

SAAG22 STANDARDS SAAG-JNR Long Course Meters

Women 10 & Under

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 41.93 |
| 100 Free | 1:08.71 | 1:20.66 | 1:38.27 |
| 200 Free | 2:32.93 | 3:03.15 | 4:01.61 |
| 400 Free | 5:31.10 | 6:40.54 | |
| 50 Back | | | 50.45 |
| 100 Back | 1:19.26 | 1:34.80 | 1:56.27 |
| 200 Back | 2:52.86 | 3:33.98 | 4:19.29 |
| 50 Breast | | | 57.04 |
| 100 Breast | 1:31.57 | 1:47.63 | 2:08.48 |
| 200 Breast | 3:18.23 | 3:56.63 | 4:44.94 |
| 50 Fly | | | 57.22 |
| 100 Fly | 1:23.25 | 1:58.60 | 2:29.72 |
| 200 IM | 2:53.07 | 3:25.17 | 4:21.94 |

Women 11-11

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 38.57 |
| 100 Free | 1:08.71 | 1:20.66 | 1:28.95 |
| 200 Free | 2:32.93 | 3:03.15 | 3:34.77 |
| 400 Free | 5:31.10 | 6:40.54 | |
| 50 Back | | | 46.61 |
| 100 Back | 1:19.26 | 1:34.80 | 1:43.93 |
| 200 Back | 2:52.86 | 3:33.98 | 3:57.91 |
| 50 Breast | | | 52.56 |
| 100 Breast | 1:31.57 | 1:47.63 | 1:57.06 |
| 200 Breast | 3:18.23 | 3:56.63 | 4:35.82 |
| 50 Fly | | | 51.22 |
| 100 Fly | 1:23.25 | 1:58.60 | 2:12.63 |
| 200 IM | 2:53.07 | 3:25.17 | 3:45.74 |

Women 12-12

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 35.59 |
| 100 Free | 1:08.71 | 1:14.11 | 1:24.58 |
| 200 Free | 2:32.93 | 2:46.23 | 3:03.41 |
| 400 Free | 5:31.10 | 6:32.83 | |
| 800 Free | 10:30.23 | | |
| 50 Back | | | 43.27 |
| 100 Back | 1:19.26 | 1:27.29 | 1:36.10 |
| 200 Back | 2:52.86 | 3:11.97 | 3:49.33 |
| 50 Breast | | | 48.51 |
| 100 Breast | 1:31.57 | 1:39.41 | 1:48.21 |
| 200 Breast | 3:18.23 | 3:38.35 | 4:24.08 |
| 50 Fly | | | 43.70 |
| 100 Fly | 1:23.25 | 1:42.57 | 2:06.80 |
| 200 Fly | 2:55.38 | | |
| 200 IM | 2:53.07 | 3:07.31 | 3:41.38 |
| 400 IM | 5:51.87 | | |

Women 13-13

| | SANJ | LEV3 | LEV2 |
|----------|-------------|-------------|-------------|
| 50 Free | | | 33.99 |
| 100 Free | 1:07.20 | 1:10.96 | 1:20.76 |

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| | | | |
|------------|----------|---------|---------|
| 200 Free | 2:28.45 | 2:39.38 | 2:55.13 |
| 400 Free | 5:19.79 | 6:00.21 | |
| 800 Free | 10:30.23 | | |
| 50 Back | | | 41.74 |
| 100 Back | 1:16.94 | 1:22.76 | 1:31.84 |
| 200 Back | 2:47.05 | 3:04.81 | 3:34.40 |
| 50 Breast | | | 47.49 |
| 100 Breast | 1:29.05 | 1:35.81 | 1:47.75 |
| 200 Breast | 3:14.35 | 3:37.38 | 4:19.84 |
| 50 Fly | | | 40.18 |
| 100 Fly | 1:19.21 | 1:35.65 | 1:47.17 |
| 200 Fly | 2:55.38 | | |
| 200 IM | 2:48.45 | 3:00.84 | 3:21.37 |
| 400 IM | 5:51.87 | | |

