
SAAG23 STANDARDS SAAG-Lev 2 & 3 Long Course Meters

Women 10 & Under

	LEV3	LEV2
50 Free		39.80
100 Free		1:32.63
200 Free		3:39.06
400 Free		
50 Back		49.23
100 Back		1:49.49
200 Back		4:07.04
50 Breast		55.04
100 Breast		2:03.30
200 Breast		4:36.27
50 Fly		55.86
100 Fly		2:16.76
200 IM		4:04.80

Women 11 & Under

	LEV3	LEV2
50 Free		
100 Free	1:18.11	
200 Free	2:52.69	
400 Free	6:15.35	
50 Back		
100 Back	1:31.19	
200 Back	3:18.48	
50 Breast		
100 Breast	1:43.91	
200 Breast	3:45.16	
50 Fly		
100 Fly	1:37.36	
200 IM	3:20.19	

Women 11-11

	LEV3	LEV2
50 Free		38.20
100 Free		1:26.37
200 Free		3:21.68
400 Free		
50 Back		46.27
100 Back		1:41.08
200 Back		3:50.29
50 Breast		51.76
100 Breast		1:54.30
200 Breast		4:23.32
50 Fly		50.37
100 Fly		2:02.55
200 IM		3:41.61

Women 12-12

	LEV3	LEV2
50 Free		35.67
100 Free	1:14.82	1:21.35
200 Free	2:45.17	2:59.65
400 Free	6:03.61	
800 Free		

SAAG23 STANDARDS SAAG-Lev 2 & 3 Long Course Meters

50 Back		43.19
100 Back	1:26.78	1:33.95
200 Back	3:08.54	3:36.83
50 Breast		48.16
100 Breast	1:38.61	1:46.44
200 Breast	3:33.66	4:08.01
50 Fly		44.12
100 Fly	1:33.33	1:55.61
200 Fly		
200 IM	3:10.53	3:30.79
400 IM		

Women 13-13

	LEV3	LEV2
50 Free		34.03
100 Free	1:09.88	1:17.98
200 Free	2:33.97	2:51.48
400 Free	5:35.52	
800 Free		
50 Back		41.61
100 Back	1:21.90	1:30.09
200 Back	2:57.60	3:23.22
50 Breast		46.84
100 Breast	1:33.27	1:44.44
200 Breast	3:22.09	3:59.48
50 Fly		40.17
100 Fly	1:25.31	1:39.19
200 Fly		
200 IM	2:58.11	3:17.65
400 IM		

Women 14-14

	LEV3	LEV2
50 Free		33.82
100 Free	1:08.77	1:16.16
200 Free	2:31.46	2:51.03
400 Free	5:27.89	
800 Free		
50 Back		41.18
100 Back	1:20.38	1:29.12
200 Back	2:54.20	3:22.38
50 Breast		46.57
100 Breast	1:31.43	1:43.50
200 Breast	3:18.11	3:49.91
50 Fly		39.93
100 Fly	1:19.48	1:38.40
200 Fly		
200 IM	2:54.88	3:13.07
400 IM		

Women 15-15

	LEV3	LEV2
50 Free		33.68
100 Free	1:07.47	1:14.60
200 Free	2:28.53	2:50.23
400 Free	5:23.64	

SAAG23 STANDARDS SAAG-Lev 2 & 3 Long Course Meters

800 Free		
50 Back		41.06
100 Back	1:18.96	1:28.86
200 Back	2:52.59	3:21.79
50 Breast		46.43
100 Breast	1:29.73	1:43.18
200 Breast	3:14.42	3:49.22
50 Fly		39.20
100 Fly	1:16.59	1:36.08
200 Fly		
200 IM	2:53.36	3:12.51
400 IM		

Women 16-16

	LEV3	LEV2
50 Free		33.68
100 Free	1:07.47	1:14.60
200 Free	2:28.53	2:50.23
400 Free	5:23.64	
800 Free		
50 Back		41.06
100 Back	1:18.96	1:28.86
200 Back	2:52.59	3:21.79
50 Breast		46.43
100 Breast	1:29.73	1:43.18
200 Breast	3:14.42	3:51.22
50 Fly		39.20
100 Fly	1:16.59	1:38.08
200 Fly		
200 IM	2:53.36	3:12.48
400 IM		

Women 17-18

	LEV3	LEV2
50 Free		33.68
100 Free		1:14.60
200 Free		2:50.23
400 Free		
800 Free		
1500 Free		
50 Back		41.06
100 Back		1:28.86
200 Back		3:21.79
50 Breast		46.43
100 Breast		1:43.18
200 Breast		3:51.22
50 Fly		39.20
100 Fly		1:38.08
200 Fly		
200 IM		3:12.48
400 IM		

Women 17-20

	LEV3	LEV2
50 Free		
100 Free	1:07.47	

SAAG23 STANDARDS SAAG-Lev 2 & 3 Long Course Meters

200 Free	2:28.53
400 Free	5:23.64
50 Back	
100 Back	1:18.96
200 Back	2:52.59
50 Breast	
100 Breast	1:29.73
200 Breast	3:14.42
50 Fly	
100 Fly	1:16.59
200 Fly	
200 IM	2:53.63
400 IM	

