
SAAG18A STANDARDS Sa National Jnr Long Course Meters

Women 10 & Under

	SANJ	LEV3	LEV2
50 Free			38,00
100 Free	1:06,49	1:19,13	1:34,41
200 Free	2:24,29	2:51,58	3:24,71
400 Free	5:02,00	6:01,56	
50 Back			47,00
100 Back	1:15,84	1:30,01	1:47,04
200 Back	2:41,89	3:13,64	3:46,35
50 Breast			49,00
100 Breast	1:23,97	1:41,37	2:00,54
200 Breast	3:01,53	3:37,40	4:14,12
50 Fly			45,00
100 Fly	1:12,39	1:26,88	1:43,31
200 IM	2:44,58	3:16,04	3:41,38

Women 11-11

	SANJ	LEV3	LEV2
50 Free			36,05
100 Free	1:06,49	1:19,13	1:28,95
200 Free	2:24,29	2:51,58	3:12,88
400 Free	5:02,00	6:01,56	
50 Back			45,85
100 Back	1:15,84	1:30,01	1:40,96
200 Back	2:41,89	3:13,64	3:33,26
50 Breast			47,23
100 Breast	1:23,97	1:41,37	1:53,69
200 Breast	3:01,53	3:37,40	3:59,43
50 Fly			43,46
100 Fly	1:12,39	1:26,88	1:37,44
200 IM	2:44,58	3:16,04	3:41,38

Women 12-12

	SANJ	LEV3	LEV2
50 Free			34,09
100 Free	1:06,49	1:15,31	1:24,58
200 Free	2:24,29	2:43,30	3:03,41
400 Free	5:02,00	5:44,10	
800 Free	10:06,97		
50 Back			42,83
100 Back	1:15,84	1:25,76	1:36,10
200 Back	2:41,89	3:04,48	3:22,80
50 Breast			44,30
100 Breast	1:23,97	1:36,57	1:48,21
200 Breast	3:01,53	3:27,11	3:47,67
50 Fly			41,36
100 Fly	1:12,39	1:22,77	1:32,75
200 Fly	2:38,95		
200 IM	2:44,58	3:06,70	3:41,38
400 IM	5:37,86		

Women 13-13

	SANJ	LEV3	LEV2
50 Free			33,99

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100 Free	1:05,15	1:12,03	1:20,76
200 Free	2:21,40	2:36,20	2:55,13
400 Free	4:55,96	5:29,14	
800 Free	10:06,97		
50 Back			41,74
100 Back	1:13,72	1:22,11	1:31,84
200 Back	2:37,36	2:56,63	3:17,57
50 Breast			44,37
100 Breast	1:21,62	1:32,46	1:43,42
200 Breast	2:56,45	3:18,30	3:41,80
50 Fly			39,53
100 Fly	1:10,37	1:19,25	1:28,64
200 Fly	2:38,95		
200 IM	2:39,97	2:58,70	3:21,37
400 IM	5:37,86		

Women 14-14

	SANJ	LEV3	LEV2
50 Free			33,74
100 Free	1:03,93	1:09,30	1:17,49
200 Free	2:18,74	2:30,28	2:48,03
400 Free	4:50,37	5:16,67	
800 Free	10:06,97		
50 Back			41,12
100 Back	1:13,22	1:19,07	1:28,19
200 Back	2:36,30	2:50,09	3:09,72
50 Breast			44,00
100 Breast	1:21,07	1:29,04	1:39,31
200 Breast	2:55,26	3:10,96	3:32,99
50 Fly			37,96
100 Fly	1:09,90	1:16,31	1:25,11
200 Fly	2:38,95		
200 IM	2:38,90	2:52,03	3:13,37
400 IM	5:37,86		

Women 15-15

	SANJ	LEV3	LEV2
50 Free			32,58
100 Free	1:03,54	1:07,12	1:14,76
200 Free	2:17,89	2:25,55	2:42,11
400 Free	4:48,60	5:06,70	
800 Free	9:44,69		
50 Back			39,70
100 Back	1:12,74	1:16,63	1:25,15
200 Back	2:35,27	2:44,86	3:03,18
50 Breast			43,89
100 Breast	1:20,54	1:26,30	1:35,89
200 Breast	2:54,11	3:05,08	3:25,65
50 Fly			36,65
100 Fly	1:09,44	1:13,96	1:22,18
200 Fly	2:30,51		
200 IM	2:37,85	2:46,70	3:06,70
400 IM	5:29,13		