Women 14-14

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 33.74 |
| 100 Free | 1:03.89 | 1:08.75 | 1:17.49 |
| 200 Free | 2:23.81 | 2:35.71 | 2:55.13 |
| 400 Free | 4:59.68 | 5:25.07 | |
| 800 Free | 10:30.23 | | |
| 50 Back | | | 41.12 |
| 100 Back | 1:14.94 | 1:21.25 | 1:30.42 |
| 200 Back | 2:42.55 | 3:00.83 | 3:33.91 |
| 50 Breast | | | 47.24 |
| 100 Breast | 1:25.47 | 1:33.76 | 1:46.52 |
| 200 Breast | 3:07.52 | 3:33.44 | 4:02.12 |
| 50 Fly | | | 39.99 |
| 100 Fly | 1:15.15 | 1:32.21 | 1:46.26 |
| 200 Fly | 2:55.38 | | |
| 200 IM | 2:40.82 | 2:55.76 | 3:13.37 |
| 400 IM | 5:51.87 | | |

Women 15-15

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 33.61 |
| 100 Free | 1:03.67 | 1:07.76 | 1:14.76 |
| 200 Free | 2:20.90 | 2:35.18 | 2:55.13 |
| 400 Free | 4:52.05 | 5:16.27 | |
| 800 Free | 9:55.92 | | |
| 50 Back | | | 41.12 |
| 100 Back | 1:12.98 | 1:19.42 | 1:30.42 |
| 200 Back | 2:40.24 | 3:00.83 | 3:33.91 |
| 50 Breast | | | 47.24 |
| 100 Breast | 1:24.87 | 1:33.76 | 1:46.52 |
| 200 Breast | 3:04.07 | 3:33.44 | 4:02.12 |
| 50 Fly | | | 38.82 |
| 100 Fly | 1:13.13 | 1:29.85 | 1:46.26 |
| 200 Fly | 2:55.11 | | |
| 200 IM | 2:37.99 | 2:53.54 | 3:13.37 |
| 400 IM | 5:50.71 | | |

Women 16-16

| | SANJ | LEV3 | LEV2 |
|---------|-------------|-------------|-------------|
| 50 Free | | | 33.61 |

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| | | | |
|------------|---------|---------|---------|
| 100 Free | 1:03.67 | 1:07.76 | 1:14.76 |
| 200 Free | 2:20.90 | 2:35.18 | 2:54.42 |
| 400 Free | 4:52.05 | 5:16.27 | |
| 800 Free | 9:55.92 | | |
| 50 Back | | | 41.12 |
| 100 Back | 1:12.98 | 1:19.42 | 1:30.42 |
| 200 Back | 2:40.24 | 3:00.83 | 3:33.91 |
| 50 Breast | | | 47.24 |
| 100 Breast | 1:21.19 | 1:33.76 | 1:46.52 |
| 200 Breast | 2:57.76 | 3:31.86 | 4:02.12 |
| 50 Fly | | | 38.82 |
| 100 Fly | 1:13.13 | 1:29.85 | 1:46.26 |
| 200 Fly | 2:55.11 | | |
| 200 IM | 2:37.99 | 2:53.54 | 3:13.32 |
| 400 IM | 5:50.71 | | |

Women 17-24

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 33.61 |
| 100 Free | | 1:07.76 | 1:14.76 |
| 200 Free | | 2:35.18 | 2:54.42 |
| 400 Free | | 5:16.27 | |
| 800 Free | | | |
| 1500 Free | | | |
| 50 Back | | | 41.12 |
| 100 Back | | 1:19.42 | 1:30.42 |
| 200 Back | | 3:00.83 | 3:33.91 |
| 50 Breast | | | 47.24 |
| 100 Breast | | 1:33.76 | 1:46.52 |
| 200 Breast | | 3:31.86 | 4:02.12 |
| 50 Fly | | | 38.82 |
| 100 Fly | | 1:29.85 | 1:46.26 |
| 200 Fly | | | |
| 200 IM | | 2:53.54 | 3:13.32 |
| 400 IM | | | |

