

SAAG21 STANDARDS Sa National Jnr Long Course Meters

Women 10 & Under

	SANJ	LEV3	LEV2
50 Free			41,93
100 Free	1:08,71	1:20,66	1:38,27
200 Free	2:32,93	3:03,15	4:01,61
400 Free	5:31,10	6:40,54	
50 Back			50,45
100 Back	1:19,26	1:34,80	1:56,27
200 Back	2:52,86	3:33,98	4:19,29
50 Breast			57,04
100 Breast	1:31,57	1:47,63	2:08,48
200 Breast	3:18,23	3:56,63	4:44,94
50 Fly			57,22
100 Fly	1:23,25	1:58,60	2:29,72
200 IM	2:53,07	3:25,17	4:21,94

Women 11-11

	SANJ	LEV3	LEV2
50 Free			38,57
100 Free	1:08,71	1:20,66	1:28,95
200 Free	2:32,93	3:03,15	3:34,77
400 Free	5:31,10	6:40,54	
50 Back			46,61
100 Back	1:19,26	1:34,80	1:43,93
200 Back	2:52,86	3:33,98	3:57,91
50 Breast			52,56
100 Breast	1:31,57	1:47,63	1:57,06
200 Breast	3:18,23	3:56,63	4:35,82
50 Fly			51,22
100 Fly	1:23,25	1:58,60	2:12,63
200 IM	2:53,07	3:25,17	3:45,74

Women 12-12

	SANJ	LEV3	LEV2
50 Free			35,59
100 Free	1:08,71	1:14,11	1:24,58
200 Free	2:32,93	2:46,23	3:03,41
400 Free	5:31,10	6:32,83	
800 Free	10:30,23		
50 Back			43,27
100 Back	1:19,26	1:27,29	1:36,10
200 Back	2:52,86	3:11,97	3:49,33
50 Breast			48,51
100 Breast	1:31,57	1:39,41	1:48,21
200 Breast	3:18,23	3:38,35	4:24,08
50 Fly			43,70
100 Fly	1:23,25	1:42,57	2:06,80
200 Fly	2:55,38		
200 IM	2:53,07	3:07,31	3:41,38
400 IM	5:51,87		

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Women 13-13

	SANJ	LEV3	LEV2
50 Free			33,99
100 Free	1:07,20	1:10,96	1:20,76
200 Free	2:28,45	2:39,38	2:55,13
400 Free	5:19,79	6:00,21	
800 Free	10:30,23		
50 Back			41,74
100 Back	1:16,94	1:22,76	1:31,84
200 Back	2:47,05	3:04,81	3:34,40
50 Breast			47,49
100 Breast	1:29,05	1:35,81	1:47,75
200 Breast	3:14,35	3:37,38	4:19,84
50 Fly			40,18
100 Fly	1:19,21	1:35,65	1:47,17
200 Fly	2:55,38		
200 IM	2:48,45	3:00,84	3:21,37
400 IM	5:51,87		

Women 14-14

	SANJ	LEV3	LEV2
50 Free			33,74
100 Free	1:03,89	1:08,75	1:17,49
200 Free	2:23,81	2:35,71	2:55,13
400 Free	4:59,68	5:25,07	
800 Free	10:30,23		
50 Back			41,12
100 Back	1:14,94	1:21,25	1:30,42
200 Back	2:42,55	3:00,83	3:33,91
50 Breast			47,24
100 Breast	1:25,47	1:33,76	1:46,52
200 Breast	3:07,52	3:33,44	4:02,12
50 Fly			39,99
100 Fly	1:15,15	1:32,21	1:46,26
200 Fly	2:55,38		
200 IM	2:40,82	2:55,76	3:13,37
400 IM	5:51,87		

Women 15-15

	SANJ	LEV3	LEV2
50 Free			33,61
100 Free	1:03,42	1:07,76	1:14,76
200 Free	2:20,90	2:35,18	2:59,51
400 Free	4:52,05	5:16,27	
800 Free	9:55,92		
50 Back			41,12
100 Back	1:12,98	1:19,42	1:30,42
200 Back	2:40,24	3:00,83	3:33,91
50 Breast			47,24
100 Breast	1:24,87	1:33,76	1:46,52
200 Breast	3:04,07	3:33,44	4:02,12
50 Fly			38,82

