
SAAG14 STANDARDS Sa Age Group QT 2014 Long Course Meters

Women 10 & Under

| | LEV3 | LEV2 | LEV1 |
|------------|---------|---------|---------|
| 50 Free | | 36.64 | 43.72 |
| 100 Free | 1:06.58 | 1:19.13 | 1:34.41 |
| 200 Free | 2:24.36 | 2:51.58 | 3:12.88 |
| 400 Free | 5:04.21 | 6:01.56 | |
| 50 Back | | 41.97 | 49.91 |
| 100 Back | 1:16.02 | 1:30.01 | 1:47.04 |
| 200 Back | 2:43.55 | 3:13.64 | 3:37.19 |
| 50 Breast | | 46.40 | 55.18 |
| 100 Breast | 1:25.61 | 1:41.37 | 2:00.54 |
| 200 Breast | 3:03.61 | 3:37.40 | 4:03.84 |
| 50 Fly | | 38.75 | 46.08 |
| 100 Fly | 1:13.38 | 1:26.88 | 1:43.31 |
| 200 IM | 2:44.03 | 3:16.04 | 3:41.38 |

Women 11-11

| | LEV3 | LEV2 | LEV1 |
|------------|---------|---------|---------|
| 50 Free | | 36.64 | 41.19 |
| 100 Free | 1:06.58 | 1:19.13 | 1:28.95 |
| 200 Free | 2:24.36 | 2:51.58 | 3:12.88 |
| 400 Free | 5:04.21 | 6:01.56 | |
| 50 Back | | 41.97 | 47.08 |
| 100 Back | 1:16.02 | 1:30.01 | 1:40.96 |
| 200 Back | 2:43.55 | 3:13.64 | 3:37.19 |
| 50 Breast | | 46.40 | 52.04 |
| 100 Breast | 1:25.61 | 1:41.37 | 1:53.69 |
| 200 Breast | 3:03.61 | 3:37.40 | 4:03.84 |
| 50 Fly | | 38.75 | 43.46 |
| 100 Fly | 1:13.38 | 1:26.88 | 1:37.44 |
| 200 IM | 2:44.03 | 3:16.04 | 3:41.38 |

Women 12-12

| | LEV3 | LEV2 | LEV1 |
|------------|----------|---------|---------|
| 50 Free | | 35.09 | 39.17 |
| 100 Free | 1:06.58 | 1:15.31 | 1:24.58 |
| 200 Free | 2:24.36 | 2:43.30 | 3:12.88 |
| 400 Free | 5:04.21 | 5:44.10 | |
| 800 Free | 10:14.02 | | |
| 50 Back | | 39.99 | 44.81 |
| 100 Back | 1:16.02 | 1:25.76 | 1:36.10 |
| 200 Back | 2:43.55 | 3:04.48 | 3:37.19 |
| 50 Breast | | 44.20 | 49.53 |
| 100 Breast | 1:25.61 | 1:36.57 | 1:48.21 |
| 200 Breast | 3:03.61 | 3:27.11 | 4:03.84 |
| 50 Fly | | 36.91 | 41.36 |
| 100 Fly | 1:13.38 | 1:22.77 | 1:32.75 |
| 200 Fly | 2:41.19 | | |
| 200 IM | 2:44.03 | 3:06.70 | 3:41.38 |
| 400 IM | 5:46.55 | | |

Women 13-13

| | LEV3 | LEV2 | LEV1 |
|----------|---------|---------|---------|
| 50 Free | | 33.36 | 37.40 |
| 100 Free | 1:04.94 | 1:12.03 | 1:20.76 |

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| | | | |
|------------|----------|---------|---------|
| 200 Free | 2:20.81 | 2:36.20 | 2:55.13 |
| 400 Free | 4:56.73 | 5:29.14 | |
| 800 Free | 10:14.02 | | |
| 1500 Free | | | |
| 50 Back | | 38.29 | 42.82 |
| 100 Back | 1:14.20 | 1:22.11 | 1:31.84 |
| 200 Back | 2:39.62 | 2:56.63 | 3:17.57 |
| 50 Breast | | 42.32 | 47.34 |
| 100 Breast | 1:23.56 | 1:32.46 | 1:43.42 |
| 200 Breast | 2:59.21 | 3:18.30 | 3:41.80 |
| 50 Fly | | 35.34 | 39.53 |
| 100 Fly | 1:11.61 | 1:19.25 | 1:28.64 |
| 200 Fly | 2:37.32 | | |
| 200 IM | 2:40.03 | 2:58.70 | 3:21.37 |
| 400 IM | 5:38.10 | | |

