
SAAG26 STANDARDS SSA Age Group Stds 2026 Short Course Meters

Female 10 & Under

	SANJ	LEV3	LEV2
50 Free			38.92
100 Free	1:05.87	1:14.40	1:30.85
200 Free	2:25.37	2:46.75	3:35.04
400 Free	5:11.74	6:06.75	
50 Back			48.47
100 Back	1:16.14	1:27.63	1:47.80
200 Back	2:45.00	3:13.86	4:03.88
50 Breast			53.88
100 Breast	1:25.40	1:38.22	2:00.92
200 Breast	3:05.24	3:32.24	4:31.10
50 Fly			54.30
100 Fly	1:15.81	1:35.09	2:14.10
200 IM	2:46.56	3:15.69	4:00.86

Female 11-11

	SANJ	LEV3	LEV2
50 Free			37.40
100 Free	1:05.87	1:14.40	1:24.58
200 Free	2:25.37	2:46.75	3:17.83
400 Free	5:11.74	6:06.75	
800 Free	10:24.58		
1500 Free	19:56.46		
50 Back			45.56
100 Back	1:16.14	1:27.63	1:39.61
200 Back	2:45.00	3:13.86	3:47.33
50 Breast			50.65
100 Breast	1:25.40	1:38.22	1:52.00
200 Breast	3:05.24	3:32.24	4:18.43
50 Fly			49.39
100 Fly	1:15.81	1:35.09	1:59.85
200 Fly	2:57.17		
200 IM	2:46.56	3:15.69	3:37.74
400 IM	5:48.04		

Female 12-12

	SANJ	LEV3	LEV2
50 Free			34.83
100 Free	1:05.87	1:12.85	1:19.63
200 Free	2:25.37	2:39.37	2:56.16
400 Free	5:11.74	5:55.12	
800 Free	10:24.58		
1500 Free	19:56.46		
50 Back			42.50
100 Back	1:16.14	1:25.11	1:32.59
200 Back	2:45.00	3:05.16	3:33.71
50 Breast			47.09
100 Breast	1:25.40	1:36.03	1:44.23
200 Breast	3:05.24	3:28.55	4:03.33
50 Fly			43.31

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100 Fly	1:15.81	1:31.29	1:53.76
200 Fly	2:57.17		
200 IM	2:46.56	3:03.96	3:27.00
400 IM	5:48.04		

Female 13-13

	SANJ	LEV3	LEV2
50 Free			33.19
100 Free	1:03.99	1:08.01	1:16.25
200 Free	2:21.04	2:30.15	2:47.94
400 Free	4:59.85	5:40.27	
800 Free	10:19.83		
1500 Free	19:47.13		
50 Back			40.96
100 Back	1:13.51	1:20.34	1:28.66
200 Back	2:39.13	2:54.38	3:20.36
50 Breast			45.79
100 Breast	1:22.63	1:30.80	1:42.22
200 Breast	2:59.38	3:17.10	3:54.84
50 Fly			39.41
100 Fly	1:13.24	1:23.45	1:37.44
200 Fly	2:55.28		
200 IM	2:40.77	2:54.09	3:14.15
400 IM	5:45.24		

Female 14-14

	SANJ	LEV3	LEV2
50 Free			32.96
100 Free	1:02.09	1:06.91	1:14.48
200 Free	2:16.81	2:27.75	2:47.54
400 Free	4:49.56	5:20.30	
800 Free	10:14.75		
1500 Free	19:37.18		
50 Back			40.51
100 Back	1:11.16	1:18.81	1:27.74
200 Back	2:34.00	2:51.02	3:19.46
50 Breast			45.48
100 Breast	1:22.18	1:29.00	1:41.34
200 Breast	2:57.25	3:13.27	3:47.41
50 Fly			39.12
100 Fly	1:11.70	1:17.74	1:36.69
200 Fly	2:53.47		
200 IM	2:35.70	2:50.92	3:09.58
400 IM	5:42.52		

Female 15-15

	SANJ	LEV3	LEV2
50 Free			32.83
100 Free	1:01.70	1:06.13	1:13.61
200 Free	2:15.92	2:26.07	2:47.14
400 Free	4:48.59	5:18.56	
800 Free	10:04.23		

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1500 Free	19:11.62		
50 Back			40.41
100 Back	1:10.68	1:18.02	1:27.52
200 Back	2:33.47	2:50.22	3:18.87
50 Breast			45.35
100 Breast	1:20.25	1:28.14	1:40.91
200 Breast	2:54.96	3:11.18	3:46.68
50 Fly			38.61
100 Fly	1:10.82	1:16.16	1:36.33
200 Fly	2:43.92		
200 IM	2:34.65	2:50.16	3:08.90
400 IM	5:33.63		

Female 16-16

	SANJ	LEV3	LEV2
50 Free			32.70
100 Free	1:01.13	1:05.63	1:12.85
200 Free	2:14.70	2:24.81	2:46.70
400 Free	4:47.63	5:16.04	
800 Free	10:00.04		
1500 Free	19:03.56		
50 Back			40.31
100 Back	1:09.35	1:17.47	1:27.30
200 Back	2:32.95	2:49.44	3:18.29
50 Breast			45.23
100 Breast	1:19.12	1:27.33	1:40.63
200 Breast	2:54.31	3:09.54	3:45.96
50 Fly			38.40
100 Fly	1:08.26	1:14.92	1:35.97
200 Fly	2:42.24		
200 IM	2:32.64	2:49.42	3:08.45
400 IM	5:30.09		