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100 Fly	1:13,13	1:29,85	1:46,26
200 Fly	2:55,11		
200 IM	2:37,99	2:53,54	3:13,37
400 IM	5:50,71		

Women 16-16

	SANJ	LEV3	LEV2
50 Free			33,61
100 Free	1:03,67	1:07,76	1:14,76
200 Free	2:20,90	2:35,18	2:54,42
400 Free	4:52,05	5:16,27	
800 Free	9:55,92		
50 Back			41,12
100 Back	1:12,98	1:19,42	1:30,42
200 Back	2:40,24	3:00,83	3:33,91
50 Breast			47,24
100 Breast	1:21,19	1:33,76	1:46,52
200 Breast	2:57,76	3:31,86	4:02,12
50 Fly			38,82
100 Fly	1:13,13	1:29,85	1:46,26
200 Fly	2:55,11		
200 IM	2:37,99	2:53,54	3:13,32
400 IM	5:50,71		

Women 17-24

	SANJ	LEV3	LEV2
50 Free	28,39		33,61
100 Free	1:01,65	1:07,76	1:14,76
200 Free	2:14,66	2:35,18	2:54,42
400 Free	4:50,22	5:16,27	
800 Free	9:39,67		
1500 Free	18:46,65		
50 Back			41,12
100 Back	1:10,53	1:19,42	1:30,42
200 Back	2:33,72	3:00,83	3:33,91
50 Breast			47,24
100 Breast	1:20,15	1:33,76	1:46,52
200 Breast	2:55,48	3:31,86	4:02,12
50 Fly			38,82
100 Fly	1:09,27	1:29,85	1:46,26
200 Fly	2:37,48		
200 IM	2:33,70	2:53,54	3:13,32
400 IM	5:25,68		

Men 10 & Under

	SANJ	LEV3	LEV2
50 Free			40,40
100 Free	1:09,34	1:19,81	1:33,69
200 Free	2:34,18	3:00,15	4:01,05
400 Free	5:29,76	6:27,43	
50 Back			49,24
100 Back	1:20,73	1:34,52	1:53,49

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200 Back	2:54,53	3:45,81	3:59,88
50 Breast			55,33
100 Breast	1:32,04	1:48,88	2:06,90
200 Breast	3:21,34	4:01,65	4:45,92
50 Fly			54,41
100 Fly	1:23,38	1:54,59	2:37,12
200 IM	2:53,41	3:23,41	4:08,81

Men 11-11

	SANJ	LEV3	LEV2
50 Free			38,64
100 Free	1:09,34	1:19,81	1:29,17
200 Free	2:34,18	3:00,15	3:58,35
400 Free	5:29,76	6:27,43	
50 Back			47,84
100 Back	1:20,73	1:34,52	1:52,46
200 Back	2:54,53	3:45,81	3:56,84
50 Breast			54,48
100 Breast	1:32,04	1:48,88	2:04,97
200 Breast	3:21,34	4:01,65	4:37,56
50 Fly			52,45
100 Fly	1:23,38	1:54,59	2:10,50
200 IM	2:53,41	3:23,41	3:51,92

Men 12-12

	SANJ	LEV3	LEV2
50 Free			35,76
100 Free	1:09,34	1:14,30	1:20,51
200 Free	2:34,18	2:47,11	3:12,41
400 Free	5:29,76	5:54,72	
1500 Free	19:32,46		
50 Back			43,99
100 Back	1:20,73	1:28,22	1:37,76
200 Back	2:54,53	3:20,74	3:55,84
50 Breast			50,53
100 Breast	1:32,04	1:40,70	1:54,23
200 Breast	3:21,34	3:44,24	4:22,15
50 Fly			46,34
100 Fly	1:23,38	1:43,51	2:01,67
200 Fly	2:39,64		
200 IM	2:53,41	3:10,58	3:29,10
400 IM	5:34,86		