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Women 16-16

	SANJ	LEV3	LEV2
50 Free			32,58
100 Free	1:02,78	1:07,12	1:14,76
200 Free	2:16,26	2:25,55	2:42,11
400 Free	4:45,18	5:06,70	
800 Free	9:44,69		
50 Back			39,70
100 Back	1:11,81	1:16,63	1:25,15
200 Back	2:33,29	2:44,86	3:03,18
50 Breast			43,89
100 Breast	1:19,51	1:26,30	1:35,89
200 Breast	2:51,89	3:05,08	3:25,65
50 Fly			36,65
100 Fly	1:08,55	1:13,96	1:22,18
200 Fly	2:30,51		
200 IM	2:35,84	2:46,70	3:06,70
400 IM	5:29,13		

Women 17-17

	SANJ	LEV3	LEV2
50 Free			
100 Free	1:02,78	1:07,12	
200 Free	2:16,26	2:25,55	
400 Free	4:45,18	5:06,70	
800 Free	9:44,69		
50 Back			
100 Back	1:11,81	1:16,63	
200 Back	2:33,29	2:44,86	
50 Breast			
100 Breast	1:19,51	1:26,30	
200 Breast	2:51,89	3:05,08	
50 Fly			
100 Fly	1:08,55	1:13,96	
200 Fly	2:30,51		
200 IM	2:35,84	2:46,70	
400 IM	5:29,13		

Women 18-18

	SANJ	LEV3	LEV2
50 Free			
100 Free	1:02,78	1:07,12	
200 Free	2:16,26	2:25,55	
400 Free	4:45,18	5:06,70	
800 Free	9:44,69		
50 Back			
100 Back	1:11,81	1:16,63	
200 Back	2:33,29	2:44,86	
50 Breast			
100 Breast	1:19,51	1:26,30	
200 Breast	2:51,89	3:05,08	
50 Fly			
100 Fly	1:08,55	1:13,96	
200 Fly	2:30,51		
200 IM	2:35,84	2:46,70	

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400 IM 5:29,13

Men 10 & Under

	SANJ	LEV3	LEV2
50 Free			37,10
100 Free	1:07,21	1:19,57	1:32,76
200 Free	2:26,11	2:55,74	3:14,08
400 Free	5:16,65	6:13,13	
50 Back			44,39
100 Back	1:16,70	1:30,30	1:44,99
200 Back	2:45,20	3:16,67	3:36,81
50 Breast			45,39
100 Breast	1:26,46	1:40,09	1:57,32
200 Breast	3:07,85	3:38,68	3:54,50
50 Fly			42,47
100 Fly	1:13,49	1:26,91	1:41,05
200 IM	2:48,11	3:18,28	3:33,90

Men 11-11

	SANJ	LEV3	LEV2
50 Free			35,86
100 Free	1:07,21	1:19,57	1:25,43
200 Free	2:26,11	2:55,74	3:08,69
400 Free	5:16,65	6:13,13	
50 Back			44,75
100 Back	1:16,70	1:30,30	1:36,83
200 Back	2:45,20	3:16,67	3:30,89
50 Breast			44,00
100 Breast	1:26,46	1:40,09	1:48,21
200 Breast	3:07,85	3:38,68	3:43,95
50 Fly			41,88
100 Fly	1:13,49	1:26,91	1:33,20
200 IM	2:48,11	3:18,28	3:33,90

Men 12-12

	SANJ	LEV3	LEV2
50 Free			33,13
100 Free	1:07,21	1:12,74	1:19,09
200 Free	2:26,11	2:40,65	2:44,17
400 Free	5:16,65	5:41,09	
1500 Free	19:32,46		
50 Back			41,48
100 Back	1:16,70	1:22,68	1:29,76
200 Back	2:45,20	3:00,08	3:14,79
50 Breast			43,00
100 Breast	1:26,46	1:32,40	1:40,30
200 Breast	3:07,85	3:20,24	3:33,10
50 Fly			38,82
100 Fly	1:13,49	1:19,58	1:26,39
200 Fly	2:35,32		
200 IM	2:48,11	3:01,45	3:18,28
400 IM	5:33,74		

