

WCA23 STANDARDS WCA CHAMP QT Long Course Meters

Women 10 & Under

	WC-A	WC-B
50 Free	35,54	42,41
100 Free	1:17,55	1:32,52
200 Free	2:48,15	3:20,62
400 Free	5:54,33	6:42,78
50 Back	40,71	48,41
100 Back	1:27,31	1:43,83
200 Back	3:09,77	3:41,82
50 Breast	45,01	53,52
100 Breast	1:38,33	1:56,92
200 Breast	3:33,05	4:09,04
50 Fly	37,59	44,70
100 Fly	1:25,14	1:41,24
200 IM	3:10,16	3:34,74

Women 11-11

	WC-A	WC-B
50 Free	35,54	39,95
100 Free	1:17,55	1:32,22
200 Free	2:48,15	3:18,70
400 Free	5:54,33	6:42,78
800 Free	12:08,63	
1500 Free	23:06,38	
50 Back	40,71	47,80
100 Back	1:27,31	1:43,35
200 Back	3:09,77	3:39,61
50 Breast	45,01	53,79
100 Breast	1:38,33	1:56,16
200 Breast	3:33,05	4:06,42
50 Fly	37,59	44,13
100 Fly	1:25,14	1:40,81
200 Fly	3:03,49	
200 IM	3:10,16	3:34,74
400 IM	6:49,03	

Women 12-12

	WC-A	WC-B
50 Free	34,04	37,99
100 Free	1:13,80	1:22,89
200 Free	2:40,03	2:59,74
400 Free	5:37,22	6:29,41
800 Free	11:33,52	
1500 Free	22:19,16	
50 Back	38,79	43,47
100 Back	1:23,19	1:33,22
200 Back	3:00,79	3:18,74
50 Breast	42,87	48,04
100 Breast	1:33,67	1:44,96
200 Breast	3:22,97	3:40,84
50 Fly	35,80	40,12
100 Fly	1:21,11	1:30,89
200 Fly	2:54,76	
200 IM	3:01,10	3:34,74
400 IM	6:29,52	

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Women 13-13

	WC-A	WC-B
50 Free	34,04	36,28
100 Free	1:13,80	1:22,78
200 Free	2:40,03	2:58,15
400 Free	5:37,22	6:24,74
800 Free	11:33,52	
1500 Free	22:19,16	
50 Back	38,79	42,91
100 Back	1:23,19	1:32,90
200 Back	3:00,79	3:16,87
50 Breast	42,87	48,39
100 Breast	1:33,67	1:44,47
200 Breast	3:22,97	3:40,89
50 Fly	35,80	39,61
100 Fly	1:21,11	1:30,62
200 Fly	2:54,76	
200 IM	3:01,10	3:32,62
400 IM	6:29,52	

Women 14-14

	WC-A	WC-B
50 Free	31,13	34,80
100 Free	1:07,91	1:15,94
200 Free	2:27,27	2:44,67
400 Free	5:10,34	5:48,51
800 Free	10:38,00	
1500 Free	20:13,93	
50 Back	35,76	39,89
100 Back	1:16,70	1:25,54
200 Back	2:46,69	3:05,93
50 Breast	39,54	44,10
100 Breast	1:26,37	1:36,33
200 Breast	3:07,14	3:28,73
50 Fly	33,01	36,82
100 Fly	1:14,78	1:23,41
200 Fly	2:41,17	
200 IM	2:46,87	3:07,57
400 IM	6:04,21	

Women 15-15

	WC-A	WC-B
50 Free	31,13	33,58
100 Free	1:07,91	1:15,88
200 Free	2:27,27	2:43,31
400 Free	5:10,34	5:44,42
800 Free	10:38,00	
1500 Free	20:13,93	
50 Back	35,76	40,35
100 Back	1:16,70	1:25,34
200 Back	2:46,69	3:04,25
50 Breast	39,54	44,50
100 Breast	1:26,37	1:35,96
200 Breast	3:07,14	3:26,71
50 Fly	33,01	36,37

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100 Fly	1:14,78	1:23,24
200 Fly	2:41,17	
200 IM	2:46,87	3:05,85
400 IM	6:04,21	

Women 16-16

	WC-A	WC-B
50 Free	30,15	33,58
100 Free	1:05,78	1:13,26
200 Free	2:22,64	2:38,87
400 Free	5:00,57	5:36,04
800 Free	10:18,00	
1500 Free	19:35,88	
50 Back	34,66	38,51
100 Back	1:14,33	1:22,60
200 Back	2:41,56	2:59,52
50 Breast	38,31	42,57
100 Breast	1:23,71	1:33,01
200 Breast	3:01,38	3:21,54
50 Fly	32,00	35,55
100 Fly	1:12,48	1:20,54
200 Fly	2:36,18	
200 IM	2:41,70	3:01,10
400 IM	5:47,71	

Women 17 & Over

	WC-A	WC-B
50 Free	30,15	33,58
100 Free	1:05,78	1:13,26
200 Free	2:22,64	2:38,87
400 Free	5:00,57	5:36,04
800 Free	10:18,00	
1500 Free	19:35,88	
50 Back	34,66	38,51
100 Back	1:14,33	1:22,60
200 Back	2:41,56	2:59,52
50 Breast	38,31	42,57
100 Breast	1:23,71	1:33,01
200 Breast	3:01,38	3:21,54
50 Fly	32,00	35,55
100 Fly	1:12,48	1:20,54
200 Fly	2:36,18	
200 IM	2:41,70	3:02,97
400 IM	5:44,17	

