
WCASA STANDARDS Sa National-26 Short Course Meters

Women				
-------	--	--	--	--

	SANA	SAGP	SASC	YOUT
50 Free	26.59	29.02	28.08	30.01
100 Free	58.40	1:03.55	1:02.49	1:05.87
200 Free	2:09.14	2:19.14	2:17.74	2:24.06
400 Free	4:29.64	4:51.58	4:51.51	5:00.76
800 Free	9:15.73	9:57.99	10:24.58	10:19.83
1500 Free	17:35.48	18:55.73	18:55.73	19:37.18
50 Back	30.90	33.39	33.39	34.45
100 Back	1:06.03	1:11.33	1:11.66	1:13.61
200 Back	2:22.01	2:33.01	2:35.13	2:38.29
50 Breast	33.19	36.04	36.94	37.05
100 Breast	1:13.20	1:18.79	1:18.79	1:21.68
200 Breast	2:37.31	2:51.26	2:51.26	2:55.49
50 Fly	27.95	30.08	30.08	31.18
100 Fly	1:03.66	1:08.50	1:08.50	1:10.99
200 Fly	2:20.05	2:30.67	2:30.67	2:36.15
200 IM	2:24.70	2:35.70	2:36.76	2:41.38
400 IM	5:05.39	5:52.60	5:47.86	5:40.54

WCASA STANDARDS Sa National-26 Short Course Meters

Men				
-----	--	--	--	--

	SANA	SAGP	SASC	YOUT
50 Free	23.46	25.54	23.45	26.09
100 Free	52.77	57.44	55.64	58.67
200 Free	1:56.42	2:05.31	2:03.23	2:07.99
400 Free	4:11.68	4:30.87	4:26.39	4:36.64
800 Free	8:37.42	9:16.83	8:52.40	9:28.70
1500 Free	16:37.48	17:53.41	17:31.56	18:16.28
50 Back	27.01	29.27	27.63	29.68
100 Back	59.31	1:03.51	1:03.06	1:05.16
200 Back	2:08.85	2:18.61	2:19.38	2:21.54
50 Breast	29.43	31.29	29.77	32.37
100 Breast	1:04.70	1:09.66	1:12.38	1:11.15
200 Breast	2:23.15	2:34.68	2:37.63	2:37.38
50 Fly	24.41	27.35	25.66	27.94
100 Fly	56.59	1:00.90	1:00.89	1:02.20
200 Fly	2:06.60	2:16.22	2:19.11	2:19.11
200 IM	2:10.49	2:20.43	2:19.48	2:23.42
400 IM	4:37.99	5:00.81	4:53.96	5:05.49
