
SSAAGE10 STANDARDS Short Course Meters

Women 10 & Under

	LEV3	LEV2	LEV1
50 Free		36.07	43.19
100 Free	1:05.79	1:18.50	1:33.97
200 Free	2:22.33	2:49.77	3:11.24
400 Free	5:00.14	5:57.93	
50 Back		41.43	49.38
100 Back	1:15.93	1:30.12	1:47.39
200 Back	2:43.51	3:14.04	3:37.93
50 Breast		46.02	54.92
100 Breast	1:24.26	1:40.13	1:59.46
200 Breast	3:01.26	3:35.35	4:02.03
50 Fly		39.73	47.38
100 Fly	1:12.79	1:26.44	1:43.06
200 IM	2:41.83	3:12.94	3:37.29

Women 11-11

	LEV3	LEV2	LEV1
50 Free		36.07	40.65
100 Free	1:05.79	1:18.50	1:28.44
200 Free	2:22.33	2:49.77	1:31.24
400 Free	5:00.14	5:57.93	
50 Back		41.43	46.54
100 Back	1:15.93	1:30.12	1:41.22
200 Back	2:43.51	3:14.04	3:37.93
50 Breast		46.02	51.74
100 Breast	1:24.26	1:40.13	1:52.56
200 Breast	3:01.26	3:35.35	4:02.03
50 Fly		39.73	44.65
100 Fly	1:12.79	1:26.44	1:37.12
200 IM	2:41.83	3:12.94	3:37.29

Women 12-12

	LEV3	LEV2	LEV1
50 Free		34.29	38.62
100 Free	1:05.79	1:14.63	1:24.02
200 Free	2:22.33	2:41.42	3:11.24
400 Free	5:00.14	5:40.34	
800 Free	10:01.22		
50 Back		39.44	44.27
100 Back	1:15.93	1:25.80	1:36.29
200 Back	2:43.51	3:04.75	3:37.93
50 Breast		43.80	49.20
100 Breast	1:24.26	1:35.30	1:47.04
200 Breast	3:01.26	3:24.98	4:02.03
50 Fly		37.82	42.47
100 Fly	1:12.79	1:22.28	1:32.37
200 Fly	2:36.82		
200 IM	2:41.83	3:03.47	3:37.27
400 IM	5:25.85		

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Women 13-13

	LEV3	LEV2	LEV1
50 Free		32.77	36.84
100 Free	1:04.14	1:11.32	1:20.16
200 Free	2:18.76	2:34.26	2:53.35
400 Free	4:52.60	5:25.26	
800 Free	10:01.22		
1500 Free			
50 Back		37.94	42.28
100 Back	1:14.07	1:22.10	1:31.97
200 Back	2:39.53	2:56.79	3:18.02
50 Breast		41.89	46.97
100 Breast	1:22.19	1:31.16	1:42.21
200 Breast	2:56.82	3:16.08	3:39.80
50 Fly		36.18	41.55
100 Fly	1:11.01	1:18.72	1:28.22
200 Fly	2:36.82		
200 IM	2:37.77	2:55.36	3:17.00
400 IM	5:32.85		

Women 14-14

	LEV3	LEV2	LEV1
50 Free		31.55	35.51
100 Free	1:03.03	1:08.55	1:16.84
200 Free	2:16.37	2:28.30	2:46.19
400 Free	4:47.57	5:12.70	
800 Free	10:01.22		
1500 Free			
50 Back		36.32	40.58
100 Back	1:12.84	1:19.01	1:28.27
200 Back	2:36.88	2:50.15	3:10.06
50 Breast		40.30	45.07
100 Breast	1:20.81	1:27.71	1:38.06
200 Breast	2:53.85	2:59.67	3:30.90
50 Fly		34.82	38.91
100 Fly	1:09.82	1:15.76	1:24.66
200 Fly	2:36.82		
200 IM	2:35.07	2:48.59	3:08.88
400 IM	5:32.85		

Women 15-15

	LEV3	LEV2	LEV1
50 Free		31.48	34.04
100 Free	1:02.48	1:06.35	1:14.08
200 Free	2:15.18	2:23.53	3:00.23
400 Free	4:45.06	5:02.65	
800 Free	9:30.58		
1500 Free			
50 Back		35.18	39.16
100 Back	1:12.22	1:16.54	1:25.18

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200 Back	2:35.55	2:44.84	3:03.42
50 Breast		39.03	43.48
100 Breast	1:20.12	1:24.95	1:34.61
200 Breast	2:52.37	3:02.74	3:23.49
50 Fly		33.72	37.55
100 Fly	1:09.23	1:13.38	1:21.69
200 Fly	2:31.59		
200 IM	2:33.71	2:43.18	3:02.12
400 IM	5:21.44		

