

WCA2025 STANDARDS Long Course Meters

Women 9 & Under

	SANJ	LEV3	LEV2
50 Free			39,80
100 Free			1:32,63
200 Free			3:39,06
50 Back			49,23
100 Back			1:49,49
200 Back			4:07,04
50 Breast			55,04
100 Breast			2:03,30
200 Breast			4:36,27
50 Fly			55,86
100 Fly			2:16,76
200 IM			4:04,80

Women 10-10

	SANJ	LEV3	LEV2
50 Free			39,80
100 Free		1:16,33	1:32,63
200 Free		2:50,82	3:39,06
400 Free		6:15,35	
800 Free			
1500 Free			
50 Back			49,23
100 Back		1:29,36	1:49,49
200 Back		3:17,39	4:07,04
50 Breast			55,04
100 Breast		1:40,83	2:03,30
200 Breast		3:42,55	4:36,27
50 Fly			55,86
100 Fly		1:37,36	2:16,76
200 Fly			
200 IM		3:20,19	4:04,80
400 IM			

Women 11-11

	SANJ	LEV3	LEV2
50 Free			38,20
100 Free	1:07,98	1:16,33	1:26,37
200 Free	2:29,68	2:50,82	3:21,68
400 Free	5:20,92	6:15,35	
800 Free	10:37,38		
1500 Free	20:20,46		
50 Back			46,27
100 Back	1:17,96	1:29,36	1:41,08
200 Back	2:48,82	3:17,39	3:50,29
50 Breast			51,75
100 Breast	1:28,14	1:40,83	1:54,30
200 Breast	3:10,99	3:42,55	4:23,32
50 Fly			50,37
100 Fly	1:17,98	1:37,36	2:02,55
200 Fly	2:59,97		
200 IM	2:51,16	3:20,19	3:41,61
400 IM	5:54,26		

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Women 12-12

	SANJ	LEV3	LEV2
50 Free			35,67
100 Free	1:07,98	1:14,82	1:21,35
200 Free	2:29,68	2:43,33	2:59,65
400 Free	5:20,92	6:03,61	
800 Free	10:37,38		
1500 Free	20:20,46		
50 Back			43,19
100 Back	1:17,96	1:26,78	1:33,95
200 Back	2:48,82	3:08,54	3:36,83
50 Breast			48,16
100 Breast	1:28,14	1:38,61	1:46,44
200 Breast	3:10,99	1:33,66	4:08,01
50 Fly			44,12
100 Fly	1:17,98	1:33,33	1:55,61
200 Fly	2:59,97		
200 IM	2:51,16	3:08,12	3:30,79
400 IM	5:54,26		

Women 13-13

	SANJ	LEV3	LEV2
50 Free			34,03
100 Free	1:06,03	1:09,88	1:17,98
200 Free	2:25,30	2:33,97	2:51,48
400 Free	5:08,56	5:48,28	
800 Free	10:37,38		
1500 Free	20:20,46		
50 Back			41,61
100 Back	1:15,24	1:21,90	1:30,09
200 Back	2:42,79	2:57,60	3:23,22
50 Breast			46,84
100 Breast	1:25,29	1:33,27	1:44,44
200 Breast	3:04,80	3:22,09	3:59,48
50 Fly			40,17
100 Fly	1:15,29	1:25,31	1:39,19
200 Fly	2:59,97		
200 IM	2:45,19	2:58,11	3:17,65
400 IM	5:54,26		

Women 14-14

	SANJ	LEV3	LEV2
50 Free			33,82
100 Free	1:04,09	1:08,77	1:16,16
200 Free	2:20,94	2:31,46	2:51,03
400 Free	4:57,91	5:27,89	
800 Free	10:37,38		
1500 Free	20:20,46		
50 Back			41,18
100 Back	1:12,86	1:20,38	1:29,12
200 Back	2:37,53	2:54,20	3:22,38
50 Breast			46,57
100 Breast	1:24,85	1:31,43	1:43,50
200 Breast	3:03,62	3:18,11	3:49,91
50 Fly			39,93
100 Fly	1:13,69	1:19,48	1:38,40

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200 Fly	2:59,97		
200 IM	2:39,96	2:54,88	3:13,07
400 IM	5:54,26		