Women 14-14

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 32.09 | 35.88 |
| 100 Free | 1:03.85 | 1:09.30 | 1:17.49 |
| 200 Free | 2:18.45 | 2:30.28 | 2:48.03 |
| 400 Free | 4:51.74 | 5:16.67 | |
| 800 Free | 10:14.02 | | |
| 50 Back | | 36.87 | 41.12 |
| 100 Back | 1:12.98 | 1:19.07 | 1:28.19 |
| 200 Back | 2:37.01 | 2:50.09 | 3:09.72 |
| 50 Breast | | 40.76 | 45.46 |
| 100 Breast | 1:22.19 | 1:29.04 | 1:39.31 |
| 200 Breast | 2:56.27 | 3:10.96 | 3:32.99 |
| 50 Fly | | 34.03 | 37.96 |
| 100 Fly | 1:10.44 | 1:16.31 | 1:25.11 |
| 200 Fly | 2:34.74 | | |
| 200 IM | 2:37.36 | 2:52.03 | 3:13.37 |
| 400 IM | 5:32.46 | | |

Women 15-15

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 31.08 | 34.62 |
| 100 Free | 1:03.30 | 1:07.12 | 1:14.76 |
| 200 Free | 2:17.26 | 2:25.55 | 2:42.11 |
| 400 Free | 4:49.25 | 5:06.70 | |
| 800 Free | 9:50.92 | | |
| 50 Back | | 35.73 | 39.70 |
| 100 Back | 1:12.38 | 1:16.63 | 1:25.15 |
| 200 Back | 2:35.70 | 2:44.86 | 3:03.18 |
| 50 Breast | | 39.50 | 43.89 |
| 100 Breast | 1:21.50 | 1:26.30 | 1:35.89 |
| 200 Breast | 2:54.80 | 3:05.08 | 3:25.65 |
| 50 Fly | | 32.99 | 36.65 |
| 100 Fly | 1:09.85 | 1:13.96 | 1:22.18 |
| 200 Fly | 2:33.45 | | |
| 200 IM | 2:36.03 | 2:46.70 | 3:06.70 |
| 400 IM | 5:29.65 | | |

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Women 16-16

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 31.08 | 34.62 |
| 100 Free | 1:02.80 | 1:07.12 | 1:14.76 |
| 200 Free | 2:16.08 | 2:25.55 | 2:42.11 |
| 400 Free | 4:46.75 | 5:06.70 | |
| 800 Free | 9:50.92 | | |
| 50 Back | | 35.73 | 39.70 |
| 100 Back | 1:11.77 | 1:16.63 | 1:25.15 |
| 200 Back | 2:34.39 | 2:44.86 | 3:03.18 |
| 50 Breast | | 39.50 | 43.89 |
| 100 Breast | 1:20.82 | 1:26.30 | 1:35.89 |
| 200 Breast | 2:53.33 | 3:05.08 | 3:25.65 |
| 50 Fly | | 32.99 | 36.65 |
| 100 Fly | 1:09.27 | 1:13.96 | 1:22.18 |
| 200 Fly | 2:32.16 | | |
| 200 IM | 2:34.70 | 2:46.70 | 3:06.70 |
| 400 IM | 5:26.83 | | |

Women 17-17

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 31.08 | |
| 100 Free | 1:02.21 | 1:07.12 | |
| 200 Free | 2:14.90 | 2:25.55 | |
| 400 Free | 4:44.26 | 5:06.70 | |
| 800 Free | 9:50.92 | | |
| 50 Back | | 35.73 | |
| 100 Back | 1:11.16 | 1:16.63 | |
| 200 Back | 2:33.08 | 2:44.86 | |
| 50 Breast | | 39.50 | |
| 100 Breast | 1:18.76 | 1:26.30 | |
| 200 Breast | 2:48.92 | 3:05.08 | |
| 50 Fly | | 32.99 | |
| 100 Fly | 1:08.68 | 1:13.96 | |
| 200 Fly | 2:30.87 | | |
| 200 IM | 2:33.36 | 2:46.70 | |
| 400 IM | 5:24.01 | | |

Women 18-18

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 31.08 | |
| 100 Free | 1:02.21 | 1:07.12 | |
| 200 Free | 2:14.90 | 2:25.55 | |
| 400 Free | 4:44.26 | 5:06.70 | |
| 800 Free | 9:50.92 | | |
| 50 Back | | 35.73 | |
| 100 Back | 1:11.16 | 1:16.63 | |
| 200 Back | 2:33.08 | 2:44.86 | |
| 50 Breast | | 39.50 | |
| 100 Breast | 1:18.76 | 1:26.30 | |
| 200 Breast | 2:48.92 | 3:05.08 | |
| 50 Fly | | 32.99 | |
| 100 Fly | 1:08.68 | 1:13.96 | |
| 200 Fly | 2:30.87 | | |
| 200 IM | 2:33.36 | 2:46.70 | |
| 400 IM | 5:24.01 | | |