Men 13-13

	SANJ	LEV3	LEV2
50 Free			32,84
100 Free	1:03,58	1:08,19	1:13,54
200 Free	2:21,11	2:32,80	2:49,41
400 Free	5:04,40	5:48,66	
1500 Free	19:32,46		
50 Back			41,46
100 Back	1:14,39	1:21,18	1:32,43

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200 Back	2:44,69	3:00,25	3:45,72
50 Breast			45,46
100 Breast	1:23,61	1:32,63	1:43,51
200 Breast	3:08,22	3:26,30	4:04,88
50 Fly			39,08
100 Fly	1:14,44	1:30,94	1:56,08
200 Fly	2:39,64		
200 IM	2:40,01	2:51,88	3:09,03
400 IM	5:34,86		

Men 14-14

	SANJ	LEV3	LEV2
50 Free			31,05
100 Free	1:00,29	1:04,20	1:08,80
200 Free	2:15,08	2:25,35	2:40,28
400 Free	4:46,32	5:28,16	
1500 Free	19:32,46		
50 Back			38,53
100 Back	1:11,39	1:17,06	1:32,43
200 Back	2:33,89	2:51,22	3:40,18
50 Breast			43,84
100 Breast	1:20,00	1:27,36	1:42,05
200 Breast	2:57,26	3:21,86	4:01,79
50 Fly			35,67
100 Fly	1:08,77	1:17,54	1:46,10
200 Fly	2:39,64		
200 IM	2:31,97	2:44,13	2:57,18
400 IM	5:34,86		

Men 15-15

	SANJ	LEV3	LEV2
50 Free			29,55
100 Free	57,97	1:01,42	1:06,88
200 Free	2:10,42	2:20,47	2:38,72
400 Free	4:42,52	5:13,94	
1500 Free	18:00,33		
50 Back			36,08
100 Back	1:06,99	1:14,18	1:28,94
200 Back	2:29,42	2:54,66	3:02,68
50 Breast			41,74
100 Breast	1:16,13	1:23,59	1:38,47
200 Breast	2:50,50	3:11,96	3:48,98
50 Fly			34,34
100 Fly	1:04,57	1:12,52	1:30,15
200 Fly	2:27,27		
200 IM	2:27,03	2:37,80	2:52,12
400 IM	5:11,65		

Men 16-16

	SANJ	LEV3	LEV2
50 Free			29,55
100 Free	56,62	1:01,42	1:06,88

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200 Free	2:06,81	2:20,47	2:38,72
400 Free	4:35,37	5:13,94	
1500 Free	18:00,33		
50 Back			36,08
100 Back	1:05,86	1:14,18	1:28,94
200 Back	2:26,35	2:54,66	3:02,68
50 Breast			41,74
100 Breast	1:14,33	1:23,59	1:38,47
200 Breast	2:46,01	3:11,96	3:48,98
50 Fly			34,34
100 Fly	1:02,62	1:12,52	1:30,15
200 Fly	2:27,27		
200 IM	2:23,18	2:37,80	2:52,12
400 IM	5:11,65		

Men 17-24

	SANJ	LEV3	LEV2
50 Free	25,05		29,55
100 Free	54,55	1:00,37	1:06,88
200 Free	2:01,48	2:18,17	2:38,72
400 Free	4:25,89	5:09,11	
800 Free	8:59,05		
1500 Free	17:18,51		
50 Back			34,69
100 Back	1:03,50	1:14,18	1:27,21
200 Back	2:21,48	2:54,66	3:02,68
50 Breast			41,74
100 Breast	1:10,16	1:22,02	1:38,47
200 Breast	2:39,39	3:11,96	3:44,08
50 Fly			34,34
100 Fly	59,36	1:10,34	1:23,96
200 Fly	2:19,29		
200 IM	2:18,31	2:34,44	2:52,12
400 IM	4:59,99		