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Men 13-13

	SANJ	LEV3	LEV2
50 Free			31,99
100 Free	1:03,66	1:08,83	1:13,72
200 Free	2:18,43	2:32,02	2:42,81
400 Free	4:58,68	5:22,77	
1500 Free	19:32,46		
50 Back			38,72
100 Back	1:12,22	1:18,33	1:23,78
200 Back	2:35,89	2:50,40	3:02,46
50 Breast			41,27
100 Breast	1:19,57	1:27,53	1:33,62
200 Breast	2:56,91	3:09,70	3:22,88
50 Fly			36,24
100 Fly	1:09,39	1:15,39	1:20,63
200 Fly	2:35,32		
200 IM	2:38,79	2:51,84	3:05,06
400 IM	5:33,74		

Men 14-14

	SANJ	LEV3	LEV2
50 Free			30,71
100 Free	1:00,33	1:04,93	1:09,32
200 Free	2:11,19	2:23,40	2:33,10
400 Free	4:43,04	5:04,46	
1500 Free	19:32,46		
50 Back			36,45
100 Back	1:08,69	1:13,98	1:18,88
200 Back	2:28,28	2:41,13	2:51,80
50 Breast			39,92
100 Breast	1:15,69	1:22,67	1:28,15
200 Breast	2:48,27	2:59,16	3:11,02
50 Fly			34,12
100 Fly	1:06,00	1:11,20	1:15,92
200 Fly	2:35,32		
200 IM	2:31,03	2:42,22	2:54,25
400 IM	5:33,74		

Men 15-15

	SANJ	LEV3	LEV2
50 Free			28,78
100 Free	57,60	1:02,00	1:06,88
200 Free	2:05,25	2:16,93	2:29,87
400 Free	4:30,24	4:50,72	
1500 Free	17:24,44		
50 Back			34,69
100 Back	1:05,32	1:10,72	1:16,16
200 Back	2:21,01	2:34,02	2:45,87
50 Breast			37,99
100 Breast	1:11,97	1:19,02	1:25,11
200 Breast	2:40,02	2:51,80	3:04,44
50 Fly			32,47
100 Fly	1:02,76	1:08,06	1:13,30
200 Fly	2:20,49		
200 IM	2:23,63	2:35,01	2:48,24

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400 IM 5:07,21

Men 16-16

	SANJ	LEV3	LEV2
50 Free			28,78
100 Free	56,25	1:02,00	1:06,88
200 Free	2:02,30	2:16,93	2:29,87
400 Free	4:23,88	4:50,72	
1500 Free	17:24,44		
50 Back			34,69
100 Back	1:04,47	1:10,72	1:16,16
200 Back	2:19,17	2:34,02	2:45,87
50 Breast			37,99
100 Breast	1:11,04	1:19,02	1:25,11
200 Breast	2:37,94	2:51,80	3:04,44
50 Fly			32,47
100 Fly	1:01,95	1:08,06	1:13,30
200 Fly	2:18,66		
200 IM	2:21,76	2:35,01	2:48,24
400 IM	5:03,22		

Men 17-17

	SANJ	LEV3	LEV2
50 Free			
100 Free	55,93	1:02,00	
200 Free	2:01,61	2:16,93	
400 Free	4:22,38	4:50,72	
1500 Free	17:24,44		
50 Back			
100 Back	1:03,28	1:10,72	
200 Back	2:16,60	2:34,02	
50 Breast			
100 Breast	1:09,72	1:19,02	
200 Breast	2:35,01	2:51,80	
50 Fly			
100 Fly	1:00,80	1:08,06	
200 Fly	2:16,10		
200 IM	2:19,13	2:35,01	
400 IM	4:57,61		

Men 18-18

	SANJ	LEV3	LEV2
50 Free			
100 Free	55,93	1:02,00	
200 Free	2:01,61	2:16,93	
400 Free	4:22,38	4:50,72	
1500 Free	17:24,44		
50 Back			
100 Back	1:03,28	1:10,72	
200 Back	2:16,60	2:34,02	
50 Breast			
100 Breast	1:09,72	1:19,02	
200 Breast	2:35,01	2:51,80	
50 Fly			
100 Fly	1:00,80	1:08,06	

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200 Fly	2:16,10	
200 IM	2:19,13	2:35,01
400 IM	4:57,61	