Men 10 & Under

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 40.40 |
| 100 Free | 1:09.34 | 1:19.81 | 1:33.69 |
| 200 Free | 2:34.18 | 3:00.15 | 4:01.05 |
| 400 Free | 5:29.76 | 6:27.43 | |
| 50 Back | | | 49.24 |
| 100 Back | 1:20.73 | 1:34.52 | 1:53.49 |
| 200 Back | 2:54.53 | 3:45.81 | 3:59.88 |
| 50 Breast | | | 55.33 |
| 100 Breast | 1:32.04 | 1:48.88 | 2:06.90 |
| 200 Breast | 3:21.34 | 4:01.65 | 4:45.92 |
| 50 Fly | | | 54.41 |
| 100 Fly | 1:23.38 | 1:54.59 | 2:37.12 |
| 200 IM | 2:53.41 | 3:23.41 | 4:08.81 |

Men 11-11

| | SANJ | LEV3 | LEV2 |
|----------|-------------|-------------|-------------|
| 50 Free | | | 38.64 |
| 100 Free | 1:09.34 | 1:19.81 | 1:29.17 |

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| | | | |
|------------|---------|---------|---------|
| 200 Free | 2:34.18 | 3:00.15 | 3:58.35 |
| 400 Free | 5:29.76 | 6:27.43 | |
| 50 Back | | | 47.84 |
| 100 Back | 1:20.73 | 1:34.52 | 1:52.46 |
| 200 Back | 2:54.53 | 3:45.81 | 3:56.84 |
| 50 Breast | | | 54.48 |
| 100 Breast | 1:32.04 | 1:48.88 | 2:04.97 |
| 200 Breast | 3:21.34 | 4:01.65 | 4:37.56 |
| 50 Fly | | | 52.45 |
| 100 Fly | 1:23.38 | 1:54.59 | 2:10.50 |
| 200 IM | 2:53.41 | 3:23.41 | 3:51.92 |

Men 12-12

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 35.76 |
| 100 Free | 1:09.34 | 1:14.30 | 1:20.51 |
| 200 Free | 2:34.18 | 2:47.11 | 3:12.41 |
| 400 Free | 5:29.76 | 5:54.72 | |
| 1500 Free | 19:32.46 | | |
| 50 Back | | | 43.99 |
| 100 Back | 1:20.73 | 1:28.22 | 1:37.76 |
| 200 Back | 2:54.53 | 3:20.74 | 3:55.84 |
| 50 Breast | | | 50.53 |
| 100 Breast | 1:32.04 | 1:40.70 | 1:54.23 |
| 200 Breast | 3:21.34 | 3:44.24 | 4:22.15 |
| 50 Fly | | | 46.34 |
| 100 Fly | 1:23.38 | 1:43.51 | 2:01.67 |
| 200 Fly | 2:39.64 | | |
| 200 IM | 2:53.41 | 3:10.58 | 3:29.10 |
| 400 IM | 5:34.86 | | |

Men 13-13

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 32.84 |
| 100 Free | 1:03.58 | 1:08.19 | 1:13.54 |
| 200 Free | 2:21.11 | 2:32.80 | 2:49.41 |
| 400 Free | 5:04.40 | 5:48.66 | |
| 1500 Free | 19:32.46 | | |
| 50 Back | | | 41.46 |
| 100 Back | 1:14.39 | 1:21.18 | 1:32.43 |
| 200 Back | 2:44.69 | 3:00.25 | 3:45.72 |
| 50 Breast | | | 45.46 |
| 100 Breast | 1:23.61 | 1:32.63 | 1:43.51 |
| 200 Breast | 3:08.22 | 3:26.30 | 4:04.88 |
| 50 Fly | | | 39.08 |
| 100 Fly | 1:14.44 | 1:30.94 | 1:56.08 |
| 200 Fly | 2:39.64 | | |
| 200 IM | 2:40.01 | 2:51.88 | 3:09.03 |
| 400 IM | 5:34.86 | | |

Men 14-14

| | SANJ | LEV3 | LEV2 |
|----------|-------------|-------------|-------------|
| 50 Free | | | 31.05 |
| 100 Free | 1:00.29 | 1:04.20 | 1:08.80 |
| 200 Free | 2:15.08 | 2:25.35 | 2:40.28 |
| 400 Free | 4:46.32 | 5:28.16 | |

