
WCA23 STANDARDS WCA CHAMP QT Short Course Meters
Women 10 & Under

	WC-A	WC-B
50 Free	34,76	41,63
100 Free	1:15,98	1:30,95
200 Free	2:45,01	3:05,89
400 Free	5:48,06	6:34,88
50 Back	40,13	47,83
100 Back	1:26,15	1:42,66
200 Back	3:07,42	3:30,49
50 Breast	44,04	52,55
100 Breast	1:36,39	1:54,98
200 Breast	3:29,13	3:52,64
50 Fly	36,91	44,02
100 Fly	1:22,92	1:38,85
200 IM	3:07,05	3:31,63

Women 11-11

	WC-A	WC-B
50 Free	34,76	40,21
100 Free	1:15,98	1:30,68
200 Free	2:45,01	3:05,89
400 Free	5:48,06	6:32,42
800 Free	11:47,05	
1500 Free	22:25,32	
50 Back	40,13	47,21
100 Back	1:25,53	1:42,21
200 Back	3:07,42	3:30,49
50 Breast	44,04	51,87
100 Breast	1:36,39	1:54,35
200 Breast	3:29,13	3:55,04
50 Fly	36,91	43,46
100 Fly	1:23,77	1:39,66
200 Fly	2:59,89	
200 IM	3:07,05	3:31,63
400 IM	6:36,92	

Women 12-12

	WC-A	WC-B
50 Free	33,26	36,75
100 Free	1:12,24	1:21,17
200 Free	2:36,90	3:04,21
400 Free	5:30,95	6:17,19
800 Free	11:12,98	
1500 Free	21:39,51	
50 Back	38,21	42,34
100 Back	1:22,02	1:31,74
200 Back	2:58,44	3:28,45
50 Breast	41,90	46,46
100 Breast	1:31,73	1:42,55
200 Breast	3:17,02	3:50,26
50 Fly	35,12	38,95
100 Fly	1:19,74	1:29,26
200 Fly	3:18,86	
200 IM	2:58,00	3:28,60
400 IM	6:29,68	

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Women 13-13

	WC-A	WC-B
50 Free	33,26	36,75
100 Free	1:12,24	1:21,17
200 Free	2:36,90	3:04,21
400 Free	5:30,95	6:17,20
800 Free	11:12,98	
1500 Free	21:39,51	
50 Back	38,21	42,34
100 Back	1:22,02	1:31,75
200 Back	2:58,44	3:28,46
50 Breast	41,90	46,46
100 Breast	1:31,73	1:42,56
200 Breast	3:19,05	3:52,64
50 Fly	35,12	38,95
100 Fly	1:19,74	1:29,27
200 Fly	3:18,86	
200 IM	2:58,00	3:19,92
400 IM	6:17,99	

Women 14-14

	WC-A	WC-B
50 Free	30,35	33,79
100 Free	1:06,35	1:14,37
200 Free	2:24,14	2:40,20
400 Free	5:04,06	5:37,69
800 Free	10:19,10	
1500 Free	19:37,98	
50 Back	35,18	38,48
100 Back	1:15,53	1:24,19
200 Back	2:44,34	3:01,92
50 Breast	38,57	42,56
100 Breast	1:24,78	1:34,04
200 Breast	3:03,22	3:24,81
50 Fly	32,33	35,69
100 Fly	1:13,41	1:21,88
200 Fly	2:38,00	
200 IM	2:43,77	3:02,70
400 IM	5:48,22	

Women 15-15

	WC-A	WC-B
50 Free	30,35	33,79
100 Free	1:06,35	1:14,34
200 Free	2:24,14	2:40,21
400 Free	5:04,06	5:37,69
800 Free	10:19,10	
1500 Free	19:37,98	
50 Back	35,18	38,48
100 Back	1:15,53	1:24,19
200 Back	2:44,34	3:01,93
50 Breast	38,57	42,57
100 Breast	1:24,78	1:34,05
200 Breast	3:03,22	3:22,85
50 Fly	32,33	35,70

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100 Fly	1:12,66	1:21,05
200 Fly	2:38,00	
200 IM	2:43,77	3:02,70
400 IM	5:48,22	

Women 16-16

	WC-A	WC-B
50 Free	29,37	33,79
100 Free	1:04,21	1:11,70
200 Free	2:19,50	2:35,73
400 Free	4:54,29	5:29,46
800 Free	9:59,70	
1500 Free	19:01,06	
50 Back	34,08	37,93
100 Back	1:13,17	1:21,43
200 Back	2:39,21	2:57,16
50 Breast	37,36	41,60
100 Breast	1:21,77	1:31,07
200 Breast	2:57,46	3:17,62
50 Fly	31,32	34,87
100 Fly	1:11,11	1:19,16
200 Fly	2:33,11	
200 IM	2:38,60	2:58,00
400 IM	5:37,41	

Women 17 & Over

	WC-A	WC-B
50 Free	29,37	31,85
100 Free	1:04,21	1:11,70
200 Free	2:19,50	2:35,73
400 Free	4:54,29	5:29,45
800 Free	9:59,70	
1500 Free	19:01,06	
50 Back	34,08	37,93
100 Back	1:13,17	1:21,43
200 Back	2:39,21	2:57,16
50 Breast	37,35	41,60
100 Breast	1:21,77	1:31,07
200 Breast	2:57,46	3:17,62
50 Fly	31,32	34,87
100 Fly	1:11,11	1:19,16
200 Fly	2:33,11	
200 IM	2:40,23	2:59,83
400 IM	5:37,41	

