

Swimming South Africa
Registration Data - 2008 / 2009

SAAG09-1 STANDARDS Long Course Meters

Women 10 & Under

	LEV3	LEV2	LEV1
50 Free			43.23
100 Free			1:33.91
200 Free			3:08.48
50 Back			49.98
100 Back			1:48.59
200 Back			3:37.68
50 Breast			55.92
100 Breast			2:01.46
200 Breast			4:03.06
50 Fly			48.08
100 Fly			1:44.46
200 IM			3:33.73

Women 11 & Under

	LEV3	LEV2	LEV1
50 Free		35.60	40.18
100 Free		1:17.14	1:27.28
200 Free		2:47.01	3:08.48
400 Free		5:51.76	
50 Back		40.61	46.58
100 Back		1:28.23	1:41.19
200 Back		3:09.80	3:37.68
50 Breast		45.43	52.10
100 Breast		1:38.68	1:53.14
200 Breast		3:31.94	4:03.06
50 Fly		39.07	44.80
100 Fly		1:24.73	1:37.33
200 IM		3:09.38	3:33.73

Women 12 & Under

	LEV3	LEV2	LEV1
50 Free	31.02	33.06	37.13
100 Free	1:07.39	1:11.81	1:20.63
200 Free	2:25.53	2:35.08	3:08.48
400 Free	5:06.54	5:26.64	
800 Free	9:53.38		
50 Back	35.50	37.77	43.17
100 Back	1:17.13	1:22.06	1:33.78
200 Back	2:45.91	2:56.53	3:37.68
50 Breast	39.71	42.25	48.29
100 Breast	1:26.26	1:31.78	1:44.90
200 Breast	3:05.26	3:17.12	4:03.06
50 Fly	34.15	36.34	41.53
100 Fly	1:14.19	1:18.94	1:30.21
200 Fly	2:34.39		
200 IM	2:45.03	2:55.85	3:33.73
400 IM	5:27.84		

Swimming South Africa
Registration Data - 2008 / 2009

SAAG09-1 STANDARDS Long Course Meters

Women 13-13

	LEV3	LEV2	LEV1
50 Free	29.75	32.04	35.35
100 Free	1:04.63	1:09.60	1:16.78
200 Free	2:19.57	2:30.31	2:45.81
400 Free	4:53.97	5:16.59	
800 Free	9:53.38		
50 Back	34.08	36.64	41.18
100 Back	1:14.04	1:19.59	1:29.47
200 Back	2:39.28	2:51.22	3:12.46
50 Breast	38.12	40.98	46.07
100 Breast	1:22.81	1:29.02	1:40.06
200 Breast	2:57.85	3:11.19	3:34.90
50 Fly	32.78	35.24	39.61
100 Fly	1:11.22	1:16.56	1:26.06
200 Fly	2:34.39		
200 IM	2:38.27	2:50.44	3:08.03
400 IM	5:27.84		

Women 14-14

	LEV3	LEV2	LEV1
50 Free	29.24	31.02	33.57
100 Free	1:03.53	1:07.39	1:12.92
200 Free	2:17.18	2:25.53	2:37.46
400 Free	4:48.95	5:06.54	
800 Free	9:53.38		
50 Back	33.51	35.50	39.19
100 Back	1:12.81	1:17.13	1:25.15
200 Back	2:36.62	2:45.91	3:03.17
50 Breast	37.49	39.71	43.84
100 Breast	1:21.43	1:26.26	1:35.23
200 Breast	2:54.89	3:05.26	3:24.53
50 Fly	32.24	34.15	37.70
100 Fly	1:10.03	1:14.19	1:21.90
200 Fly	2:34.39		
200 IM	2:35.56	2:45.03	2:58.56
400 IM	5:27.84		