Men 10 & Under

	LEV3	LEV2
50 Free		39.07
100 Free		1:31.55
200 Free		3:39.94
400 Free		
50 Back		48.74
100 Back		1:49.30
200 Back		4:00.50
50 Breast		55.62
100 Breast		2:04.72
200 Breast		4:49.31
50 Fly		53.01
100 Fly		2:15.94
200 IM		3:56.92

Men 11 & Under

	LEV3	LEV2
50 Free		
100 Free	1:16.55	
200 Free	2:50.25	
400 Free	6:29.76	
800 Free		
1500 Free		
50 Back		
100 Back	1:30.99	
200 Back	3:16.41	
50 Breast		
100 Breast	1:43.69	
200 Breast	3:49.93	
50 Fly		
100 Fly	1:30.15	
200 Fly		
200 IM	3:14.93	
400 IM		

Men 11-11

	LEV3	LEV2
50 Free		37.83
100 Free		1:26.92
200 Free		3:36.25
400 Free		

SAAG23 STANDARDS SAAG-Lev 2 & 3 Long Course Meters

50 Back	47.41
100 Back	1:47.40
200 Back	3:55.21
50 Breast	54.32
100 Breast	2:01.94
200 Breast	4:39.49
50 Fly	51.07
100 Fly	2:00.42
200 IM	3:45.73

Men 12-12

	LEV3	LEV2
50 Free		35.20
100 Free	1:12.57	1:19.11
200 Free	2:46.47	3:09.19
400 Free	6:13.22	
1500 Free		
50 Back		43.47
100 Back	1:25.24	1:35.68
200 Back	3:04.00	3:42.09
50 Breast		49.68
100 Breast	1:36.46	1:50.64
200 Breast	3:33.88	4:14.00
50 Fly		45.44
100 Fly	1:27.57	1:52.45
200 Fly		
200 IM	3:03.43	3:23.70
400 IM		

Men 13-13

	LEV3	LEV2
50 Free		32.40
100 Free	1:07.87	1:12.62
200 Free	2:33.21	2:47.94
400 Free	5:40.48	
1500 Free		
50 Back		41.25
100 Back	1:20.21	1:30.92
200 Back	2:56.48	3:31.97
50 Breast		45.92
100 Breast	1:32.83	1:42.60
200 Breast	3:25.84	3:57.41
50 Fly		39.64
100 Fly	1:19.02	1:42.67
200 Fly		
200 IM	2:49.35	3:04.40
400 IM		

Men 14-14

	LEV3	LEV2
50 Free		30.30
100 Free	1:03.66	1:08.34
200 Free	2:22.72	2:37.64
400 Free	5:23.43	
1500 Free		
50 Back		38.28

SAAG23 STANDARDS SAAG-Lev 2 & 3 Long Course Meters

100 Back	1:15.40	1:27.64
200 Back	2:47.18	3:22.79
50 Breast		44.30
100 Breast	1:27.46	1:40.07
200 Breast	3:13.93	3:49.64
50 Fly		36.28
100 Fly	1:13.86	1:34.00
200 Fly		
200 IM	2:41.75	2:55.72
400 IM		

Men 15-15

	LEV3	LEV2
50 Free		28.96
100 Free	59.09	1:05.54
200 Free	2:10.72	2:31.38
400 Free	4:52.70	
1500 Free		
50 Back		35.62
100 Back	1:07.65	1:22.77
200 Back	2:38.80	3:04.04
50 Breast		40.04
100 Breast	1:14.22	1:31.25
200 Breast	2:54.88	3:35.27
50 Fly		33.20
100 Fly	1:03.37	1:20.67
200 Fly		
200 IM	2:26.10	2:45.82
400 IM		

Men 16-16

	LEV3	LEV2
50 Free		28.96
100 Free	59.09	1:05.54
200 Free	2:10.72	2:31.38
400 Free	4:52.70	
1500 Free		
50 Back		35.62
100 Back	1:07.65	1:22.77
200 Back	2:38.80	3:04.04
50 Breast		40.04
100 Breast	1:14.22	1:31.25
200 Breast	2:54.88	3:35.27
50 Fly		33.20
100 Fly	1:03.37	1:20.67
200 Fly		
200 IM	2:26.10	2:45.82
400 IM		

Men 17-18

	LEV3	LEV2
50 Free		28.96
100 Free		1:05.54
200 Free		2:31.38
400 Free		
800 Free		

SAAG23 STANDARDS SAAG-Lev 2 & 3 Long Course Meters

1500 Free	
50 Back	35.62
100 Back	1:22.77
200 Back	3:04.04
50 Breast	40.04
100 Breast	1:31.25
200 Breast	3:35.27
50 Fly	33.20
100 Fly	1:20.67
200 Fly	
200 IM	2:45.82
400 IM	

Men 17-20

	LEV3	LEV2
50 Free		
100 Free	59.09	
200 Free	2:10.72	
400 Free	4:52.70	
800 Free		
1500 Free		
50 Back		
100 Back	1:07.65	
200 Back	2:38.80	
50 Breast		
100 Breast	1:14.22	
200 Breast	2:54.88	
50 Fly		
100 Fly	1:03.37	
200 Fly		
200 IM	2:26.10	
400 IM		

Men

	LEV3	LEV2
1500 Free		
100 Back		
400 IM		