Men 10 & Under

	WC-A	WC-B
50 Free	34,95	40,75
100 Free	1:17,98	1:30,90
200 Free	2:52,53	3:10,20
400 Free	6:05,67	6:50,51
50 Back	40,48	47,06
100 Back	1:27,59	1:41,84
200 Back	3:12,74	3:32,47
50 Breast	44,33	51,54
100 Breast	1:37,09	1:53,80

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200 Breast	3:34,31	3:49,81
50 Fly	37,89	44,05
100 Fly	1:25,17	1:39,03
200 IM	3:12,33	3:27,48

Men 11-11

	WC-A	WC-B
50 Free	34,95	40,24
100 Free	1:17,98	1:29,56
200 Free	2:52,23	3:08,45
400 Free	6:05,67	6:45,51
800 Free	12:31,43	
1500 Free	24:07,67	
50 Back	40,48	46,45
100 Back	1:27,59	1:41,40
200 Back	3:12,74	3:30,41
50 Breast	44,33	50,86
100 Breast	1:37,09	1:53,18
200 Breast	3:34,31	3:47,48
50 Fly	37,89	43,49
100 Fly	1:25,17	1:38,64
200 Fly	3:08,81	
200 IM	3:12,33	3:27,48
400 IM	6:55,67	

Men 12-12

	WC-A	WC-B
50 Free	31,95	34,75
100 Free	1:11,29	17,51
200 Free	2:37,44	2:40,89
400 Free	5:34,27	5:47,52
800 Free	11:27,23	
1500 Free	22:03,96	
50 Back	37,06	40,24
100 Back	1:20,20	1:27,07
200 Back	2:56,48	3:10,89
50 Breast	40,59	44,06
100 Breast	1:29,63	1:37,29
200 Breast	3:16,24	3:28,84
50 Fly	34,70	37,66
100 Fly	1:17,99	1:24,66
200 Fly	2:52,85	
200 IM	2:56,01	3:12,33
400 IM	6:20,86	

Men 13-13

	WC-A	WC-B
50 Free	31,95	34,32
100 Free	1:11,29	1:17,41
200 Free	2:37,44	2:39,55
400 Free	5:34,27	5:44,66
800 Free	11:27,23	
1500 Free	22:03,96	
50 Back	37,06	39,73
100 Back	1:20,20	1:26,83
200 Back	2:56,48	3:09,14

WCA23 STANDARDS WCA CHAMP QT Long Course Meters

50 Breast	40,59	41,13
100 Breast	1:29,63	1:37,01
200 Breast	3:16,24	3:25,84
50 Fly	34,70	37,19
100 Fly	1:17,99	1:24,48
200 Fly	2:52,85	
200 IM	2:56,01	3:10,55
400 IM	6:20,86	

Men 14-14

	WC-A	WC-B
50 Free	28,52	30,46
100 Free	1:03,63	1:07,93
200 Free	2:20,53	2:30,04
400 Free	4:58,37	5:25,97
800 Free	10:13,33	
1500 Free	19:41,61	
50 Back	33,16	35,36
100 Back	1:11,76	1:16,51
200 Back	2:37,91	2:48,36
50 Breast	36,32	38,72
100 Breast	1:20,19	1:25,51
200 Breast	2:55,58	3:07,20
50 Fly	31,02	33,10
100 Fly	1:09,78	1:14,40
200 Fly	3:32,87	
200 IM	2:37,35	2:49,02
400 IM	5:40,05	

Men 15-15

	WC-A	WC-B
50 Free	28,52	30,10
100 Free	1:03,63	1:07,02
200 Free	2:20,53	2:28,89
400 Free	4:58,37	5:20,24
800 Free	10:13,33	
1500 Free	19:41,61	
50 Back	33,16	34,55
100 Back	1:11,76	1:16,44
200 Back	2:37,91	2:46,94
50 Breast	36,32	38,24
100 Breast	1:20,19	1:25,30
200 Breast	2:55,58	3:05,50
50 Fly	31,02	32,70
100 Fly	1:09,78	1:14,37
200 Fly	3:32,87	
200 IM	2:37,35	2:47,58
400 IM	5:40,05	

Men 16-16

	WC-A	WC-B
50 Free	27,24	29,38
100 Free	1:00,76	1:05,54
200 Free	2:14,19	2:26,87
400 Free	4:44,91	5:16,96
800 Free	9:45,66	

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1500 Free	18:48,29	
50 Back	31,70	33,65
100 Back	1:08,60	1:13,88
200 Back	2:30,94	2:42,55
50 Breast	34,72	36,85
100 Breast	1:16,65	1:22,56
200 Breast	2:48,36	3:00,75
50 Fly	29,67	31,50
100 Fly	1:06,70	1:11,83
200 Fly	2:27,79	
200 IM	2:30,36	2:43,19
400 IM	5:25,13	

Men 17 & Over

	WC-A	WC-B
50 Free	27,24	29,38
100 Free	1:00,76	1:05,54
200 Free	2:14,19	2:26,87
400 Free	4:44,91	5:16,96
800 Free	9:45,66	
1500 Free	18:48,29	
50 Back	31,70	33,65
100 Back	1:08,60	1:13,88
200 Back	2:30,94	2:42,55
50 Breast	34,72	36,85
100 Breast	1:16,65	1:22,56
200 Breast	2:48,36	3:00,75
50 Fly	29,67	31,50
100 Fly	1:06,70	1:11,83
200 Fly	2:27,79	
200 IM	2:30,36	2:43,19
400 IM	5:21,82	