



LEVEL 2
QUALIFYING STANDARDS
LONG COURSE (50M)



WOMEN							EVENTS	MEN						
10&U	11	12	13	14	15	16		10&U	11	12	13	14	15	16
39.72	38.20	35.63	33.99	33.76	33.63	33.50	50m Freestyle	38.93	37.05	35.12	32.35	30.26	28.92	28.26
1:32.45	1:26.18	1:21.23	1:17.85	1:16.08	1:15.21	1:14.45	100m Freestyle	1:31.13	1:26.57	1:18.95	1:12.51	1:08.27	1:06.16	1:05.47
3:38.24	3:21.03	2:59.36	2:51.14	2:50.74	2:50.34	2:49.90	200m Freestyle	3:39.00	3:35.53	3:08.68	2:47.45	2:37.43	2:33.22	2:31.20
49.07	46.16	43.10	41.56	41.11	41.01	40.91	50m Backstroke	48.57	47.23	43.29	41.11	38.22	36.21	35.58
1:49.00	1:40.81	1:33.79	1:29.86	1:28.94	1:28.72	1:28.50	100m Backstroke	1:48.69	1:47.05	1:35.45	1:30.72	1:27.37	1:23.62	1:22.58
4:06.28	3:49.73	3:36.11	3:22.76	3:21.86	3:21.27	3:20.69	200m Backstroke	3:59.54	3:54.30	3:41.50	3:31.11	3:22.03	3:04.04	3:03.74
54.88	51.65	48.09	46.79	46.48	46.35	46.23	50m Breaststroke	55.36	54.00	49.51	45.79	44.15	40.04	39.95
2:02.92	1:54.00	1:46.23	1:44.22	1:43.34	1:42.91	1:42.63	100m Breaststroke	2:04.72	2:01.74	1:50.34	1:42.28	1:39.82	1:31.25	1:31.03
4:35.10	4:22.43	4:07.33	3:58.84	3:51.41	3:50.68	3:49.96	200m Breaststroke	4:49.31	4:35.50	4:13.00	3:56.69	3:48.78	3:38.27	3:34.57
55.00	50.09	44.01	40.11	39.82	39.31	39.10	50m Butterfly	53.01	50.00	45.28	39.52	36.19	33.45	33.16
2:15.50	2:01.25	1:55.16	1:38.84	1:38.09	1:37.73	1:37.37	100m Butterfly	2:15.94	1:58.00	1:51.25	1:42.28	1:33.70	1:21.91	1:20.48
4:04.06	3:40.94	3:30.20	3:17.35	3:12.78	3:12.10	3:11.65	200m IM	3:55.80	3:45.04	3:23.04	3:03.96	2:55.30	2:47.55	2:45.64



LEVEL 3
QUALIFYING STANDARDS
LONG COURSE (50M)



WOMEN						EVENTS	MEN					
11&U	12	13	14	15	16		11&U	12	13	14	15	16
						50m Freestyle						
1:16.40	1:14.82	1:10.18	1:09.04	1:07.98	1:06.98	100m Freestyle	1:16.06	1:12.15	1:08.55	1:03.50	59.67	59.26
2:51.39	2:42.40	2:32.31	2:29.86	2:27.55	2:25.38	200m Freestyle	2:48.96	2:45.29	2:30.71	2:19.60	2:11.19	2:10.27
6:26.01	5:38.87	5:17.83	5:12.70	5:07.89	5:03.36	400m Freestyle	6:12.31	5:40.91	5:25.00	5:01.06	4:42.90	4:40.92
						50m Backstroke						
1:35.83	1:25.34	1:21.85	1:20.30	1:18.87	1:17.53	100m Backstroke	1:33.42	1:24.71	1:17.08	1:15.43	1:09.17	1:08.79
3:16.26	3:03.94	2:56.43	2:53.10	2:50.00	2:47.12	200m Backstroke	3:14.68	3:02.67	2:47.18	2:43.62	2:30.04	2:29.44
						50m Breaststroke						
1:46.22	1:35.79	1:31.88	1:30.14	1:28.53	1:27.03	100m Breaststroke	1:42.68	1:35.69	1:32.17	1:23.15	1:16.25	1:15.95
3:42.24	3:25.47	3:17.07	3:13.35	3:09.90	3:06.68	200m Breaststroke	3:40.53	3:27.54	3:24.50	3:03.45	2:48.22	2:47.55
						50m Butterfly						
1:36.49	1:21.56	1:18.22	1:16.75	1:15.38	1:14.10	100m Butterfly	1:32.27	1:26.78	1:18.50	1:12.29	1:06.29	1:06.03
						200m Butterfly						
3:26.89	3:07.77	3:00.09	2:56.69	2:53.54	2:50.60	200m IM	3:21.65	3:02.19	2:48.33	2:44.75	2:31.07	2:30.47



SA NATIONAL JUNIOR CHAMPIONSHIPS

QUALIFYING STANDARDS

LONG COURSE (50M)