Women 16-16

	LEV3	LEV2	LEV1
50 Free		29.72	34.04
100 Free	1:01.93	1:04.69	1:14.08
200 Free	2:13.98	2:19.95	3:00.23
400 Free	4:42.55	4:55.11	
800 Free	9:30.58		
1500 Free			
50 Back		34.33	39.16
100 Back	1:11.61	1:14.69	1:25.18
200 Back	2:34.22	2:40.86	3:03.42
50 Breast		38.08	43.48
100 Breast	1:19.43	1:22.88	1:34.61
200 Breast	2:50.89	2:58.30	3:23.49
50 Fly		32.90	37.55
100 Fly	1:08.63	1:11.60	1:21.69
200 Fly	2:31.59		
200 IM	2:32.36	2:39.12	3:02.12
400 IM	5:21.44		

Women 17-17

	LEV3	LEV2	LEV1
50 Free		29.72	
100 Free	1:01.37	1:04.69	
200 Free	2:12.79	2:19.95	
400 Free	4:40.04	4:55.11	
800 Free	9:30.58		
1500 Free			
50 Back		34.33	
100 Back	1:10.99	1:14.69	
200 Back	2:32.89	2:40.86	
50 Breast			
100 Breast	1:18.74	1:22.88	
200 Breast	2:49.41	2:58.30	
50 Fly		32.90	
100 Fly	1:08.04	1:11.60	
200 Fly	2:31.69		
200 IM	2:31.01	2:39.12	
400 IM	5:21.44		

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Women 18-18

	LEV3	LEV2	LEV1
50 Free		29.72	
100 Free	1:01.37	1:04.69	
200 Free	2:12.79	2:19.95	
400 Free	4:40.04	4:55.11	
800 Free	9:30.58		
50 Back		34.33	
100 Back	1:10.99	1:14.69	
200 Back	2:32.89	2:40.86	
50 Breast		38.08	
100 Breast	1:18.74	1:22.88	
200 Breast	2:49.41	2:58.30	
50 Fly		32.90	
100 Fly	1:08.04	1:11.60	
200 Fly	2:31.69		
200 IM	2:31.01	2:39.12	
400 IM	5:21.44		

Men 10 & Under

	LEV3	LEV2	LEV1
50 Free		35.63	41.67
100 Free	1:06.83	1:18.64	1:31.94
200 Free	2:27.92	2:54.01	3:07.06
400 Free	5:13.24	6:08.43	
50 Back		42.38	49.37
100 Back	1:17.10	1:30.33	1:45.22
200 Back	2:47.60	3:16.34	3:30.70
50 Breast		45.91	53.54
100 Breast	1:25.43	1:40.21	1:56.83
200 Breast	3:05.84	3:37.93	3:53.97
50 Fly		39.21	45.70
100 Fly	1:13.66	1:26.35	1:40.62
200 IM	2:37.90	3:14.68	3:29.25

Men 11-11

	LEV3	LEV2	LEV1
50 Free		35.63	38.31
100 Free	1:06.83	1:18.64	1:24.55
200 Free	2:27.92	2:54.01	3:07.06
400 Free	5:13.24	6:08.43	
50 Back		42.38	45.48
100 Back	1:17.10	1:30.33	1:36.95
200 Back	2:47.60	3:16.34	3:30.70
50 Breast		45.91	49.30
100 Breast	1:25.43	1:40.21	1:47.59
200 Breast	3:05.84	3:37.93	3:53.97
50 Fly		39.21	42.09
100 Fly	1:13.66	1:26.35	1:32.68
200 IM	2:37.90	3:14.68	3:29.25

SSAAGE10 STANDARDS Short Course Meters

Men 12-12

	LEV3	LEV2	LEV1
50 Free		30.71	35.41
100 Free	1:06.83	1:07.81	1:18.15
200 Free	2:27.92	2:30.10	3:07.06
400 Free			
1500 Free	19:23.11		
50 Back		36.94	42.12
100 Back	1:17.10	1:18.75	1:29.78
200 Back	2:47.60	2:51.19	3:30.70
50 Breast		39.98	45.63
100 Breast	1:25.43	1:27.25	1:39.59
200 Breast	3:05.84	3:09.85	3:53.97
50 Fly		34.19	38.97
100 Fly	1:13.66	1:15.25	1:25.82
200 Fly	2:33.70		
200 IM	2:37.90	2:47.97	3:29.25
400 IM	5:29.52		