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Men 10 & Under

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 36.03 | 42.01 |
| 100 Free | 1:07.85 | 1:19.57 | 1:32.76 |
| 200 Free | 2:29.86 | 2:55.74 | 3:08.69 |
| 400 Free | 5:18.19 | 6:00.10 | |
| 50 Back | | 41.73 | 48.52 |
| 100 Back | 1:17.24 | 1:30.30 | 1:44.99 |
| 200 Back | 2:48.24 | 3:12.67 | 3:30.89 |
| 50 Breast | | 45.70 | 53.13 |
| 100 Breast | 1:26.32 | 1:40.09 | 1:57.32 |
| 200 Breast | 3:07.07 | 3:36.68 | 3:54.50 |
| 50 Fly | | 39.06 | 45.41 |
| 100 Fly | 1:14.35 | 1:25.91 | 1:41.05 |
| 200 IM | 2:35.42 | 3:15.28 | 3:33.90 |

Men 11-11

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 36.03 | 38.69 |
| 100 Free | 1:07.85 | 1:19.57 | 1:25.43 |
| 200 Free | 2:29.86 | 2:55.74 | 3:08.69 |
| 400 Free | 5:18.19 | 6:00.10 | |
| 50 Back | | 41.73 | 44.75 |
| 100 Back | 1:17.24 | 1:30.30 | 1:36.83 |
| 200 Back | 2:48.24 | 3:12.67 | 3:30.89 |
| 50 Breast | | 45.70 | 49.00 |
| 100 Breast | 1:26.32 | 1:40.09 | 1:48.21 |
| 200 Breast | 3:07.07 | 3:36.68 | 3:54.50 |
| 50 Fly | | 39.06 | 41.88 |
| 100 Fly | 1:14.35 | 1:25.91 | 1:33.20 |
| 200 IM | 2:48.23 | 3:15.28 | 3:33.90 |

Men 12-12

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 32.94 | 35.82 |
| 100 Free | 1:07.85 | 1:12.74 | 1:19.09 |
| 200 Free | 2:29.86 | 2:40.65 | 2:44.17 |
| 400 Free | 5:18.19 | 5:41.09 | |
| 1500 Free | 19:41.11 | | |
| 50 Back | | 38.21 | 41.48 |
| 100 Back | 1:17.24 | 1:22.68 | 1:29.76 |
| 200 Back | 2:48.24 | 3:00.08 | 3:14.79 |
| 50 Breast | | 41.85 | 45.42 |
| 100 Breast | 1:26.32 | 1:32.40 | 1:40.30 |
| 200 Breast | 3:07.07 | 3:20.24 | 3:33.10 |
| 50 Fly | | 35.77 | 38.82 |
| 100 Fly | 1:14.35 | 1:19.58 | 1:26.39 |
| 200 Fly | 2:35.42 | | |
| 200 IM | 2:48.23 | 3:01.45 | 3:18.28 |
| 400 IM | 5:35.96 | | |

Men 13-13

| | LEV3 | LEV2 | LEV1 |
|----------|-------------|-------------|-------------|
| 50 Free | | 31.17 | 33.39 |
| 100 Free | 1:03.46 | 1:08.83 | 1:13.72 |

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| | | | |
|------------|----------|---------|---------|
| 200 Free | 2:20.16 | 2:32.02 | 2:42.81 |
| 400 Free | 4:57.59 | 5:22.77 | |
| 1500 Free | 19:41.11 | | |
| 50 Back | | 36.20 | 38.72 |
| 100 Back | 1:12.35 | 1:18.33 | 1:23.78 |
| 200 Back | 2:37.57 | 2:50.40 | 3:02.46 |
| 50 Breast | | 39.64 | 42.40 |
| 100 Breast | 1:20.85 | 1:27.53 | 1:33.62 |
| 200 Breast | 2:55.21 | 3:09.70 | 3:22.88 |
| 50 Fly | | 33.88 | 36.24 |
| 100 Fly | 1:09.63 | 1:15.39 | 1:20.63 |
| 200 Fly | 2:35.42 | | |
| 200 IM | 2:37.42 | 2:51.84 | 3:05.06 |
| 400 IM | 5:35.96 | | |

