

SAAG17 STANDARDS Sa National Jnr Short Course Meters

Female 10 & Under

	SANJ	LEV3	LEV2
50 Free			37.20
100 Free	1:04.98	1:17.53	1:32.81
200 Free	2:21.16	2:48.38	3:21.51
400 Free	4:57.81	5:55.16	
50 Back			46.40
100 Back	1:14.82	1:28.81	1:45.84
200 Back	2:41.15	3:11.24	3:43.95
50 Breast			48.00
100 Breast	1:24.29	1:39.37	1:58.54
200 Breast	3:01.08	3:33.40	4:10.12
50 Fly			44.30
100 Fly	1:12.56	1:25.48	1:41.91
200 IM	2:40.83	3:12.84	3:38.18

Female 11-11

	SANJ	LEV3	LEV2
50 Free			35.25
100 Free	1:04.98	1:17.53	1:27.35
200 Free	2:21.16	2:48.38	3:09.68
400 Free	4:57.81	5:55.16	
50 Back			45.25
100 Back	1:14.82	1:28.18	1:39.76
200 Back	2:41.15	3:11.24	3:30.86
50 Breast			46.23
100 Breast	1:24.29	1:39.37	1:51.69
200 Breast	3:01.08	3:33.40	3:55.43
50 Fly			42.76
100 Fly	1:12.56	1:25.48	1:36.04
200 IM	2:40.83	3:12.84	3:38.18

Female 12-12

	SANJ	LEV3	LEV2
50 Free			33.29
100 Free	1:04.98	1:13.71	1:22.98
200 Free	2:21.16	2:40.10	3:00.21
400 Free	4:57.81	5:37.70	
800 Free	10:01.22		
50 Back			42.23
100 Back	1:14.82	1:24.56	1:34.90
200 Back	2:41.15	3:02.08	3:20.40
50 Breast			43.37
100 Breast	1:24.29	1:34.57	1:46.21
200 Breast	3:01.08	3:23.11	3:43.67
50 Fly			40.66
100 Fly	1:12.56	1:21.37	1:31.35
200 Fly	2:34.94		
200 IM	2:40.83	3:03.50	3:38.18
400 IM	5:31.70		

Female 13-13

	SANJ	LEV3	LEV2
50 Free			33.19

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100 Free	1:03.34	1:10.43	1:19.16
200 Free	2:17.61	2:33.00	2:51.93
400 Free	4:50.33	5:22.74	
800 Free	10:01.22		
1500 Free			
50 Back			41.14
100 Back	1:13.00	1:20.91	1:30.64
200 Back	2:37.22	2:54.23	3:15.17
50 Breast			43.30
100 Breast	1:22.24	1:30.46	1:41.42
200 Breast	2:56.67	3:14.30	3:37.80
50 Fly			38.83
100 Fly	1:10.80	1:17.85	1:27.24
200 Fly	2:34.94		
200 IM	2:36.83	2:55.50	3:18.17
400 IM	5:31.70		

Female 14-14

	SANJ	LEV3	LEV2
50 Free			32.94
100 Free	1:02.25	1:07.70	1:15.89
200 Free	2:15.25	2:27.08	2:44.83
400 Free	4:45.34	5:10.27	
800 Free	10:01.22		
50 Back			40.52
100 Back	1:11.78	1:17.87	1:26.99
200 Back	2:34.61	2:47.69	3:07.32
50 Breast			43.00
100 Breast	1:20.87	1:27.40	1:37.31
200 Breast	2:53.74	3:06.96	3:28.99
50 Fly			37.26
100 Fly	1:09.82	1:14.91	1:23.71
200 Fly	2:34.94		
200 IM	2:34.16	2:48.83	3:10.17
400 IM	5:31.70		

Female 15-15

	SANJ	LEV3	LEV2
50 Free			31.78
100 Free	1:01.70	1:05.52	1:13.16
200 Free	2:14.06	2:22.35	2:38.91
400 Free	4:42.85	5:00.30	
800 Free	9:38.12		
50 Back			39.10
100 Back	1:11.18	1:15.43	1:23.95
200 Back	2:33.30	2:42.26	3:00.78
50 Breast			42.89
100 Breast	1:20.18	1:24.30	1:33.89
200 Breast	2:52.27	3:01.08	3:21.65
50 Fly			35.95
100 Fly	1:09.04	1:12.56	1:20.78
200 Fly	2:30.65		
200 IM	2:32.83	2:43.50	3:03.50
400 IM	5:20.43		

