
WCACHAMP STANDARDS A Short Course Meters
Women 10 & Under

	A	B
50 Free	35,72	38,92
100 Free	1:18,40	1:30,85
200 Free	2:50,44	3:35,04
400 Free	5:57,77	6:36,38
50 Back	43,49	48,47
100 Back	1:32,59	1:47,80
200 Back	3:19,76	4:03,88
50 Breast	46,66	53,88
100 Breast	1:42,82	2:00,92
200 Breast	3:40,82	4:31,10
50 Fly	40,46	54,30
100 Fly	1:31,58	2:14,10
200 IM	3:21,75	4:00,86

Women 11-11

	A	B
50 Free	35,72	37,40
100 Free	1:18,40	1:24,58
200 Free	2:50,44	3:17,83
400 Free	5:57,77	6:36,38
800 Free	11:55,83	
1500 Free	22:42,38	
50 Back	43,49	45,56
100 Back	1:32,59	1:39,61
200 Back	3:19,76	3:47,33
50 Breast	46,66	50,65
100 Breast	1:42,82	1:52,00
200 Breast	3:40,82	4:18,43
50 Fly	40,46	49,39
100 Fly	1:31,58	1:59,85
200 Fly	3:00,69	
200 IM	3:21,75	3:37,74
400 IM	6:42,63	

Women 12-12

	A	B
50 Free	33,29	34,83
100 Free	1:12,85	1:19,63
200 Free	2:39,37	2:56,16
400 Free	5:55,12	6:23,01
800 Free	11:20,74	
1500 Free	21:55,16	
50 Back	40,16	42,50
100 Back	1:25,11	1:32,59
200 Back	3:05,16	3:33,71
50 Breast	43,84	47,09
100 Breast	1:36,03	1:44,23
200 Breast	3:28,55	4:03,33
50 Fly	36,91	43,31

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100 Fly	1:31,29	1:53,76
200 Fly	2:51,96	
200 IM	3:03,96	3:27,00
400 IM	6:23,12	

Women 13-13

	A	B
50 Free	33,19	33,26
100 Free	1:12,85	1:16,25
200 Free	2:39,37	2:47,94
400 Free	5:55,12	6:18,34
800 Free	11:20,74	
1500 Free	21:55,16	
50 Back	40,16	40,96
100 Back	1:25,11	1:28,66
200 Back	3:05,16	3:20,36
50 Breast	43,84	45,79
100 Breast	1:36,03	1:42,22
200 Breast	3:28,55	3:54,84
50 Fly	36,91	39,41
100 Fly	1:31,29	1:37,44
200 Fly	2:51,96	
200 IM	3:03,96	3:14,15
400 IM	6:23,12	

Women 14-14

	A	B
50 Free	30,75	32,96
100 Free	1:06,91	1:14,48
200 Free	2:27,75	2:47,54
400 Free	5:20,30	5:42,11
800 Free	10:25,20	
1500 Free	19:49,93	
50 Back	37,12	40,51
100 Back	1:18,81	1:27,74
200 Back	2:51,02	3:19,46
50 Breast	40,65	45,48
100 Breast	1:29,00	1:41,34
200 Breast	3:13,27	3:47,41
50 Fly	32,91	39,12
100 Fly	1:17,74	1:36,69
200 Fly	2:38,37	
200 IM	2:50,92	3:09,58
400 IM	5:57,81	

Women 15-15

	A	B
50 Free	30,75	32,83
100 Free	1:06,91	1:13,61
200 Free	2:27,75	2:47,14
400 Free	5:20,30	5:38,02
800 Free	10:25,20	

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1500 Free	19:49,93	
50 Back	37,12	40,41
100 Back	1:18,81	1:27,52
200 Back	2:51,02	3:18,87
50 Breast	40,65	45,35
100 Breast	1:29,00	1:40,91
200 Breast	3:13,27	3:46,68
50 Fly	32,91	38,61
100 Fly	1:17,74	1:36,33
200 Fly	2:38,37	
200 IM	2:50,92	3:08,90
400 IM	5:57,81	

Women 16 & Over

	A	B
50 Free	30,12	32,70
100 Free	1:05,63	1:12,85
200 Free	2:24,81	2:46,70
400 Free	5:16,04	5:29,64
800 Free	10:05,20	
1500 Free	19:11,88	
50 Back	36,68	40,31
100 Back	1:17,47	1:27,30
200 Back	2:49,44	3:18,29
50 Breast	39,87	45,23
100 Breast	1:27,33	1:40,63
200 Breast	3:09,54	3:45,96
50 Fly	31,79	38,40
100 Fly	1:14,92	1:35,97
200 Fly	2:45,81	
200 IM	2:49,42	3:08,45
400 IM	5:41,31	