SAAG22 STANDARDS SAAG-JNR Long Course Meters

| | | | |
|------------|----------|---------|---------|
| 1500 Free | 19:32.46 | | |
| 50 Back | | | 38.53 |
| 100 Back | 1:11.39 | 1:17.06 | 1:32.43 |
| 200 Back | 2:33.89 | 2:51.22 | 3:40.18 |
| 50 Breast | | | 43.84 |
| 100 Breast | 1:20.00 | 1:27.36 | 1:42.05 |
| 200 Breast | 2:57.26 | 3:21.86 | 4:01.79 |
| 50 Fly | | | 35.67 |
| 100 Fly | 1:08.77 | 1:17.54 | 1:46.10 |
| 200 Fly | 2:39.64 | | |
| 200 IM | 2:31.97 | 2:44.13 | 2:57.18 |
| 400 IM | 5:34.86 | | |

Men 15-15

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 29.55 |
| 100 Free | 57.97 | 1:01.42 | 1:06.88 |
| 200 Free | 2:10.42 | 2:20.47 | 2:38.72 |
| 400 Free | 4:42.52 | 5:13.94 | |
| 1500 Free | 18:00.33 | | |
| 50 Back | | | 36.08 |
| 100 Back | 1:06.99 | 1:14.18 | 1:28.94 |
| 200 Back | 2:29.42 | 2:54.66 | 3:02.68 |
| 50 Breast | | | 41.74 |
| 100 Breast | 1:16.13 | 1:23.59 | 1:38.47 |
| 200 Breast | 2:50.50 | 3:11.96 | 3:48.98 |
| 50 Fly | | | 34.34 |
| 100 Fly | 1:04.57 | 1:12.52 | 1:30.15 |
| 200 Fly | 2:27.27 | | |
| 200 IM | 2:27.03 | 2:37.80 | 2:52.12 |
| 400 IM | 5:11.65 | | |

Men 16-16

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 29.55 |
| 100 Free | 56.62 | 1:01.42 | 1:06.88 |
| 200 Free | 2:06.81 | 2:20.47 | 2:38.72 |
| 400 Free | 4:35.37 | 5:13.94 | |
| 1500 Free | 18:00.33 | | |
| 50 Back | | | 36.08 |
| 100 Back | 1:05.86 | 1:14.18 | 1:28.94 |
| 200 Back | 2:26.35 | 2:54.66 | 3:02.68 |
| 50 Breast | | | 41.74 |
| 100 Breast | 1:14.33 | 1:23.59 | 1:38.47 |
| 200 Breast | 2:46.01 | 3:11.96 | 3:48.98 |
| 50 Fly | | | 34.34 |
| 100 Fly | 1:02.62 | 1:12.52 | 1:30.15 |
| 200 Fly | 2:27.27 | | |
| 200 IM | 2:23.18 | 2:37.80 | 2:52.12 |
| 400 IM | 5:11.65 | | |

Men 17-24

| | SANJ | LEV3 | LEV2 |
|----------|-------------|-------------|-------------|
| 50 Free | | | 29.55 |
| 100 Free | | 1:00.37 | 1:06.88 |
| 200 Free | | 2:18.17 | 2:38.72 |

SAAG22 STANDARDS SAAG-JNR Long Course Meters

| | | |
|------------|---------|---------|
| 400 Free | 5:09.11 | |
| 800 Free | | |
| 1500 Free | | |
| 50 Back | | 34.69 |
| 100 Back | 1:14.18 | 1:27.21 |
| 200 Back | 2:54.66 | 3:02.68 |
| 50 Breast | | 41.74 |
| 100 Breast | 1:22.02 | 1:38.47 |
| 200 Breast | 3:11.96 | 3:44.08 |
| 50 Fly | | 34.34 |
| 100 Fly | 1:10.34 | 1:23.96 |
| 200 Fly | | |
| 200 IM | 2:34.44 | 2:52.12 |
| 400 IM | | |
