
WCASAAG STANDARDS Junior National Long Course Meters**Women 10 & Under**

	SANJ	LEV3	LEV2
50 Free			39.72
100 Free			1:32.45
200 Free			3:38.24
400 Free			
50 Back			49.07
100 Back			1:49.00
200 Back			4:06.28
50 Breast			54.88
100 Breast			2:02.92
200 Breast			4:35.10
50 Fly			55.00
100 Fly			2:15.50
200 IM			4:04.06

Women 11 & Under

	SANJ	LEV3	LEV2
50 Free			
100 Free		1:16.00	
200 Free		2:49.95	
400 Free		6:13.15	
50 Back			
100 Back		1:28.83	
200 Back		3:16.26	
50 Breast			
100 Breast		1:40.22	
200 Breast		3:36.24	
50 Fly			
100 Fly		1:36.49	
200 IM		3:18.89	

Women 11-11

	SANJ	LEV3	LEV2
50 Free			38.20

WCASAAG STANDARDS Junior National Long Course Meters

100	Free	1:16.00	1:26.18
200	Free	2:49.95	3:21.03
400	Free	6:13.15	
50	Back		46.16
100	Back	1:28.83	1:40.81
200	Back	3:16.26	3:49.73
50	Breast		51.65
100	Breast	1:40.22	1:54.00
200	Breast	3:36.24	4:22.43
50	Fly		50.09
100	Fly	1:36.49	2:01.25
200	IM	3:18.89	3:40.94

Women 12-12

	SANJ	LEV3	LEV2
50	Free		35.63
100	Free	1:07.47	1:21.23
200	Free	2:28.57	2:59.36
400	Free	5:18.14	6:01.52
800	Free	10:37.38	
1500	Free	20:20.46	
50	Back		43.10
100	Back	1:17.34	1:33.79
200	Back	2:47.40	3:36.11
50	Breast		48.09
100	Breast	1:27.40	1:46.23
200	Breast	3:09.24	4:07.33
50	Fly		44.01
100	Fly	1:17.21	1:55.16
200	Fly	2:59.97	
200	IM	2:49.76	3:30.20
400	IM	5:54.44	

Women 13-13

	SANJ	LEV3	LEV2
50	Free		33.99
100	Free	1:05.59	1:17.85

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200 Free	2:24.24	2:33.35	2:51.14
400 Free	5:06.25	5:46.67	
800 Free	10:32.63		
1500 Free	20:11.13		
50 Back			41.56
100 Back	1:14.71	1:21.54	1:29.86
200 Back	2:41.53	2:56.78	3:22.76
50 Breast			46.79
100 Breast	1:24.63	1:32.80	1:44.22
200 Breast	3:03.38	3:21.10	3:58.84
50 Fly			40.11
100 Fly	1:14.64	1:24.85	1:38.84
200 Fly	2:58.08		
200 IM	2:43.97	2:57.29	3:17.35
400 IM	5:51.64		

Women 14-14

	SANJ	LEV3	LEV2
50 Free			33.76
100 Free	1:03.30	1:08.51	1:16.08
200 Free	2:20.01	2:30.95	2:50.74
400 Free	4:55.96	5:26.70	
800 Free	10:27.55		
1500 Free	20:01.18		
50 Back			41.11
100 Back	1:12.36	1:20.01	1:28.94
200 Back	2:36.40	2:53.42	3:21.86
50 Breast			46.48
100 Breast	1:24.18	1:31.00	1:43.34
200 Breast	3:01.25	3:17.27	3:51.41
50 Fly			39.82
100 Fly	1:13.10	1:19.14	1:38.09
200 Fly	2:56.27		
200 IM	2:38.90	2:54.12	3:12.78
400 IM	5:48.92		

WCASAAG STANDARDS Junior National Long Course Meters
Women 15-15

	SANJ	LEV3	LEV2
50 Free			33.63
100 Free	1:03.30	1:07.73	1:15.21
200 Free	2:19.12	2:29.27	2:50.34
400 Free	4:54.99	5:24.96	
800 Free	10:17.03		
1500 Free	19:35.62		
50 Back			41.01
100 Back	1:11.88	1:19.22	1:28.72
200 Back	2:35.87	2:52.62	3:21.27
50 Breast			46.35
100 Breast	1:22.25	1:30.14	1:42.91
200 Breast	2:58.96	3:15.18	3:50.68
50 Fly			39.31
100 Fly	1:12.22	1:17.56	1:37.73
200 Fly	2:46.72		
200 IM	2:37.85	2:53.36	3:12.10
400 IM	5:40.03		

Women 16-16

	SANJ	LEV3	LEV2
50 Free			33.50
100 Free	1:02.73	1:07.23	1:14.45
200 Free	2:17.90	2:28.01	2:49.90
400 Free	4:54.03	5:22.44	
800 Free	10:12.84		
1500 Free	19:27.56		
50 Back			40.91
100 Back	1:10.55	1:18.67	1:28.50
200 Back	2:35.35	2:51.84	3:20.69
50 Breast			46.23
100 Breast	1:21.12	1:29.33	1:42.63
200 Breast	2:58.31	3:13.54	3:49.96
50 Fly			39.10
100 Fly	1:09.66	1:16.32	1:37.37
200 Fly	2:45.04		

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200 IM	2:35.84	2:52.62	3:11.65
400 IM	5:36.49		