Women 15-15

	SANJ	LEV3	LEV2
50 Free			33,68
100 Free	1:03,69	1:07,47	1:14,60
200 Free	2:20,04	2:28,53	2:50,59
400 Free	4:55,95	5:23,64	
800 Free	10:17,02		
1500 Free	19:35,61		
50 Back			41,06
100 Back	1:12,37	1:18,96	1:28,86
200 Back	2:36,45	2:52,59	3:21,79
50 Breast			46,43
100 Breast	1:22,81	1:29,73	1:43,18
200 Breast	3:00,05	3:14,42	3:49,22
50 Fly			39,20
100 Fly	1:12,76	1:16,59	1:38,08
200 Fly	2:46,47		
200 IM	2:38,89	2:53,36	3:12,51
400 IM	5:37,85		

Women 16-16

	SANJ	LEV3	LEV2
50 Free			33,68
100 Free	1:03,10	1:07,47	1:14,60
200 Free	2:18,73	2:28,53	2:50,23
400 Free	4:55,95	5:23,64	
800 Free	10:17,02		
1500 Free	19:35,61		
50 Back			41,06
100 Back	1:10,98	1:18,96	1:28,86
200 Back	2:36,45	2:52,59	3:21,79
50 Breast			46,43
100 Breast	1:21,68	1:29,73	1:43,18
200 Breast	2:59,60	3:14,42	3:51,22
50 Fly			39,20
100 Fly	1:10,02	1:16,59	1:38,08
200 Fly	2:46,47		
200 IM	2:36,83	2:53,36	3:12,48
400 IM	5:37,85		

Women 17-19

	SANJ	LEV3	LEV2
50 Free			33,68
100 Free	1:02,78	1:07,47	1:14,60
200 Free	2:18,73	2:28,53	2:50,23
400 Free	4:55,95	5:23,64	
800 Free	10:17,02		
1500 Free	19:35,61		
50 Back			41,06
100 Back	1:10,98	1:18,96	1:28,86
200 Back	2:36,45	2:52,59	3:21,79
50 Breast			46,43

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100 Breast	1:20,26	1:29,73	1:43,18
200 Breast	2:59,60	3:14,42	3:51,22
50 Fly			39,20
100 Fly	1:10,02	1:16,59	1:38,08
200 Fly	2:46,47		
200 IM	2:36,83	2:53,36	3:12,48
400 IM	5:37,85		

Men 9 & Under

	SANJ	LEV3	LEV2
50 Free			39,07
100 Free			1:31,55
200 Free			3:39,94
50 Back			48,74
100 Back			1:49,30
200 Back			4:00,50
50 Breast			55,62
100 Breast			2:04,72
200 Breast			4:49,31
50 Fly			53,01
100 Fly			2:15,94
200 IM			3:56,92

Men 10-10

	SANJ	LEV3	LEV2
50 Free			39,07
100 Free		1:16,55	1:31,55
200 Free		2:50,25	3:39,94
400 Free		6:18,98	
800 Free			
1500 Free			
50 Back			48,74
100 Back		1:30,99	1:49,30
200 Back		3:16,41	4:00,50
50 Breast			55,62
100 Breast		1:43,69	2:04,72
200 Breast		3:48,23	4:49,31
50 Fly			53,01
100 Fly		1:30,15	2:15,94
200 Fly			
200 IM		3:14,93	3:56,92
400 IM			

Men 11-11

	SANJ	LEV3	LEV2
50 Free			37,83
100 Free	1:05,33	1:16,55	1:26,92
200 Free	2:24,04	2:50,25	3:36,25
400 Free	5:10,79	6:18,98	
800 Free	10:24,19		
1500 Free	19:19,18		
50 Back			47,41
100 Back	1:15,14	1:30,99	1:47,40
200 Back	2:42,77	3:16,41	3:55,21
50 Breast			54,32
100 Breast	1:24,49	1:43,69	2:01,94

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200 Breast	3:07,35	3:48,23	4:39,49
50 Fly			51,07
100 Fly	1:16,41	1:30,15	2:00,42
200 Fly	2:39,88		
200 IM	2:43,32	3:14,93	3:45,73
400 IM	5:36,64		

