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**WCASA STANDARDS Sa National-26 Long Course Meters**

| Women |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

|            | SANA     | SAGP     | SASC     | YOUT     |
|------------|----------|----------|----------|----------|
| 50 Free    | 27.39    | 29.82    | 28.88    | 30.81    |
| 100 Free   | 1:00.00  | 1:05.15  | 1:04.09  | 1:07.49  |
| 200 Free   | 2:12.34  | 2:22.34  | 2:20.94  | 2:27.26  |
| 400 Free   | 4:36.04  | 4:57.98  | 4:57.91  | 5:07.16  |
| 800 Free   | 9:28.53  | 10:10.79 | 10:37.38 | 10:32.63 |
| 1500 Free  | 17:59.48 | 19:19.73 | 19:19.73 | 20:01.18 |
| 50 Back    | 31.50    | 33.99    | 33.99    | 35.05    |
| 100 Back   | 1:07.23  | 1:12.53  | 1:12.86  | 1:14.81  |
| 200 Back   | 2:24.41  | 2:35.41  | 2:37.53  | 2:40.69  |
| 50 Breast  | 34.19    | 37.04    | 37.94    | 38.05    |
| 100 Breast | 1:15.20  | 1:20.79  | 1:20.79  | 1:23.68  |
| 200 Breast | 2:41.31  | 2:55.26  | 2:55.26  | 2:59.49  |
| 50 Fly     | 28.65    | 30.78    | 30.78    | 31.88    |
| 100 Fly    | 1:05.06  | 1:09.90  | 1:09.90  | 1:12.39  |
| 200 Fly    | 2:22.85  | 2:33.47  | 2:33.47  | 2:38.95  |
| 200 IM     | 2:27.90  | 2:38.90  | 2:39.96  | 2:44.58  |
| 400 IM     | 5:11.79  | 5:59.00  | 5:54.26  | 5:46.94  |

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| <b>Men</b> |             |             |             |             |
|------------|-------------|-------------|-------------|-------------|
|            | <b>SANA</b> | <b>SAGP</b> | <b>SASC</b> | <b>YOUT</b> |
| 50 Free    | 24.26       | 26.34       | 24.25       | 26.89       |
| 100 Free   | 54.37       | 59.04       | 57.24       | 1:00.27     |
| 200 Free   | 1:59.62     | 2:08.51     | 2:06.43     | 2:11.19     |
| 400 Free   | 4:18.08     | 4:37.27     | 4:32.79     | 4:43.04     |
| 800 Free   | 8:50.22     | 9:29.63     | 9:15.20     | 9:41.50     |
| 1500 Free  | 17:01.48    | 18:17.41    | 17:55.56    | 18:40.28    |
| 50 Back    | 27.61       | 29.87       | 28.23       | 30.28       |
| 100 Back   | 1:00.51     | 1:05.01     | 1:04.26     | 1:06.36     |
| 200 Back   | 2:11.25     | 2:21.01     | 2:21.78     | 2:23.94     |
| 50 Breast  | 30.43       | 32.69       | 30.77       | 33.37       |
| 100 Breast | 1:06.70     | 1:11.66     | 1:14.38     | 1:13.15     |
| 200 Breast | 2:27.15     | 2:38.68     | 2:41.63     | 2:41.38     |
| 50 Fly     | 26.11       | 28.05       | 26.36       | 28.64       |
| 100 Fly    | 57.99       | 1:02.30     | 1:02.29     | 1:03.60     |
| 200 Fly    | 2:09.40     | 2:19.02     | 2:21.91     | 2:21.91     |
| 200 IM     | 2:13.69     | 2:23.63     | 2:22.68     | 2:26.62     |
| 400 IM     | 4:44.39     | 5:07.21     | 5:00.36     | 5:11.89     |

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