WCASAAG STANDARDS Junior National Long Course Meters**Men 10 & Under**

	SANJ	LEV3	LEV2
50 Free			38.93
100 Free			1:31.13
200 Free			3:39.00
400 Free			
50 Back			48.57
100 Back			1:48.69
200 Back			3:59.54
50 Breast			55.36
100 Breast			2:04.72
200 Breast			4:49.31
50 Fly			53.01
100 Fly			2:15.94
200 IM			3:55.80

Men 11 & Under

	SANJ	LEV3	LEV2
50 Free			
100 Free		1:16.06	
200 Free		2:48.96	
400 Free		6:16.31	
100 Back		1:30.23	
200 Back		3:14.68	
100 Breast		1:42.68	
200 Breast		3:46.07	
100 Fly		1:29.27	
200 IM		3:13.34	

Men 11-11

	SANJ	LEV3	LEV2
50 Free			37.05
100 Free			1:26.57
200 Free			3:35.53
400 Free			

WCASAAG STANDARDS Junior National Long Course Meters

50 Back	47.23
100 Back	1:47.05
200 Back	3:54.30
50 Breast	54.00
100 Breast	2:01.74
200 Breast	4:35.50
50 Fly	50.00
100 Fly	1:58.00
200 IM	3:45.04

Men 12-12

	SANJ	LEV3	LEV2
50 Free			35.12
100 Free	1:04.74	1:12.15	1:18.95
200 Free	2:22.72	2:45.29	3:08.68
400 Free	5:07.93	5:40.91	
800 Free	10:24.19		
1500 Free	19:18.04		
50 Back			43.29
100 Back	1:14.67	1:24.71	1:35.45
200 Back	2:41.14	3:02.67	3:41.50
50 Breast			49.51
100 Breast	1:23.59	1:35.69	1:50.34
200 Breast	3:05.40	3:27.54	4:13.00
50 Fly			45.28
100 Fly	1:13.83	1:26.78	1:51.25
200 Fly	2:39.67		
200 IM	2:41.76	3:02.19	3:23.04
400 IM	5:36.28		

Men 13-13

	SANJ	LEV3	LEV2
50 Free			32.35
100 Free	1:02.14	1:07.56	1:12.51
200 Free	2:17.35	2:32.37	2:47.45
400 Free	4:52.41	5:38.42	
800 Free	10:18.82		

WCASAAG STANDARDS Junior National Long Course Meters

1500 Free	19:09.09		
50 Back			41.11
100 Back	1:11.55	1:19.74	1:30.72
200 Back	2:36.60	2:55.35	3:31.11
50 Breast			45.79
100 Breast	1:21.49	1:32.17	1:42.28
200 Breast	2:58.39	3:24.50	3:56.69
50 Fly			39.52
100 Fly	1:09.83	1:18.50	1:42.28
200 Fly	2:38.07		
200 IM	2:36.03	2:48.44	3:03.96
400 IM	5:33.34		

Men 14-14

	SANJ	LEV3	LEV2
50 Free			30.26
100 Free	58.69	1:03.40	1:08.27
200 Free	2:10.72	2:22.08	2:37.43
400 Free	4:41.48	5:21.74	
800 Free	10:13.62		
1500 Free	19:00.42		
50 Back			38.22
100 Back	1:07.13	1:15.05	1:27.37
200 Back	2:27.71	2:46.27	3:22.03
50 Breast			44.15
100 Breast	1:16.56	1:26.94	1:39.82
200 Breast	2:49.73	3:12.96	3:48.78
50 Fly			36.19
100 Fly	1:05.26	1:13.46	1:33.70
200 Fly	2:36.57		
200 IM	2:27.67	2:41.00	2:55.30
400 IM	5:30.50		

Men 15-15

	SANJ	LEV3	LEV2
50 Free			28.92
100 Free	56.91	59.46	1:06.16

WCASAAG STANDARDS Junior National Long Course Meters

200 Free	2:05.64	2:11.65	2:33.22
400 Free	4:31.08	5:09.35	
800 Free	9:16.93		
1500 Free	17:59.27		
50 Back			36.21
100 Back	1:03.84	1:08.36	1:23.62
200 Back	2:20.82	2:40.35	3:04.04
50 Breast			40.04
100 Breast	1:13.84	1:21.58	1:31.25
200 Breast	2:40.48	2:57.21	3:38.27
50 Fly			33.45
100 Fly	1:01.99	1:13.06	1:21.91
200 Fly	2:23.98		
200 IM	2:21.76	2:28.76	2:47.55
400 IM	5:05.53		

Men 16-16

	SANJ	LEV3	LEV2
50 Free			28.26
100 Free	56.22	58.90	1:05.47
200 Free	2:02.66	2:10.27	2:31.20
400 Free	2:42.56	5:04.64	
800 Free	9:11.82		
1500 Free	17:49.19		
50 Back			35.58
100 Back	1:03.72	1:07.44	1:22.58
200 Back	2:20.08	2:38.06	3:03.74
50 Breast			39.95
100 Breast	1:13.10	1:19.74	1:31.03
200 Breast	2:38.30	2:54.16	3:34.57
50 Fly			33.16
100 Fly	1:00.72	1:12.67	1:20.48
200 Fly	2:20.92		
200 IM	2:18.30	2:25.60	2:45.64
400 IM	4:58.35		