WOMEN					EVENTS	MEN				
12&U	13	14	15	16		12&U	13	14	15	16
					50m Freestyle					
1:07.98	1:06.74	1:05.15	1:04.30	1:03.89	100m Freestyle	1:03.50	1:02.45	58.85	56.29	55.96
2:27.55	2:24.86	2:21.40	2:19.56	2:18.68	200m Freestyle	2:19.60	2:17.30	2:09.38	2:03.74	2:03.01
5:07.89	5:02.27	4:55.04	4:51.21	4:49.37	400m Freestyle	5:01.06	4:56.08	4:39.00	4:26.85	4:25.28
10:36.50	10:24.88	10:09.95	10:02.03	9:58.22	800m Freestyle	10:18.82	10:08.59	9:33.48	9:08.51	9:05.29
20:10.21	19:48.12	19:19.73	19:04.66	18:57.42	1500m Freestyle	19:51.69	19:31.99	18:24.38	17:36.30	17:30.09
					50m Backstroke					
1:12.98	1:14.83	1:12.46	1:11.97	1:11.04	100m Backstroke	1:14.66	1:11.87	1:07.33	1:03.36	1:02.97
2:44.43	2:41.29	2:36.19	2:35.14	2:33.13	200m Backstroke	2:41.95	2:35.89	2:26.05	2:17.43	2:16.60
					50m Breaststroke					
1:25.63	1:23.99	1:21.34	1:20.79	1:19.74	100m Breaststroke	1:22.31	1:20.71	1:15.35	1:11.66	1:10.73
3:03.67	3:00.16	2:54.47	2:53.30	2:51.05	200m Breaststroke	3:01.58	2:58.05	2:46.24	2:38.09	2:36.04
					50m Butterfly					
1:14.73	1:13.19	1:12.90	1:12.33	1:11.78	100m Butterfly	1:12.29	1:10.16	1:05.51	1:02.30	1:01.49
2:46.72	2:43.30	2:42.65	2:41.38	2:40.15	200m Butterfly	2:41.31	2:36.57	2:26.18	2:19.01	2:17.21
2:49.20	2:44.64	2:38.37	2:37.84	2:37.33	200m IM	2:41.45	2:35.58	2:27.05	2:21.98	2:18.38
5:54.89	5:45.33	5:32.17	5:31.07	5:29.99	400m IM	5:47.44	5:34.79	5:16.45	5:05.53	4:57.79



LEVEL 2
QUALIFYING STANDARDS
SHORT COURSE (25M)



WOMEN							EVENTS	MEN						
10&U	11	12	13	14	15	16		10&U	11	12	13	14	15	16
38.92	37.40	34.83	33.19	32.96	32.83	32.70	50m Freestyle	38.13	36.25	34.32	31.55	29.46	28.12	27.46
1:30.85	1:24.58	1:19.63	1:16.25	1:14.48	1:13.61	1:12.85	100m Freestyle	1:29.53	1:24.97	1:17.35	1:10.91	1:06.67	1:04.56	1:03.87
3:35.04	3:17.83	2:56.16	2:47.94	2:47.54	2:47.14	2:46.70	200m Freestyle	3:35.80	3:32.33	3:05.48	2:44.25	2:34.23	2:30.02	2:28.00
48.47	45.56	42.50	40.96	40.51	40.41	40.31	50m Backstroke	47.97	46.63	42.69	40.51	37.62	35.61	34.98
1:47.80	1:39.61	1:32.59	1:28.66	1:27.74	1:27.52	1:27.30	100m Backstroke	1:47.49	1:45.85	1:34.25	1:29.52	1:26.17	1:22.42	1:21.38
4:03.88	3:47.33	3:33.71	3:20.36	3:19.46	3:18.87	3:18.29	200m Backstroke	3:57.14	3:51.90	3:39.10	3:28.71	3:19.63	3:01.64	3:01.34
53.88	50.65	47.09	45.79	45.48	45.35	45.23	50m Breaststroke	54.36	53.00	48.51	44.79	43.15	39.04	38.95
2:00.92	1:52.00	1:44.23	1:42.22	1:41.34	1:40.91	1:40.63	100m Breaststroke	2:02.72	1:59.74	1:48.34	1:40.28	1:37.82	1:29.25	1:29.03
4:31.10	4:18.43	4:03.33	3:54.84	3:47.41	3:46.68	3:45.96	200m Breaststroke	4:45.31	4:31.50	4:09.00	3:52.69	3:44.78	3:34.27	3:30.57
54.30	49.39	43.31	39.41	39.12	38.61	38.40	50m Butterfly	52.31	49.30	44.58	38.82	35.49	32.75	32.46
2:14.10	1:59.85	1:53.76	1:37.44	1:36.69	1:36.33	1:35.97	100m Butterfly	2:14.54	1:56.60	1:49.85	1:40.88	1:32.30	1:20.51	1:19.08
4:00.86	3:37.74	3:27.00	3:14.15	3:09.58	3:08.90	3:08.45	200m IM	3:52.60	3:41.84	3:19.84	3:00.76	2:52.10	2:44.35	2:42.44