Men 12-12

	SANJ	LEV3	LEV2
50 Free			35,20
100 Free	1:05,33	1:12,57	1:19,11
200 Free	2:24,04	2:46,47	3:09,19
400 Free	5:10,79	5:42,63	
800 Free	10:24,19		
1500 Free	19:19,18		
50 Back			43,47
100 Back	1:15,40	1:25,24	1:35,68
200 Back	2:42,77	3:04,00	3:42,09
50 Breast			49,68
100 Breast	1:24,49	1:36,46	1:50,64
200 Breast	3:07,35	3:29,00	4:14,00
50 Fly			45,44
100 Fly	1:16,41	1:27,57	2:22,44
200 Fly	2:39,88		
200 IM	2:43,32	3:03,43	3:23,70
400 IM	5:36,64		

Men 13-13

	SANJ	LEV3	LEV2
50 Free			32,40
100 Free	1:02,14	1:07,87	1:12,62
200 Free	2:19,01	2:33,21	2:47,94
400 Free	4:59,93	5:40,48	
800 Free	10:24,19		
1500 Free	19:19,18		
50 Back			41,25
100 Back	1:12,21	1:20,21	1:30,92
200 Back	2:38,05	2:56,48	3:31,97
50 Breast			45,92
100 Breast	1:22,30	1:32,83	1:42,60
200 Breast	3:00,10	3:25,84	3:57,41
50 Fly			39,64
100 Fly	1:10,50	1:19,02	1:42,67
200 Fly	3:39,88		
200 IM	2:37,38	2:49,35	3:04,40
400 IM	5:36,64		

Men 14-14

	SANJ	LEV3	LEV2
50 Free			30,30
100 Free	59,09	1:03,66	1:08,44
200 Free	2:11,65	2:22,72	2:37,64
400 Free	4:44,05	5:23,43	
800 Free	10:24,19		
1500 Free	19:19,18		
50 Back			38,28

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100 Back	1:07,65	1:15,40	1:27,64
200 Back	2:28,85	2:47,18	3:22,79
50 Breast			44,30
100 Breast	1:17,19	1:27,46	1:40,07
200 Breast	2:51,16	3:13,93	3:49,64
50 Fly			36,28
100 Fly	1:05,76	1:13,86	1:34,00
200 Fly	2:39,88		
200 IM	2:28,75	2:41,75	2:55,72
400 IM	5:36,64		

Men 15-15

	SANJ	LEV3	LEV2
50 Free			28,96
100 Free	57,24	59,09	1:05,54
200 Free	2:06,43	2:10,72	2:31,38
400 Free	4:32,79	5:05,95	
800 Free	9:15,20		
1500 Free	17:55,56		
50 Back			35,62
100 Back	1:04,26	1:07,65	1:22,77
200 Back	2:21,78	2:38,80	3:04,04
50 Breast			40,04
100 Breast	1:14,38	1:21,90	1:31,25
200 Breast	2:41,63	2:54,88	3:35,27
50 Fly			33,20
100 Fly	1:02,29	1:03,37	1:20,67
200 Fly	2:21,91		
200 IM	2:22,68	2:26,10	2:45,82
400 IM	5:00,36		

Men 16-16

	SANJ	LEV3	LEV2
50 Free			28,96
100 Free	56,57	59,09	1:05,54
200 Free	2:03,37	2:10,72	2:31,38
400 Free	4:26,19	5:05,95	
800 Free	9:15,20		
1500 Free	17:55,56		
50 Back			35,62
100 Back	1:04,10	1:07,65	1:22,77
200 Back	2:21,00	2:38,80	3:04,04
50 Breast			40,04
100 Breast	1:13,63	1:20,10	1:31,25
200 Breast	2:39,33	2:54,88	3:35,27
50 Fly			33,20
100 Fly	1:01,09	1:03,37	1:20,67
200 Fly	2:21,91		
200 IM	2:19,13	2:26,10	2:45,82
400 IM	5:00,36		

Men 17-19

	SANJ	LEV3	LEV2
50 Free			28,96
100 Free	55,50	59,09	1:05,54
200 Free	2:03,37	2:10,72	2:31,38

WCA2025 STANDARDS Long Course Meters

400 Free	4:26,19	5:05,95	
800 Free	9:15,20		
1500 Free	17:55,56		
50 Back			35,92
100 Back	1:02,90	1:07,65	1:22,77
200 Back	2:20,77	2:38,80	3:04,04
50 Breast			40,04
100 Breast	1:10,50	1:18,11	1:31,25
200 Breast	2:36,33	2:54,88	3:35,27
50 Fly			33,20
100 Fly	1:00,72	1:03,37	1:20,67
200 Fly	2:21,91		
200 IM	2:19,13	2:26,10	2:45,82
400 IM	5:00,36		