Women 15-15

	LEV3	LEV2	LEV1
50 Free	28.99	30.01	31.79
100 Free	1:02.97	1:05.18	1:09.05
200 Free	2:15.99	2:20.76	2:29.11
400 Free	4:46.44	4:56.49	
800 Free	9:37.90		
50 Back	33.23	34.36	37.20
100 Back	1:12.19	1:14.66	1:20.83
200 Back	2:35.29	2:40.60	2:53.88
50 Breast	37.17	38.44	41.62
100 Breast	1:20.74	1:23.50	1:30.40
200 Breast	2:53.41	2:59.33	3:14.16
50 Fly	31.96	33.06	35.79
100 Fly	1:09.44	1:11.97	1:17.75

Swimming South Africa
Registration Data - 2008 / 2009

SAAG09-1 STANDARDS Long Course Meters

200 Fly	2:30.47		
200 IM	2:34.21	2:39.62	2:49.09
400 IM	5:19.29		

Women 16-16

	LEV3	LEV2	LEV1
50 Free	28.74	29.50	31.79
100 Free	1:02.42	1:04.08	1:09.05
200 Free	2:14.80	2:18.38	2:29.11
400 Free	4:43.92	4:51.46	
800 Free	9:37.90		
50 Back	32.94	33.80	37.20
100 Back	1:11.57	1:13.42	1:20.83
200 Back	2:33.97	2:37.95	2:53.88
50 Breast	36.85	37.81	41.62
100 Breast	1:20.05	1:22.12	1:30.40
200 Breast	2:51.92	2:56.37	3:14.16
50 Fly	31.69	32.51	35.79
100 Fly	1:08.85	1:10.63	1:17.75
200 Fly	2:30.47		
200 IM	2:32.86	2:36.91	2:49.09
400 IM	5:19.29		

Women 17-18

	LEV3	LEV2	LEV1
50 Free	28.48		
100 Free	1:01.87		
200 Free	2:13.60		
400 Free	4:41.41		
800 Free	9:37.90		
1500 Free			
50 Back	32.66		
100 Back	1:10.96		
200 Back	2:32.64		
50 Breast	36.54		
100 Breast	1:19.36		
200 Breast	2:50.44		
50 Fly	31.42		
100 Fly	1:08.25		
200 Fly	2:30.47		
200 IM	2:31.50		
400 IM	5:19.29		

Men 10 & Under

	LEV3	LEV2	LEV1
50 Free			41.35
100 Free			1:31.08
200 Free			3:05.90
50 Back			49.45
100 Back			1:45.32
200 Back			3:31.90
50 Breast			53.98
100 Breast			1:57.60

Swimming South Africa
Registration Data - 2008 / 2009

SAAG09-1 STANDARDS Long Course Meters

200 Breast	3:56.36
50 Fly	45.92
100 Fly	1:40.96
200 IM	3:27.59

Men 11 & Under

	LEV3	LEV2	LEV1
50 Free		34.64	38.22
100 Free		1:16.31	1:24.18
200 Free		2:48.52	3:05.91
400 Free		5:56.44	
50 Back		40.91	45.83
100 Back		1:27.12	1:37.60
200 Back		3:09.16	3:31.90
50 Breast		44.65	50.02
100 Breast		1:37.28	1:48.98
200 Breast		3:31.23	3:56.63
50 Fly		37.98	42.55
100 Fly		1:23.52	1:33.56
200 IM		3:08.17	3:27.59

Men 12 & Under

	LEV3	LEV2	LEV1
50 Free	30.17	32.41	35.09
100 Free	1:06.46	1:11.38	1:17.29
200 Free	2:26.77	2:37.64	3:05.91
400 Free	5:10.45	5:33.44	
1500 Free	18:43.19		
50 Back	35.73	38.32	42.20
100 Back	1:16.09	1:21.61	1:29.88
200 Back	2:45.21	2:57.19	3:31.90
50 Breast	39.00	41.82	46.06
100 Breast	1:24.97	1:31.12	1:40.36
200 Breast	3:04.49	3:17.86	3:56.63
50 Fly	33.18	35.58	39.19
100 Fly	1:12.95	1:18.23	1:26.16
200 Fly	2:28.26		
200 IM	2:43.89	2:56.03	3:27.59
400 IM	5:17.81		

