
SAAG26 STANDARDS SSA Age Group Stds 2026 Long Course Meters
Female 10 & Under

	SANJ	LEV3	LEV2
50 Free			39.72
100 Free	1:07.47	1:16.00	1:32.45
200 Free	2:28.57	2:49.95	3:38.24
400 Free	5:18.14	6:13.15	
50 Back			49.07
100 Back	1:17.34	1:28.83	1:49.00
200 Back	2:47.40	3:16.26	4:06.28
50 Breast			54.88
100 Breast	1:27.40	1:40.22	2:02.92
200 Breast	3:09.24	3:36.24	4:35.10
50 Fly			55.00
100 Fly	1:17.21	1:36.49	2:15.50
200 IM	2:49.76	3:18.89	4:04.06

Female 11-11

	SANJ	LEV3	LEV2
50 Free			38.20
100 Free	1:07.47	1:16.00	1:26.18
200 Free	2:28.57	2:49.95	3:21.03
400 Free	5:18.14	6:13.15	
800 Free	10:37.38		
1500 Free	20:20.46		
50 Back			46.16
100 Back	1:17.34	1:28.83	1:40.81
200 Back	2:47.40	3:16.26	3:49.73
50 Breast			51.65
100 Breast	1:27.40	1:40.22	1:54.00
200 Breast	3:09.24	3:36.24	4:22.43
50 Fly			50.09
100 Fly	1:17.21	1:36.49	2:01.25
200 Fly	2:59.97		
200 IM	2:49.76	3:18.89	3:40.94
400 IM	5:54.44		

Female 12-12

	SANJ	LEV3	LEV2
50 Free			35.63
100 Free	1:07.47	1:14.45	1:21.23
200 Free	2:28.57	2:42.57	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	1:26.31	1:33.79
200 Back	2:47.40	3:07.56	3:36.11
50 Breast			48.09
100 Breast	1:27.40	1:38.03	1:46.23
200 Breast	3:09.24	3:32.55	4:07.33
50 Fly			44.01

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100 Fly	1:17.21	1:32.69	1:55.16
200 Fly	2:59.97		
200 IM	2:49.76	3:07.16	3:30.20
400 IM	5:54.44		

Female 13-13

	SANJ	LEV3	LEV2
50 Free			33.99
100 Free	1:05.59	1:09.61	1:17.85
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		

Female 14-14

	SANJ	LEV3	LEV2
50 Free			33.76
100 Free	1:03.69	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		

Female 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		

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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		

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

Male 10 & Under

	SANJ	LEV3	LEV2
50 Free			38.93
100 Free	1:04.74	1:16.06	1:31.13
200 Free	2:22.72	2:48.96	3:39.00
400 Free	5:07.93	6:16.31	
50 Back			48.57
100 Back	1:14.67	1:30.23	1:48.69
200 Back	2:41.14	3:14.68	3:59.54
50 Breast			55.36
100 Breast	1:23.59	1:42.68	2:04.72
200 Breast	3:05.40	3:46.07	4:49.31
50 Fly			53.01
100 Fly	1:13.83	1:29.27	2:15.94
200 IM	2:41.76	3:13.34	3:55.80

Male 11-11

	SANJ	LEV3	LEV2
50 Free			37.05

SAAG26 STANDARDS SSA Age Group Stds 2026 Long Course Meters

100	Free	1:04.74	1:16.06	1:26.57
200	Free	2:22.72	2:48.96	3:35.53
400	Free	5:07.93	6:16.31	
800	Free	10:24.19		
1500	Free	19:18.04		
50	Back			47.23
100	Back	1:14.67	1:30.23	1:47.05
200	Back	2:41.14	3:14.68	3:54.30
50	Breast			54.00
100	Breast	1:23.59	1:42.68	2:01.74
200	Breast	3:05.40	3:46.07	4:35.50
50	Fly			50.00
100	Fly	1:13.83	1:29.27	1:58.00
200	Fly	2:39.67		
200	IM	2:41.76	3:13.34	3:45.04
400	IM	5:36.28		

Male 12-12

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

Male 13-13

	SANJ	LEV3	LEV2
50	Free		32.35
100	Free	1:02.14	1:12.51
200	Free	2:17.35	2:47.45
400	Free	4:52.41	
800	Free	10:18.82	
1500	Free	19:09.09	
50	Back		41.11
100	Back	1:11.55	1:30.72
200	Back	2:36.60	3:31.11
50	Breast		45.79
100	Breast	1:21.49	1:42.28
200	Breast	2:58.39	3:56.69
50	Fly		39.52
100	Fly	1:09.83	1:42.28

SAAG26 STANDARDS SSA Age Group Stds 2026 Long Course Meters

200 Fly	2:38.09		
200 IM	2:36.03	2:48.44	3:03.96
400 IM	5:33.34		

Male 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		

Male 15-15

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

Male 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	4:24.65	5:04.64	
800 Free	9:11.82		
1500 Free	17:49.19		

SAAG26 STANDARDS SSA Age Group Stds 2026 Long Course Meters

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	4:58.53		