5:10,79	6:29,76	
800 Free	8:48,79	9:11,81	11:00,99		

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1500 Free	17:12,70	17:59,70	20:47,95		
50 Back	27,47	28,61			48,74
100 Back	59,85	1:02,34	1:15,40	1:30,99	1:49,30
200 Back	2:10,89	2:16,59	2:42,77	3:16,41	4:00,50
50 Breast	29,95	31,20			55,62
100 Breast	1:05,65	1:08,39	1:24,49	1:43,69	2:04,72
200 Breast	2:25,58	2:31,66	3:07,35	3:49,93	4:49,31
50 Fly	25,70	26,77			53,01
100 Fly	57,08	59,46	1:13,45	1:30,15	2:15,94
200 Fly	2:11,27	2:17,25	2:49,25		
200 IM	2:11,60	2:17,08	2:43,32	3:14,93	3:56,92
400 IM	4:45,19	4:57,60	5:52,85		

**Men 11-11**

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	24,13	25,14			37,83
100 Free	54,14	56,40	1:05,33	1:16,55	1:26,92
200 Free	1:57,74	2:02,65	2:24,04	2:50,25	3:36,25
400 Free	4:14,04	4:24,64	5:10,79	6:29,76	
800 Free	8:48,79	9:11,81	11:00,99		
1500 Free	17:12,70	17:59,70	20:47,95		
50 Back	27,47	28,61			47,41
100 Back	59,85	1:02,34	1:15,40	1:30,99	1:47,40
200 Back	2:10,89	2:16,59	2:42,77	3:16,41	3:55,21
50 Breast	29,95	31,20			54,32
100 Breast	1:05,65	1:08,39	1:24,49	1:43,69	2:01,94
200 Breast	2:25,58	2:31,66	3:07,35	3:49,93	4:39,49
50 Fly	25,70	26,77			51,07
100 Fly	57,08	59,46	1:13,45	1:30,15	2:00,42
200 Fly	2:11,27	2:17,25	2:49,25		
200 IM	2:11,60	2:17,08	2:43,32	3:14,93	3:45,73
400 IM	4:45,19	4:57,60	5:52,85		

**Men 12-12**

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	24,13	25,14			35,20
100 Free	54,14	56,40	1:05,33	1:12,57	1:19,11
200 Free	1:57,74	2:02,65	2:24,04	2:46,47	3:09,19
400 Free	4:14,04	4:24,64	5:10,79	6:13,22	
800 Free	8:48,79	9:11,81	11:00,99		
1500 Free	17:12,70	17:59,70	20:47,95		
50 Back	27,47	28,61			43,47
100 Back	59,85	1:02,34	1:15,40	1:25,24	1:35,68
200 Back	2:10,89	2:16,59	2:42,77	3:04,00	3:42,09
50 Breast	29,95	31,20			49,68
100 Breast	1:05,65	1:08,39	1:24,49	1:36,46	1:50,64
200 Breast	2:25,58	2:31,66	3:07,35	3:33,88	4:14,00
50 Fly	25,70	26,77			45,44
100 Fly	57,08	59,46	1:13,45	1:27,57	2:22,44
200 Fly	2:11,27	2:17,25	2:49,25		
200 IM	2:11,60	2:17,08	2:43,32	3:03,43	3:23,70
400 IM	4:45,19	4:57,60	5:52,85		

**Men 13-13**

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	24,13	25,14			32,40

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100 Free	54,14	56,40	1:02,14	1:07,87	1:12,62
200 Free	1:57,74	2:02,65	2:19,01	2:33,21	2:47,94
400 Free	4:14,04	4:24,64	4:59,93	5:40,48	
800 Free	8:48,79	9:11,81	10:24,19		
1500 Free	17:12,70	17:59,70	19:42,15		
50 Back	27,47	28,61			41,25
100 Back	59,85	1:02,34	1:12,21	1:20,21	1:30,92
200 Back	2:10,89	2:16,59	2:38,05	2:56,48	3:31,97
50 Breast	29,95	31,20			45,92
100 Breast	1:05,65	1:08,39	1:22,30	1:32,83	1:42,60
200 Breast	2:25,58	2:31,66	3:02,50	3:25,84	3:57,41
50 Fly	25,70	26,77			39,64
100 Fly	57,08	59,46	1:10,50	1:19,02	1:42,67
200 Fly	2:11,27	2:17,25	2:41,88		
200 IM	2:11,60	2:17,08	2:37,38	2:49,35	3:04,40
400 IM	4:45,19	4:57,60	5:36,64		