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Female 16-16			
	SANJ	LEV3	LEV2
50 Free			31.78
100 Free	1:01.20	1:05.52	1:13.16
200 Free	2:12.88	2:22.35	2:38.91
400 Free	4:40.35	5:00.30	
800 Free	9:38.12		
50 Back			39.10
100 Back	1:10.57	1:15.43	1:23.95
200 Back	2:31.99	2:42.46	3:00.78
50 Breast			42.89
100 Breast	1:19.50	1:24.30	1:33.89
200 Breast	2:41.80	3:01.08	3:21.65
50 Fly			35.95
100 Fly	1:08.45	1:12.56	1:20.78
200 Fly	2:30.65		
200 IM	2:31.50	2:43.50	3:03.50
400 IM	5:20.43		

Female 17-17			
	SANJ	LEV3	LEV2
50 Free			
100 Free	1:00.61	1:05.52	
200 Free	2:11.70	2:22.35	
400 Free	4:37.86	5:00.30	
800 Free	9:38.12		
50 Back			
100 Back	1:09.96	1:15.43	
200 Back	2:30.68	2:42.46	
50 Breast			
100 Breast	1:18.81	1:24.30	
200 Breast	2:49.33	3:01.08	
50 Fly			
100 Fly	1:07.28	1:12.56	
200 Fly	2:30.65		
200 IM	2:30.16	2:43.50	
400 IM	5:20.43		

Female 18-18			
	SANJ	LEV3	LEV2
50 Free			
100 Free	1:00.61	1:05.52	
200 Free	2:11.70	2:22.35	
400 Free	4:37.86	5:00.30	
800 Free	9:38.12		
50 Back			
100 Back	1:09.96	1:15.43	
200 Back	2:30.68	2:42.46	
50 Breast			
100 Breast	1:18.81	1:24.30	
200 Breast	2:49.33	3:01.08	
50 Fly			
100 Fly	1:07.86	1:12.56	
200 Fly	2:30.65		
200 IM	2:30.16	2:43.50	

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400 IM 5:20.43

Male 10 & Under

	SANJ	LEV3	LEV2
50 Free			34.30
100 Free	1:06.25	1:17.97	1:31.16
200 Free	2:26.66	2:52.54	3:10.88
400 Free	5:11.79	6:06.73	
50 Back			43.79
100 Back	1:16.04	1:29.10	1:43.79
200 Back	2:45.84	3:14.27	3:34.41
50 Breast			44.39
100 Breast	1:24.32	1:38.09	1:55.32
200 Breast	3:03.07	3:34.68	3:50.50
50 Fly			44.71
100 Fly	1:12.95	1:25.51	1:39.65
200 IM	2:45.03	3:15.08	3:30.70

Male 11-11

	SANJ	LEV3	LEV2
50 Free			35.06
100 Free	1:06.25	1:17.97	1:23.83
200 Free	2:26.66	2:52.54	3:05.49
400 Free	5:11.79	6:06.73	
50 Back			44.15
100 Back	1:16.04	1:29.10	1:35.63
200 Back	2:45.84	3:14.27	3:28.49
50 Breast			43.00
100 Breast	1:24.32	1:38.09	1:46.21
200 Breast	3:03.07	3:34.68	3:39.95
50 Fly			41.18
100 Fly	1:12.95	1:25.51	1:31.80
200 IM	2:45.03	3:15.08	3:30.70

Male 12-12

	SANJ	LEV3	LEV2
50 Free			32.33
100 Free	1:06.25	1:11.14	1:17.49
200 Free	2:26.66	2:37.45	2:40.97
400 Free	5:11.79	5:34.69	
1500 Free	19:17.11		
50 Back			40.88
100 Back	1:16.04	1:21.48	1:28.56
200 Back	2:45.84	2:57.68	3:12.39
50 Breast			42.00
100 Breast	1:24.32	1:30.40	1:38.30
200 Breast	3:03.07	3:16.24	3:29.10
50 Fly			38.12
100 Fly	1:12.95	1:18.18	1:24.99
200 Fly	2:32.62		
200 IM	2:45.03	2:58.25	3:15.08
400 IM	5:29.56		