Men 13-13

	LEV3	LEV2	LEV1
50 Free		30.71	32.95
100 Free	1:02.40	1:07.81	1:12.74
200 Free	2:18.14	2:30.10	2:40.97
400 Free	4:52.55	5:17.84	
1500 Free	19:23.11		
50 Back		36.94	39.27
100 Back	1:12.14	1:18.75	1:23.72
200 Back	2:36.83	2:51.19	3:01.97
50 Breast		39.98	42.52
100 Breast	1:19.89	1:27.25	1:32.82
200 Breast	2:53.81	3:09.85	3:21.88
50 Fly		34.19	36.32
100 Fly	1:08.90	1:15.25	1:20.00
200 Fly	2:33.70		
200 IM	2:34.62	2:47.97	3:00.11
400 IM	5:29.52		

Men 14-14

	LEV3	LEV2	LEV1
50 Free		28.93	30.94
100 Free	58.95	1:01.91	1:08.31
200 Free	2:10.53	2:21.40	2:31.18
400 Free	4:36.45	4:59.45	
800 Free			
1500 Free	19:23.11		
50 Back		34.61	36.94
100 Back	1:08.28	1:13.79	1:18.75
200 Back	2:28.45	2:40.42	2:51.19
50 Breast		37.43	39.96
100 Breast	1:15.58	1:21.74	1:27.28

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200 Breast	2:44.45	2:52.47	3:09.85
50 Fly		31.99	33.95
100 Fly	1:05.20	1:10.49	1:15.25
200 Fly	2:33.70		
200 IM	2:26.12	2:38.26	2:49.19
400 IM	5:29.52		

Men 15-15

	LEV3	LEV2	LEV1
50 Free		27.58	29.37
100 Free	56.49	1:00.92	1:04.86
200 Free	2:05.09	2:14.87	2:23.57
400 Free	4:24.95	4:45.65	
800 Free			
1500 Free	17:06.13		
50 Back		33.06	35.13
100 Back	1:05.52	1:10.48	1:14.89
200 Back	2:22.46	2:33.24	2:42.81
50 Breast		35.74	38.00
100 Breast	1:12.50	1:18.04	1:22.97
200 Breast	2:37.76	2:49.80	3:00.49
50 Fly		31.55	32.46
100 Fly	1:02.56	1:07.32	1:11.55
200 Fly	2:16.05		
200 IM	2:20.05	2:30.98	2:40.69
400 IM	4:50.76		

Men 16-16

	LEV3	LEV2	LEV1
50 Free		26.69	29.37
100 Free	55.01	58.95	1:04.86
200 Free	2:01.83	2:10.53	2:23.57
400 Free	4:18.05	4:36.45	
800 Free			
1500 Free	17:06.13		
50 Back		32.02	35.13
100 Back	1:03.87	1:08.28	1:14.89
200 Back	2:18.87	2:28.45	2:42.81
50 Breast		34.61	38.00
100 Breast	1:10.65	1:15.58	1:22.97
200 Breast	2:33.75	2:44.55	3:00.49
50 Fly		29.59	32.46
100 Fly	1:00.97	1:05.20	1:11.55
200 Fly	2:16.05		
200 IM	2:16.41	2:26.12	2:40.69
400 IM	4:50.76		

Men 17-17

	LEV3	LEV2	LEV1
50 Free		26.69	
100 Free	54.52	58.95	

SSAAGE10 STANDARDS Short Course Meters

200 Free	2:00.74	2:10.53
400 Free	4:15.75	4:36.45
800 Free		
1500 Free	17:06.13	
50 Back		32.02
100 Back	1:03.31	1:08.28
200 Back	2:17.67	2:28.45
50 Breast		34.61
100 Breast	1:10.04	1:15.58
200 Breast	2:32.42	2:44.45
50 Fly		29.59
100 Fly	1:00.45	1:05.20
200 Fly		
200 IM	2:15.20	2:26.12
400 IM	4:50.75	

Men 18-18

	LEV3	LEV2	LEV1
50 Free		26.69	
100 Free	54.52	58.95	
200 Free	2:00.74	2:10.53	
400 Free	4:15.75	4:36.45	
800 Free			
1500 Free	17:06.13		
50 Back		32.02	
100 Back	1:03.31	1:08.28	
200 Back	2:17.67	2:28.45	
50 Breast		34.61	
100 Breast	1:10.04	1:15.58	
200 Breast	2:32.42	2:44.45	
50 Fly		29.59	
100 Fly	1:00.45	1:05.20	
200 Fly	2:16.05		
200 IM	2:15.20	2:26.12	
400 IM	4:50.76		