LEVEL 3
QUALIFYING STANDARDS
SHORT COURSE (25M)



WOMEN						EVENTS	MEN					
11&U	12	13	14	15	16		11&U	12	13	14	15	16
						50m Freestyle						
1:14.80	1:13.22	1:08.58	1:07.44	1:06.38	1:05.38	100m Freestyle	1:14.46	1:10.55	1:06.95	1:01.90	58.07	57.66
2:48.19	2:39.20	2:29.11	2:26.66	2:24.35	2:22.18	200m Freestyle	2:45.76	2:42.09	2:27.51	2:16.40	2:07.99	2:07.07
6:19.61	5:32.47	5:11.43	5:06.30	5:01.49	4:56.96	400m Freestyle	6:05.91	5:34.51	5:18.60	4:54.66	4:36.50	4:34.52
						50m Backstroke						
1:34.63	1:24.14	1:20.65	1:19.10	1:17.67	1:16.33	100m Backstroke	1:32.22	1:23.51	1:15.88	1:14.23	1:07.97	1:07.59
3:13.86	3:01.54	2:54.03	2:50.70	2:47.60	2:44.72	200m Backstroke	3:12.28	3:00.27	2:44.78	2:41.22	2:27.64	2:27.04
						50m Breaststroke						
1:44.22	1:33.79	1:29.88	1:28.14	1:26.53	1:25.03	100m Breaststroke	1:40.68	1:33.69	1:30.17	1:21.15	1:14.25	1:13.95
3:38.24	3:21.47	3:13.07	3:09.35	3:05.90	3:02.68	200m Breaststroke	3:36.53	3:23.54	3:20.50	2:59.45	2:44.22	2:43.55
						50m Butterfly						
1:35.09	1:20.16	1:16.82	1:15.35	1:13.98	1:12.70	100m Butterfly	1:30.87	1:25.38	1:17.10	1:10.89	1:04.89	1:04.63
						200m Butterfly						
3:23.69	3:04.57	2:56.89	2:53.49	2:50.34	2:47.40	200m IM	3:18.45	2:58.99	2:45.13	2:41.55	2:27.87	2:27.27



SA NATIONAL JUNIOR CHAMPIONSHIPS
QUALIFYING STANDARDS
SHORT COURSE (25M)



WOMEN					EVENTS	MEN				
12&U	13	14	15	16		12&U	13	14	15	16
					50m Freestyle					
1:06.38	1:05.14	1:03.55	1:02.70	1:02.29	100m Freestyle	1:01.90	1:00.85	57.25	54.69	54.36
2:24.35	2:21.66	2:18.20	2:16.36	2:15.48	200m Freestyle	2:16.40	2:14.10	2:06.18	2:00.54	1:59.81
5:01.49	4:55.87	4:48.64	4:44.81	4:42.97	400m Freestyle	4:54.66	4:49.68	4:32.60	4:20.45	4:18.88
10:23.70	10:12.08	9:57.15	9:49.23	9:45.42	800m Freestyle	10:06.02	9:55.79	9:20.68	8:55.71	8:52.49
19:46.21	19:24.12	18:55.73	18:40.66	18:33.42	1500m Freestyle	19:27.69	19:07.99	18:00.38	17:12.30	17:06.09
					50m Backstroke					
1:11.78	1:13.63	1:11.26	1:10.77	1:09.84	100m Backstroke	1:13.46	1:10.67	1:06.13	1:02.16	1:01.77
2:42.03	2:38.89	2:33.79	2:32.74	2:30.73	200m Backstroke	2:39.55	2:33.49	2:23.65	2:15.03	2:14.20
					50m Breaststroke					
1:23.63	1:21.99	1:19.34	1:18.79	1:17.74	100m Breaststroke	1:20.31	1:18.71	1:13.35	1:09.66	1:08.73
2:59.67	2:56.16	2:50.47	2:49.30	2:47.05	200m Breaststroke	2:57.58	2:54.05	2:42.24	2:34.09	2:32.04
					50m Butterfly					
1:13.33	1:11.79	1:11.50	1:10.93	1:10.38	100m Butterfly	1:10.89	1:08.76	1:04.11	1:00.90	1:00.09
2:43.92	2:40.50	2:39.85	2:38.58	2:37.35	200m Butterfly	2:38.51	2:33.77	2:23.38	2:16.21	2:14.41
2:46.00	2:41.44	2:35.17	2:34.64	2:34.13	200m IM	2:38.25	2:32.38	2:23.85	2:18.78	2:15.18
5:48.49	5:38.93	5:25.77	5:24.67	5:23.59	400m IM	5:41.04	5:28.39	5:10.05	4:59.13	4:51.39