
WCACHAMP STANDARDS A Long Course Meters
Women 10 & Under

	A	B
50 Free	36,52	39,72
100 Free	1:20,00	1:32,45
200 Free	2:53,64	3:38,24
400 Free	6:04,17	6:42,78
50 Back	44,09	49,07
100 Back	1:33,79	1:49,00
200 Back	3:22,16	4:06,28
50 Breast	47,66	54,88
100 Breast	1:44,82	2:02,92
200 Breast	3:44,82	4:35,10
50 Fly	41,16	55,00
100 Fly	1:32,98	2:15,50
200 IM	3:24,95	4:04,06

Women 11-11

	A	B
50 Free	36,52	38,20
100 Free	1:20,00	1:26,18
200 Free	2:53,64	3:21,03
400 Free	6:04,17	6:42,78
800 Free	12:08,63	
1500 Free	23:06,38	
50 Back	44,09	46,16
100 Back	1:33,79	1:40,81
200 Back	3:22,16	3:49,73
50 Breast	47,66	51,65
100 Breast	1:44,82	1:54,00
200 Breast	3:44,82	4:22,43
50 Fly	41,16	50,09
100 Fly	1:32,98	2:01,25
200 Fly	3:03,49	
200 IM	3:24,95	3:40,94
400 IM	6:49,03	

Women 12-12

	A	B
50 Free	34,09	35,63
100 Free	1:14,45	1:21,23
200 Free	2:42,57	2:59,36
400 Free	6:01,52	6:29,41
800 Free	11:33,54	
1500 Free	22:19,16	
50 Back	40,76	43,10
100 Back	1:26,31	1:33,79
200 Back	3:07,56	3:36,11
50 Breast	44,84	48,09
100 Breast	1:38,03	1:46,23
200 Breast	3:32,55	4:07,33
50 Fly	37,61	44,01

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100 Fly	1:32,69	1:55,16
200 Fly	2:54,76	
200 IM	3:07,16	3:30,20
400 IM	6:29,52	

Women 13-13

	A	B
50 Free	33,99	34,09
100 Free	1:14,45	1:17,85
200 Free	2:42,57	2:51,14
400 Free	6:01,52	6:24,74
800 Free	11:33,54	
1500 Free	22:19,16	
50 Back	40,76	41,56
100 Back	1:26,31	1:29,86
200 Back	3:07,56	3:22,76
50 Breast	44,84	46,79
100 Breast	1:38,03	1:44,22
200 Breast	3:32,55	3:58,84
50 Fly	37,61	40,11
100 Fly	1:32,69	1:38,84
200 Fly	2:54,76	
200 IM	3:07,16	3:17,35
400 IM	6:29,52	

Women 14-14

	A	B
50 Free	31,55	33,76
100 Free	1:08,51	1:16,08
200 Free	2:30,95	2:50,74
400 Free	5:26,70	5:48,51
800 Free	10:38,00	
1500 Free	20:13,93	
50 Back	37,72	41,11
100 Back	1:20,01	1:28,94
200 Back	2:53,42	3:21,86
50 Breast	41,65	46,48
100 Breast	1:31,00	1:43,34
200 Breast	3:17,27	3:51,41
50 Fly	33,61	39,82
100 Fly	1:19,14	1:38,09
200 Fly	2:41,17	
200 IM	2:54,12	3:12,78
400 IM	6:04,21	

Women 15-15

	A	B
50 Free	31,55	33,63
100 Free	1:08,51	1:15,21
200 Free	2:30,95	2:50,34
400 Free	5:26,70	5:44,42
800 Free	10:38,00	

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1500 Free	20:13,93	
50 Back	37,72	41,01
100 Back	1:20,01	1:28,72
200 Back	2:53,42	3:21,27
50 Breast	41,65	46,35
100 Breast	1:31,00	1:42,91
200 Breast	3:17,27	3:50,68
50 Fly	33,61	39,31
100 Fly	1:19,14	1:37,73
200 Fly	2:41,17	
200 IM	2:54,12	3:12,10
400 IM	6:04,21	

Women 16 & Over

	A	B
50 Free	30,92	33,50
100 Free	1:07,23	1:14,45
200 Free	2:28,01	2:49,90
400 Free	5:22,44	5:36,04
800 Free	10:18,00	
1500 Free	19:35,88	
50 Back	37,28	40,91
100 Back	1:18,67	1:28,50
200 Back	2:51,84	3:20,69
50 Breast	40,87	46,23
100 Breast	1:29,33	1:42,63
200 Breast	3:13,54	3:49,96
50 Fly	32,49	39,10
100 Fly	1:16,32	1:37,37
200 Fly	2:48,61	
200 IM	2:52,62	3:11,65
400 IM	5:47,71	