Men 14-14

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 29.40 | 31.40 |
| 100 Free | 1:00.04 | 1:04.93 | 1:09.32 |
| 200 Free | 2:12.61 | 2:23.40 | 2:33.10 |
| 400 Free | 4:41.57 | 5:04.46 | |
| 1500 Free | 19:41.11 | | |
| 50 Back | | 34.19 | 36.45 |
| 100 Back | 1:08.54 | 1:13.98 | 1:18.88 |
| 200 Back | 2:29.28 | 2:41.13 | 2:51.80 |
| 50 Breast | | 37.44 | 39.92 |
| 100 Breast | 1:16.59 | 1:22.67 | 1:28.15 |
| 200 Breast | 2:45.99 | 2:59.16 | 3:11.02 |
| 50 Fly | | 32.00 | 34.12 |
| 100 Fly | 1:05.97 | 1:11.20 | 1:15.92 |
| 200 Fly | 2:35.42 | | |
| 200 IM | 2:29.01 | 2:42.22 | 2:54.25 |
| 400 IM | 5:35.96 | | |

Men 15-15

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 28.08 | 30.29 |
| 100 Free | 57.60 | 1:02.00 | 1:06.88 |
| 200 Free | 2:08.02 | 2:16.93 | 2:29.87 |
| 400 Free | 4:30.12 | 4:50.72 | |
| 1500 Free | 17:30.13 | | |
| 50 Back | | 32.68 | 34.69 |
| 100 Back | 1:05.82 | 1:10.72 | 1:16.16 |
| 200 Back | 2:23.36 | 2:34.02 | 2:45.87 |
| 50 Breast | | 35.79 | 37.99 |
| 100 Breast | 1:13.55 | 1:19.02 | 1:25.11 |
| 200 Breast | 2:39.40 | 2:51.80 | 3:04.44 |
| 50 Fly | | 30.59 | 32.47 |
| 100 Fly | 1:03.35 | 1:08.06 | 1:13.30 |
| 200 Fly | 2:16.73 | | |
| 200 IM | 2:23.00 | 2:35.01 | 2:48.24 |
| 400 IM | 4:54.93 | | |

Men 16-16

| | LEV3 | LEV2 | LEV1 |
|---------|-------------|-------------|-------------|
| 50 Free | | 28.08 | 30.29 |

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| | | | |
|------------|----------|---------|---------|
| 100 Free | 56.14 | 1:02.00 | 1:06.88 |
| 200 Free | 2:02.99 | 2:16.93 | 2:29.87 |
| 400 Free | 4:23.45 | 4:50.72 | |
| 1500 Free | 17:30.13 | | |
| 50 Back | | 32.68 | 34.69 |
| 100 Back | 1:04.19 | 1:10.72 | 1:16.16 |
| 200 Back | 1:19.80 | 2:34.02 | 2:45.87 |
| 50 Breast | | 35.79 | 37.99 |
| 100 Breast | 1:11.73 | 1:19.02 | 1:25.11 |
| 200 Breast | 2:35.45 | 2:51.80 | 3:04.44 |
| 50 Fly | | 30.59 | 32.47 |
| 100 Fly | 1:01.78 | 1:08.06 | 1:13.30 |
| 200 Fly | 2:16.73 | | |
| 200 IM | 2:19.39 | 2:35.01 | 2:48.24 |
| 400 IM | 4:54.93 | | |

Men 17-17

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 28.08 | |
| 100 Free | 55.65 | 1:02.00 | |
| 200 Free | 2:02.91 | 2:16.93 | |
| 400 Free | 4:20.97 | 4:50.72 | |
| 1500 Free | 17:30.13 | | |
| 50 Back | | 32.68 | |
| 100 Back | 1:03.65 | 1:10.72 | |
| 200 Back | 2:18.62 | 2:34.02 | |
| 50 Breast | | 35.79 | |
| 100 Breast | 1:11.12 | 1:19.02 | |
| 200 Breast | 2:34.14 | 2:51.80 | |
| 50 Fly | | 30.59 | |
| 100 Fly | 1:01.26 | 1:08.06 | |
| 200 Fly | 2:16.73 | | |
| 200 IM | 2:18.20 | 2:35.01 | |
| 400 IM | 4:54.93 | | |

Men 18-18

| | LEV3 | LEV2 | LEV1 |
|------------|-------------|-------------|-------------|
| 50 Free | | 28.08 | |
| 100 Free | 55.65 | 1:02.00 | |
| 200 Free | 2:02.91 | 2:16.93 | |
| 400 Free | 4:20.97 | 4:50.72 | |
| 1500 Free | 17:30.13 | | |
| 50 Back | | 32.68 | |
| 100 Back | 1:03.65 | 1:10.72 | |
| 200 Back | 2:18.62 | 2:34.02 | |
| 50 Breast | | 35.79 | |
| 100 Breast | 1:11.12 | 1:19.02 | |
| 200 Breast | 2:34.14 | 2:51.80 | |
| 50 Fly | | 30.59 | |
| 100 Fly | 1:01.26 | 1:08.06 | |
| 200 Fly | 2:16.73 | | |
| 200 IM | 2:18.20 | 2:35.01 | |
| 400 IM | 4:54.93 | | |