Men 13-13

	LEV3	LEV2	LEV1
50 Free	28.61	30.62	33.08
100 Free	1:03.01	1:07.45	1:12.86
200 Free	2:19.16	2:28.95	2:40.91
400 Free	4:54.35	5:15.05	
1500 Free	18:43.19		
50 Back	33.92	36.25	39.87
100 Back	1:12.23	1:17.20	1:24.92
200 Back	2:36.83	2:47.61	3:04.37
50 Breast	37.02	39.56	43.52
100 Breast	1:20.66	1:26.20	1:34.84
200 Breast	2:55.13	3:07.17	3:25.88

Swimming South Africa
Registration Data - 2008 / 2009

SAAG09-1 STANDARDS Long Course Meters

50 Fly	31.49	33.65	37.02
100 Fly	1:09.25	1:14.00	1:21.40
200 Fly	2:28.26		
200 IM	2:35.39	2:46.32	2:59.67
400 IM	5:17.81		

Men 14-14

	LEV3	LEV2	LEV1
50 Free	27.49	28.83	31.07
100 Free	1:00.55	1:03.51	1:08.43
200 Free	2:13.73	2:20.25	2:31.12
400 Free	4:42.85	4:56.65	
1500 Free	18:43.19		
50 Back	32.62	34.17	37.54
100 Back	1:09.48	1:12.78	1:19.95
200 Back	2:30.85	2:38.03	2:53.59
50 Breast	35.61	37.30	40.98
100 Breast	1:17.58	1:21.27	1:29.28
200 Breast	2:48.45	2:56.47	3:13.85
50 Fly	30.29	31.73	34.86
100 Fly	1:06.60	1:09.78	1:16.65
200 Fly	2:28.26		
200 IM	2:29.32	2:36.61	2:48.75
400 IM	5:17.81		

Men 15-15

	LEV3	LEV2	LEV1
50 Free	26.37	27.71	29.28
100 Free	58.09	1:01.05	1:04.49
200 Free	2:08.29	2:14.81	2:22.42
400 Free	4:31.35	4:45.15	
1500 Free	17:11.87		
50 Back	31.33	32.88	35.47
100 Back	1:06.72	1:10.03	1:15.54
200 Back	2:24.86	2:32.04	2:44.02
50 Breast	34.19	35.89	38.72
100 Breast	1:14.50	1:18.19	1:24.35
200 Breast	2:41.76	2:49.79	3:03.16
50 Fly	29.06	30.53	34.86
100 Fly	1:03.96	1:07.13	1:12.42
200 Fly	2:16.50		
200 IM	2:23.25	2:30.54	2:39.03
400 IM	4:51.99		

Men 16-16

	LEV3	LEV2	LEV1
50 Free	25.70	26.60	29.28
100 Free	56.61	58.58	1:04.49
200 Free	2:05.03	2:09.38	2:22.42
400 Free	4:24.45	4:33.65	
1500 Free	17:11.87		
50 Back	30.55	31.59	35.47
100 Back	1:05.07	1:07.27	1:15.54

Swimming South Africa
Registration Data - 2008 / 2009

SAAG09-1 STANDARDS Long Course Meters

200 Back	2:21.27	2:26.06	2:44.02
50 Breast	33.35	34.48	38.72
100 Breast	1:12.65	1:15.12	1:24.35
200 Breast	2:37.75	2:43.10	3:03.16
50 Fly	28.37	29.33	32.93
100 Fly	1:02.37	1:04.49	1:12.42
200 Fly	2:16.50		
200 IM	2:19.61	2:24.47	2:39.03
400 IM	4:51.99		

Men 17-18

	LEV3	LEV2	LEV1
50 Free	25.26		
100 Free	55.63		
200 Free	2:02.85		
400 Free	4:19.85		
800 Free			
1500 Free	17:11.87		
50 Back	30.03		
100 Back	1:03.96		
200 Back	2:18.88		
50 Breast	32.78		
100 Breast	1:11.42		
200 Breast	2:35.50		
50 Fly	27.89		
100 Fly	1:01.32		
200 Fly	2:16.50		
200 IM	2:17.18		
400 IM	4:51.99		