Men 10 & Under

	A	B
50 Free	36,18	38,93
100 Free	1:20,29	1:31,13
200 Free	2:56,50	3:39,00
400 Free	6:20,81	6:50,51
50 Back	43,56	48,57
100 Back	1:35,44	1:48,69
200 Back	3:27,02	3:59,54
50 Breast	50,09	55,36
100 Breast	1:49,80	2:04,72
200 Breast	4:02,23	4:49,31
50 Fly	41,54	53,01
100 Fly	1:32,25	2:15,94
200 IM	3:29,55	3:55,80

Men 11-11

	A	B
50 Free	36,18	37,05

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100	Free	1:20,29	1:26,57
200	Free	2:56,50	3:35,53
400	Free	6:20,81	6:45,51
800	Free	12:31,41	
1500	Free	24:07,67	
50	Back	43,56	47,23
100	Back	1:35,44	1:47,05
200	Back	3:27,02	3:54,30
50	Breast	50,09	54,00
100	Breast	1:49,80	2:01,74
200	Breast	4:02,23	4:35,50
50	Fly	41,54	50,00
100	Fly	1:32,25	1:58,00
200	Fly	3:08,81	
200	IM	3:29,55	3:45,04
400	IM	6:51,67	

Men 12-12

		A	B
50	Free	33,23	35,12
100	Free	1:12,15	1:18,95
200	Free	2:45,29	3:08,68
400	Free	5:40,91	5:47,52
800	Free	11:27,23	
1500	Free	22:03,96	
50	Back	38,60	43,29
100	Back	1:24,71	1:35,45
200	Back	3:02,67	3:41,50
50	Breast	43,31	49,51
100	Breast	1:35,69	1:50,34
200	Breast	3:27,54	4:13,00
50	Fly	36,77	45,28
100	Fly	1:26,78	1:51,25
200	Fly	2:52,85	
200	IM	3:02,19	3:23,04
400	IM	6:20,86	

Men 13-13

		A	B
50	Free	32,35	33,23
100	Free	1:12,15	1:12,51
200	Free	2:45,29	2:47,45
400	Free	5:40,91	5:44,66
800	Free	11:27,23	
1500	Free	22:03,96	
50	Back	38,60	41,11
100	Back	1:24,71	1:30,72
200	Back	3:02,67	3:31,11
50	Breast	43,31	45,79
100	Breast	1:35,69	1:42,28
200	Breast	3:27,54	3:56,69
50	Fly	36,77	39,52
100	Fly	1:26,78	1:42,28

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200 Fly	2:52,85	
200 IM	3:02,19	3:03,96
400 IM	6:20,86	

Men 14-14

	A	B
50 Free	28,86	30,26
100 Free	1:03,40	1:08,27
200 Free	2:22,08	2:37,43
400 Free	5:21,74	5:23,97
800 Free	10:13,33	
1500 Free	19:41,61	
50 Back	34,64	38,22
100 Back	1:15,05	1:27,37
200 Back	2:46,27	3:22,03
50 Breast	39,71	44,15
100 Breast	1:26,94	1:39,82
200 Breast	3:12,96	3:48,78
50 Fly	31,90	36,19
100 Fly	1:13,46	1:33,70
200 Fly	3:32,87	
200 IM	2:41,00	2:55,30
400 IM	5:40,05	

Men 15-15

	A	B
50 Free	28,86	28,92
100 Free	1:03,40	1:06,16
200 Free	2:22,08	2:33,22
400 Free	5:20,24	5:21,74
800 Free	10:13,33	
1500 Free	19:41,61	
50 Back	34,64	36,21
100 Back	1:15,05	1:23,62
200 Back	2:46,27	3:04,04
50 Breast	39,71	40,04
100 Breast	1:26,94	1:31,25
200 Breast	3:12,96	3:38,27
50 Fly	31,90	33,45
100 Fly	1:13,46	1:21,91
200 Fly	3:32,87	
200 IM	2:41,00	2:47,55
400 IM	5:40,05	

Men 16 & Over

	A	B
50 Free	26,63	28,26
100 Free	58,90	1:05,47
200 Free	2:10,27	2:31,20
400 Free	5:04,64	5:16,96
800 Free	9:45,66	
1500 Free	18:48,29	

WCACHAMP STANDARDS A Long Course Meters

50	Back	31,93	35,58
100	Back	1:07,44	1:22,58
200	Back	2:38,06	3:03,74
50	Breast	36,21	39,95
100	Breast	1:19,74	1:31,03
200	Breast	2:54,16	3:34,57
50	Fly	29,67	33,16
100	Fly	1:12,67	1:20,48
200	Fly	2:38,09	
200	IM	2:25,60	2:45,64
400	IM	5:25,13	