Men 10 & Under

	A	B
50 Free	35,38	38,13
100 Free	1:18,69	1:29,53
200 Free	2:53,30	3:35,80
400 Free	6:14,41	6:44,11
50 Back	42,96	47,97
100 Back	1:34,24	1:47,49
200 Back	3:24,62	3:57,14
50 Breast	49,09	54,36
100 Breast	1:47,80	2:02,72
200 Breast	3:58,23	4:45,31
50 Fly	40,84	52,31
100 Fly	1:30,85	2:14,54
200 IM	3:26,35	3:52,60

Men 11-11

	A	B
50 Free	35,38	36,25

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100	Free	1:18,69	1:24,97
200	Free	2:53,30	3:32,33
400	Free	6:14,41	6:39,11
800	Free	12:18,61	
1500	Free	23:43,67	
50	Back	42,96	46,63
100	Back	1:34,24	1:45,85
200	Back	3:24,62	3:51,90
50	Breast	49,09	53,00
100	Breast	1:47,80	1:59,74
200	Breast	3:58,23	4:31,50
50	Fly	40,84	49,30
100	Fly	1:30,85	1:56,60
200	Fly	3:06,01	
200	IM	3:26,35	3:41,84
400	IM	6:45,27	

Men 12-12

		A	B
50	Free	32,43	34,32
100	Free	1:10,55	1:17,35
200	Free	2:42,09	3:05,48
400	Free	5:34,51	5:41,12
800	Free	11:14,43	
1500	Free	21:39,96	
50	Back	38,00	42,69
100	Back	1:23,51	1:34,25
200	Back	3:00,27	3:39,10
50	Breast	42,31	48,51
100	Breast	1:33,69	1:48,34
200	Breast	3:23,54	4:09,00
50	Fly	36,07	44,58
100	Fly	1:25,38	1:49,85
200	Fly	2:50,05	
200	IM	2:58,99	3:19,84
400	IM	6:14,46	

Men 13-13

		A	B
50	Free	31,55	32,43
100	Free	1:10,55	1:10,91
200	Free	2:42,09	2:44,25
400	Free	5:34,51	5:38,26
800	Free	11:14,43	
1500	Free	21:39,96	
50	Back	38,00	40,51
100	Back	1:23,51	1:29,52
200	Back	3:00,27	3:28,71
50	Breast	42,31	44,79
100	Breast	1:33,69	1:40,28
200	Breast	3:23,54	3:52,69
50	Fly	36,07	38,82
100	Fly	1:25,38	1:40,88

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200 Fly	2:50,05	
200 IM	2:58,99	3:00,76
400 IM	6:14,46	

Men 14-14

	A	B
50 Free	28,06	29,46
100 Free	1:01,80	1:06,67
200 Free	2:18,88	2:34,23
400 Free	5:15,34	5:17,57
800 Free	10:00,53	
1500 Free	19:17,61	
50 Back	34,04	37,62
100 Back	1:13,85	1:26,17
200 Back	2:43,87	3:19,63
50 Breast	38,71	43,15
100 Breast	1:24,94	1:37,82
200 Breast	3:08,96	3:44,78
50 Fly	31,20	35,49
100 Fly	1:12,06	1:32,30
200 Fly	2:30,07	
200 IM	2:37,80	2:52,10
400 IM	5:33,65	

Men 15-15

	A	B
50 Free	28,06	28,12
100 Free	1:01,80	1:04,56
200 Free	2:18,88	2:30,02
400 Free	5:13,84	5:15,34
800 Free	10:00,53	
1500 Free	19:17,61	
50 Back	34,04	35,61
100 Back	1:13,85	1:22,42
200 Back	2:43,87	3:01,64
50 Breast	38,71	39,04
100 Breast	1:24,94	1:29,25
200 Breast	3:08,96	3:34,27
50 Fly	31,20	32,75
100 Fly	1:12,06	1:20,51
200 Fly	3:30,07	
200 IM	2:37,80	2:44,35
400 IM	5:33,65	

Men 16 & Over

	A	B
50 Free	25,83	27,46
100 Free	57,30	1:03,87
200 Free	2:07,07	2:28,00
400 Free	4:58,24	5:10,56
800 Free	9:32,86	
1500 Free	18:24,29	

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50 Back	31,33	34,98
100 Back	1:06,24	1:21,38
200 Back	2:35,66	3:01,34
50 Breast	35,21	38,95
100 Breast	1:17,74	1:29,03
200 Breast	2:50,16	3:30,57
50 Fly	28,97	32,46
100 Fly	1:11,27	1:19,08
200 Fly	2:35,29	
200 IM	2:22,40	2:42,44
400 IM	5:18,73	