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Male 13-13

	SANJ	LEV3	LEV2
50 Free			31.19
100 Free	1:01.86	1:07.23	1:12.12
200 Free	2:16.96	2:28.82	2:39.61
400 Free	4:51.19	5:16.37	
1500 Free	19:17.11		
50 Back			38.12
100 Back	1:11.15	1:17.13	1:22.58
200 Back	2:35.17	2:48.00	3:00.06
50 Breast			40.27
100 Breast	1:18.85	1:25.53	1:31.62
200 Breast	2:51.21	3:05.70	3:18.88
50 Fly			35.54
100 Fly	1:08.23	1:13.99	1:19.23
200 Fly	2:32.62		
200 IM	2:34.22	2:48.64	3:01.86
400 IM	5:29.56		

Male 14-14

	SANJ	LEV3	LEV2
50 Free			29.91
100 Free	58.44	1:03.33	1:07.72
200 Free	2:09.41	2:20.20	2:29.90
400 Free	4:35.17	4:58.06	
1500 Free	19:17.11		
50 Back			35.85
100 Back	1:07.34	1:12.78	1:17.68
200 Back	2:26.88	2:38.73	2:49.40
50 Breast			38.92
100 Breast	1:14.59	1:20.67	1:26.15
200 Breast	2:41.99	2:55.16	3:07.02
50 Fly			33.42
100 Fly	1:04.57	1:09.80	1:14.52
200 Fly	2:32.62		
200 IM	2:25.81	2:39.02	2:51.05
400 IM	5:29.56		

Male 15-15

	SANJ	LEV3	LEV2
50 Free			27.98
100 Free	56.00	1:00.40	1:05.28
200 Free	2:04.82	2:13.73	2:26.67
400 Free	4:23.72	4:44.32	
1500 Free	17:06.13		
50 Back			34.09
100 Back	1:04.62	1:09.52	1:14.96
200 Back	2:20.96	2:31.62	2:43.47
50 Breast			36.99
100 Breast	1:11.55	1:17.02	1:23.11
200 Breast	2:35.40	2:47.80	3:00.44
50 Fly			31.77
100 Fly	1:01.95	1:06.66	1:11.90
200 Fly	2:13.93		
200 IM	2:19.80	2:31.81	2:45.04

SAAG17 STANDARDS Sa National Jnr Short Course Meters

400 IM 4:48.53

Male 16-16

	SANJ	LEV3	LEV2
50 Free			27.98
100 Free	54.54	1:00.40	1:05.28
200 Free	1:59.79	2:13.73	2:26.67
400 Free	4:17.05	4:44.32	
1500 Free	17:06.13		
50 Back			34.09
100 Back	1:02.99	1:09.52	1:14.96
200 Back	2:17.40	2:31.62	2:43.47
50 Breast			36.99
100 Breast	1:09.73	1:17.02	1:23.11
200 Breast	2:31.45	2:47.80	3:00.44
50 Fly			31.77
100 Fly	1:00.38	1:06.66	1:11.90
200 Fly	2:13.93		
200 IM	2:16.19	2:31.81	2:45.04
400 IM	4:48.53		

Male 17-17

	SANJ	LEV3	LEV2
50 Free			
100 Free	54.05	1:00.40	
200 Free	1:59.71	2:13.73	
400 Free	4:14.57	4:44.32	
1500 Free	17:06.13		
50 Back			
100 Back	1:02.45	1:09.52	
200 Back	2:16.22	2:31.62	
50 Breast			
100 Breast	1:09.12	1:17.20	
200 Breast	2:30.14	2:47.80	
50 Fly			
100 Fly	59.86	1:06.66	
200 Fly	2:13.93		
200 IM	2:15.00	2:31.81	
400 IM	4:48.53		

Male 18-18

	SANJ	LEV3	LEV2
50 Free			
100 Free	54.05	1:00.40	
200 Free	1:59.71	2:13.73	
400 Free	4:14.57	4:44.32	
50 Back			
100 Back	1:02.45	1:09.52	
200 Back	2:16.22	2:31.62	
50 Breast			
100 Breast	1:09.12	1:17.02	
200 Breast	2:30.14	2:47.80	
50 Fly			
100 Fly	59.86	1:06.66	
200 Fly	2:13.93		

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200 IM	2:15.00	2:31.81
400 IM	4:48.53	