**Men 14-14**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	24,13	25,14			30,30
100 Free	54,14	56,40	59,09	1:03,66	1:08,44
200 Free	1:57,74	2:02,65	2:11,65	2:22,72	2:37,64
400 Free	4:14,04	4:24,64	4:44,05	5:23,43	
800 Free	8:48,79	9:11,81	9:49,99		
1500 Free	17:12,70	17:59,70	18:56,63		
50 Back	27,47	28,61			38,28
100 Back	59,85	1:02,34	1:07,65	1:15,40	1:27,64
200 Back	2:10,89	2:16,59	2:28,85	2:47,18	3:22,79
50 Breast	29,95	31,20			44,30
100 Breast	1:05,65	1:08,39	1:17,19	1:27,46	1:40,07
200 Breast	2:25,58	2:31,66	2:51,16	3:13,93	3:49,64
50 Fly	25,70	26,77			36,28
100 Fly	57,08	59,46	1:05,76	1:13,86	1:04,00
200 Fly	2:11,27	2:17,25	2:30,27		
200 IM	2:11,60	2:17,08	2:28,75	2:41,75	2:55,72
400 IM	4:45,19	4:57,60	5:18,19		

**Men 15-15**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	24,13	25,14			28,96
100 Free	54,14	56,40	57,24	59,09	1:05,54
200 Free	1:57,74	2:02,65	2:06,43	2:10,72	2:31,38
400 Free	4:14,04	4:24,64	4:32,79	4:52,70	
800 Free	8:48,79	9:11,81	9:29,63		
1500 Free	17:12,70	17:59,70	18:36,33		
50 Back	27,47	28,61			35,62
100 Back	59,85	1:02,34	1:04,26	1:07,65	1:22,77
200 Back	2:10,89	2:16,59	2:21,00	2:38,80	3:04,04
50 Breast	29,95	31,20			40,04
100 Breast	1:05,65	1:08,39	1:12,89	1:14,22	1:31,25
200 Breast	2:25,58	2:31,66	2:41,63	2:54,88	3:35,27
50 Fly	25,70	26,77			33,20
100 Fly	57,08	59,46	1:02,29	1:03,37	1:20,67
200 Fly	2:11,27	2:17,25	2:21,91		
200 IM	2:11,60	2:17,08	2:22,68	2:26,10	2:45,82
400 IM	4:45,19	4:57,60	5:07,21		

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**Men 16-16**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	24,13	25,14			28,96
100 Free	54,14	56,40	56,57	59,09	1:05,54
200 Free	1:57,74	2:02,65	2:03,37	2:10,72	2:31,38
400 Free	4:14,04	4:24,64	4:26,19	4:52,70	
800 Free	8:48,79	9:11,81	9:15,20		
1500 Free	17:12,70	17:59,70	18:06,65		
50 Back	27,47	28,61			35,62
100 Back	59,85	1:02,34	1:02,90	1:07,65	1:22,77
200 Back	2:10,89	2:16,59	2:18,29	2:38,80	3:04,04
50 Breast	29,95	31,20			40,04
100 Breast	1:05,65	1:08,39	1:10,50	1:14,22	1:31,25
200 Breast	2:25,58	2:31,66	2:36,33	2:54,88	3:35,27
50 Fly	25,70	26,77			33,20
100 Fly	57,08	59,46	1:00,72	1:03,37	1:20,67
200 Fly	2:11,27	2:17,25	2:18,13		
200 IM	2:11,60	2:17,08	2:19,13	2:26,10	2:45,82
400 IM	4:45,19	4:57,60	5:00,36		

**Men 17 & Over**

	<b>A-QT</b>	<b>B-QT</b>	<b>SANJ</b>	<b>LEV3</b>	<b>LEV2</b>
50 Free	24,13	25,15			28,96
100 Free	54,14	56,40		59,09	1:05,54
200 Free	1:57,74	2:02,65		2:10,72	2:31,38
400 Free	4:14,04	4:24,64		4:52,70	
800 Free	8:48,79	9:11,81			
1500 Free	17:12,70	17:59,70			
50 Back	27,47	28,61			35,92
100 Back	59,85	1:02,34		1:07,65	1:22,77
200 Back	2:10,89	2:16,59		2:38,80	3:04,04
50 Breast	29,95	31,20			40,04
100 Breast	1:05,65	1:08,39		1:14,22	1:31,25
200 Breast	2:25,58	2:31,66		2:54,88	3:35,27
50 Fly	25,70	26,77			33,20
100 Fly	57,08	59,46		1:03,37	1:20,67
200 Fly	2:11,27	2:17,25			
200 IM	2:11,60	2:17,08		2:26,10	2:45,82
400 IM	4:45,19	4:57,60			