Male 10 & Under

	SANJ	LEV3	LEV2
50 Free			38.13
100 Free	1:03.14	1:14.46	1:29.53
200 Free	2:19.52	2:45.76	3:35.80
400 Free	5:01.53	6:09.91	
50 Back			47.97
100 Back	1:13.47	1:29.03	1:47.49
200 Back	2:38.74	3:12.28	3:57.14
50 Breast			54.36
100 Breast	1:21.59	1:40.68	2:02.72
200 Breast	3:01.40	3:42.07	4:45.31
50 Fly			52.31
100 Fly	1:12.43	1:27.87	2:14.54
200 IM	2:38.56	3:10.14	3:52.60

Male 11-11

	SANJ	LEV3	LEV2
50 Free			36.25

SAAG26 STANDARDS SSA Age Group Stds 2026 Short Course Meters

100	Free	1:03.14	1:14.46	1:24.97
200	Free	2:19.52	2:45.76	3:32.33
400	Free	5:01.53	6:09.91	
800	Free	10:11.39		
1500	Free	18:54.04		
50	Back			46.63
100	Back	1:13.47	1:29.03	1:45.85
200	Back	2:38.74	3:12.28	3:51.90
50	Breast			53.00
100	Breast	1:21.59	1:40.68	1:59.74
200	Breast	3:01.40	3:42.07	4:31.50
50	Fly			49.30
100	Fly	1:12.43	1:27.87	1:56.60
200	Fly	2:36.87		
200	IM	2:38.56	3:10.14	3:41.84
400	IM	5:29.88		

Male 12-12

	SANJ	LEV3	LEV2
50	Free		34.32
100	Free	1:03.14	1:17.35
200	Free	2:19.52	3:05.48
400	Free	5:01.53	
800	Free	10:11.39	
1500	Free	18:54.04	
50	Back		42.69
100	Back	1:13.47	1:34.25
200	Back	2:38.74	3:39.10
50	Breast		48.51
100	Breast	1:21.59	1:48.34
200	Breast	3:01.40	4:09.00
50	Fly		44.58
100	Fly	1:12.43	1:49.85
200	Fly	2:36.87	
200	IM	2:38.56	3:19.84
400	IM	5:29.88	

Male 13-13

	SANJ	LEV3	LEV2
50	Free		31.55
100	Free	1:00.54	1:10.91
200	Free	2:14.15	2:44.25
400	Free	4:46.01	
800	Free	10:06.02	
1500	Free	18:45.09	
50	Back		40.51
100	Back	1:10.35	1:29.52
200	Back	2:34.20	3:28.71
50	Breast		44.79
100	Breast	1:19.49	1:40.28
200	Breast	2:54.39	3:52.69
50	Fly		38.82
100	Fly	1:08.43	1:40.88

SAAG26 STANDARDS SSA Age Group Stds 2026 Short Course Meters

200 Fly	2:35.29		
200 IM	2:32.83	2:45.24	3:00.76
400 IM	5:26.94		

Male 14-14

	SANJ	LEV3	LEV2
50 Free			29.46
100 Free	57.09	1:01.80	1:06.67
200 Free	2:07.52	2:18.88	2:34.23
400 Free	4:35.08	5:15.34	
800 Free	10:00.82		
1500 Free	18:36.42		
50 Back			37.62
100 Back	1:05.93	1:13.85	1:26.17
200 Back	2:25.31	2:43.87	3:19.63
50 Breast			43.15
100 Breast	1:14.56	1:24.94	1:37.82
200 Breast	2:45.73	3:08.96	3:44.78
50 Fly			35.49
100 Fly	1:03.86	1:12.06	1:32.30
200 Fly	2:33.77		
200 IM	2:24.47	2:37.80	2:52.10
400 IM	5:24.10		

Male 15-15

	SANJ	LEV3	LEV2
50 Free			28.12
100 Free	55.31	57.86	1:04.56
200 Free	2:02.44	2:08.45	2:30.02
400 Free	4:24.68	5:02.95	
800 Free	9:04.13		
1500 Free	17:35.27		
50 Back			35.61
100 Back	1:02.64	1:07.16	1:22.42
200 Back	2:18.42	2:37.95	3:01.64
50 Breast			39.04
100 Breast	1:11.84	1:19.58	1:29.25
200 Breast	2:36.48	2:53.21	3:34.27
50 Fly			32.75
100 Fly	1:00.59	1:11.66	1:20.51
200 Fly	2:21.18		
200 IM	2:18.56	2:25.56	2:44.35
400 IM	4:59.13		

Male 16-16

	SANJ	LEV3	LEV2
50 Free			27.46
100 Free	54.62	57.30	1:03.87
200 Free	1:59.46	2:07.07	2:28.00
400 Free	4:18.25	4:58.24	
800 Free	8:59.02		
1500 Free	17:25.19		

SAAG26 STANDARDS SSA Age Group Stds 2026 Short Course Meters

50	Back			34.98
100	Back	1:02.52	1:06.24	1:21.38
200	Back	2:17.68	2:35.66	3:01.34
50	Breast			38.95
100	Breast	1:11.10	1:17.74	1:29.03
200	Breast	2:34.30	2:50.16	3:30.57
50	Fly			32.46
100	Fly	59.32	1:11.27	1:19.08
200	Fly	2:18.12		
200	IM	2:15.10	2:22.40	2:42.44
400	IM	4:52.13		