Men 10 & Under

	WC-A	WC-B
50 Free	34,26	39,97
100 Free	1:16,41	1:29,34
200 Free	2:49,09	3:01,78
400 Free	5:46,63	6:42,47
50 Back	39,90	46,48
100 Back	1:26,43	1:40,68
200 Back	3:06,46	3:24,32
50 Breast	43,36	50,57
100 Breast	1:35,15	1:51,86

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200 Breast	3:28,43	3:45,89
50 Fly	37,21	43,37
100 Fly	1:22,82	1:37,66
200 IM	3:06,32	3:24,38

Men 11-11

	WC-A	WC-B
50 Free	34,76	39,47
100 Free	1:16,41	1:29,08
200 Free	2:49,09	3:01,78
400 Free	5:46,63	6:37,59
800 Free	12:09,19	
1500 Free	23:24,19	
50 Back	39,90	45,88
100 Back	1:26,43	1:40,25
200 Back	3:06,46	3:24,32
50 Breast	43,36	49,91
100 Breast	1:35,15	1:51,27
200 Breast	3:28,43	3:45,89
50 Fly	37,21	42,82
100 Fly	1:22,82	1:37,28
200 Fly	3:05,11	
200 IM	3:06,32	3:24,38
400 IM	6:43,36	

Men 12-12

	WC-A	WC-B
50 Free	31,18	33,55
100 Free	1:09,72	1:15,88
200 Free	2:34,30	2:36,42
400 Free	5:28,00	5:40,71
800 Free	11:06,88	
1500 Free	21:24,76	
50 Back	36,05	39,15
100 Back	1:19,04	1:25,90
200 Back	2:54,13	3:06,82
50 Breast	39,62	42,52
100 Breast	1:27,69	1:35,00
200 Breast	3:12,32	3:22,96
50 Fly	34,02	36,52
100 Fly	1:16,62	1:23,12
200 Fly	2:49,47	
200 IM	2:52,90	3:07,48
400 IM	6:09,58	

Men 13-13

	WC-A	WC-B
50 Free	31,18	33,55
100 Free	1:09,72	1:15,88
200 Free	2:34,30	2:36,42
400 Free	5:28,00	5:37,89
800 Free	11:06,88	
1500 Free	21:24,76	
50 Back	36,05	39,16
100 Back	1:19,04	1:25,90
200 Back	2:54,13	3:06,83

WCA23 STANDARDS WCA CHAMP QT Short Course Meters

50 Breast	39,62	42,53
100 Breast	1:27,69	1:35,00
200 Breast	3:12,32	3:22,96
50 Fly	34,02	36,52
100 Fly	1:16,62	1:23,12
200 Fly	2:49,47	
200 IM	2:52,90	3:07,49
400 IM	6:09,58	

Men 14-14

	WC-A	WC-B
50 Free	27,74	29,33
100 Free	1:02,06	1:05,47
200 Free	2:17,40	2:25,79
400 Free	4:52,10	5:17,62
800 Free	9:55,17	
1500 Free	19:06,62	
50 Back	32,58	34,35
100 Back	1:10,60	1:15,29
200 Back	2:35,56	2:44,63
50 Breast	35,35	37,26
100 Breast	1:18,25	1:23,39
200 Breast	2:51,66	3:01,64
50 Fly	30,36	32,03
100 Fly	1:08,40	1:13,03
200 Fly	2:31,63	
200 IM	2:34,25	2:44,52
400 IM	5:29,98	

Men 15-15

	WC-A	WC-B
50 Free	27,74	29,33
100 Free	1:02,06	1:05,47
200 Free	2:17,40	2:25,79
400 Free	4:52,10	5:13,98
800 Free	9:55,17	
1500 Free	19:06,62	
50 Back	32,58	34,35
100 Back	1:10,60	1:15,29
200 Back	2:35,56	2:44,63
50 Breast	35,35	37,27
100 Breast	1:18,25	1:23,39
200 Breast	2:51,66	3:01,64
50 Fly	30,36	32,02
100 Fly	1:08,40	1:13,02
200 Fly	2:31,63	
200 IM	2:34,25	2:44,52
400 IM	5:29,98	

Men 16-16

	WC-A	WC-B
50 Free	26,46	28,61
100 Free	59,19	1:03,97
200 Free	2:11,06	2:23,74
400 Free	4:38,63	5:10,75
800 Free	9:28,31	

WCA23 STANDARDS WCA CHAMP QT Short Course Meters

1500 Free	18:14,88	
50 Back	31,12	33,07
100 Back	1:07,43	1:12,71
200 Back	2:28,59	2:40,20
50 Breast	33,75	35,88
100 Breast	1:14,71	1:20,62
200 Breast	2:44,44	2:56,83
50 Fly	28,99	30,82
100 Fly	1:05,33	1:10,46
200 Fly	2:24,89	
200 IM	2:27,26	2:40,09
400 IM	5:15,50	

Men 17 & Over

	WC-A	WC-B
50 Free	26,46	28,61
100 Free	59,19	1:03,97
200 Free	2:11,06	2:23,74
400 Free	4:38,63	5:10,75
800 Free	9:28,31	
1500 Free	18:14,88	
50 Back	31,12	33,07
100 Back	1:07,43	1:12,71
200 Back	2:28,59	2:40,20
50 Breast	33,75	35,88
100 Breast	1:14,71	1:20,62
200 Breast	2:44,44	2:56,83
50 Fly	28,99	30,82
100 Fly	1:05,33	1:10,46
200 Fly	2:24,89	
200 IM	2:27,26	2:40,09
400 IM	5:15,50	
