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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters**

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**Women 10 & Under**

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	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	36.64	43.72	43.72
100 Free	1:19.13	1:34.41	1:34.41
200 Free	2:51.58	3:24.71	3:24.71
400 Free	6:01.56	6:51.00	6:51.00
50 Back	41.97	49.91	49.91
100 Back	1:30.01	1:47.04	1:47.04
200 Back	3:13.64	3:46.35	3:46.35
50 Breast	46.40	55.18	55.18
100 Breast	1:41.37	2:00.54	2:00.54
200 Breast	3:37.40	4:14.12	4:14.12
50 Fly	38.75	46.08	46.08
100 Fly	1:26.88	1:43.31	1:43.31
200 IM	3:16.04	3:41.38	3:41.38

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Women 11-11**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	36.64	41.19	41.19
100 Free	1:19.13	1:34.10	1:34.10
200 Free	2:51.58	3:22.76	3:22.76
400 Free	6:01.56	6:51.00	6:51.00
800 Free	12:23.50	13:59.59	13:59.59
1500 Free	23:34.67	26:37.51	26:37.51
50 Back	41.97	49.28	49.28
100 Back	1:30.01	1:46.55	1:46.55
200 Back	3:13.64	3:44.09	3:44.09
50 Breast	46.40	55.45	55.45
100 Breast	1:41.37	1:59.75	1:59.75
200 Breast	3:37.40	4:11.45	4:11.45
50 Fly	38.75	45.49	45.49
100 Fly	1:26.88	1:42.87	1:42.87
200 Fly	3:09.16	3:32.25	3:32.25
200 IM	3:16.04	3:41.38	3:41.38
400 IM	6:57.38	7:51.09	7:51.09

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Women 12-12**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	35.09	39.17	39.17
100 Free	1:15.31	1:24.58	1:24.58
200 Free	2:43.30	3:09.68	3:09.68
400 Free	5:44.10	6:37.36	6:37.36
800 Free	11:47.67	13:37.07	13:37.07
1500 Free	22:46.49	25:54.65	25:54.65
50 Back	39.99	44.81	44.81
100 Back	1:25.76	1:36.10	1:36.10
200 Back	3:04.48	3:22.80	3:22.80
50 Breast	44.20	49.53	49.53
100 Breast	1:36.57	1:48.21	1:48.21
200 Breast	3:27.11	3:47.67	3:47.67
50 Fly	36.91	41.36	41.36
100 Fly	1:22.77	1:32.75	1:32.75
200 Fly	3:00.17	3:22.08	3:22.08
200 IM	3:06.70	3:41.38	3:41.38
400 IM	6:37.47	7:51.09	7:51.09

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Women 13-13**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	35.09	37.40	37.40
100 Free	1:15.31	1:24.47	1:24.47
200 Free	2:43.30	3:01.79	3:01.79
400 Free	5:44.10	6:32.59	6:32.59
800 Free	11:47.67	13:26.09	13:26.09
1500 Free	22:46.49	25:32.76	25:32.76
50 Back	39.99	44.24	44.24
100 Back	1:25.76	1:35.77	1:35.77
200 Back	3:04.48	3:20.89	3:20.89
50 Breast	44.20	49.89	49.89
100 Breast	1:36.57	1:47.70	1:47.70
200 Breast	3:27.11	3:45.40	3:45.40
50 Fly	36.91	40.84	40.84
100 Fly	1:22.77	1:32.47	1:32.47
200 Fly	3:00.17	3:20.18	3:20.18
200 IM	3:06.70	3:39.20	3:39.20
400 IM	6:37.47	7:08.98	7:08.98

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Women 14-14**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	32.09	35.88	35.88
100 Free	1:09.30	1:17.49	1:17.49
200 Free	2:30.28	2:48.03	2:48.03
400 Free	5:16.67	5:55.62	5:55.62
800 Free	10:51.02	12:11.02	12:11.02
1500 Free	20:38.70	23:10.93	23:10.93
50 Back	36.87	41.12	41.12
100 Back	1:19.07	1:28.19	1:28.19
200 Back	2:50.09	3:09.72	3:09.72
50 Breast	40.76	45.46	45.46
100 Breast	1:29.04	1:39.31	1:39.31
200 Breast	3:10.96	3:32.99	3:32.99
50 Fly	34.03	37.96	37.96
100 Fly	1:16.31	1:25.11	1:25.11
200 Fly	2:46.15	3:05.31	3:05.31
200 IM	2:52.03	3:13.37	3:13.37
400 IM	6:11.64	6:51.78	6:51.78

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Women 15-15**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	32.09	34.62	34.62
100 Free	1:09.30	1:17.43	1:17.43
200 Free	2:30.28	2:46.64	2:46.64
400 Free	5:16.67	5:51.45	5:51.45
800 Free	10:51.02	12:01.31	12:01.31
1500 Free	20:38.70	22:51.46	22:51.46
50 Back	36.87	41.60	41.60
100 Back	1:19.07	1:27.98	1:27.98
200 Back	2:50.09	3:08.01	3:08.01
50 Breast	40.76	45.88	45.88
100 Breast	1:29.04	1:38.93	1:38.93
200 Breast	3:10.96	3:30.93	3:30.93
50 Fly	34.03	37.49	37.49
100 Fly	1:16.31	1:24.94	1:24.94
200 Fly	2:46.15	3:03.66	3:03.66
200 IM	2:52.03	3:11.60	3:11.60
400 IM	6:11.64	6:29.68	6:29.68

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Women 16-16**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	31.08	34.62	34.62
100 Free	1:07.12	1:14.76	1:14.76
200 Free	2:25.55	2:42.11	2:42.11
400 Free	5:06.70	5:42.90	5:42.90
800 Free	10:30.61	11:44.87	11:44.87
1500 Free	19:59.88	22:21.16	22:21.16
50 Back	35.73	39.70	39.70
100 Back	1:16.63	1:25.15	1:25.15
200 Back	2:44.86	3:03.18	3:03.18
50 Breast	39.50	43.89	43.89
100 Breast	1:26.30	1:35.89	1:35.89
200 Breast	3:05.08	3:25.65	3:25.65
50 Fly	32.99	36.65	36.65
100 Fly	1:13.96	1:22.18	1:22.18
200 Fly	2:41.01	2:58.83	2:58.83
200 IM	2:46.70	3:06.70	3:06.70
400 IM	5:54.81	6:37.47	6:37.47

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Women 17 & Over**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	31.08	34.62	34.62
100 Free	1:07.12	1:14.76	1:14.76
200 Free	2:25.55	2:42.11	2:42.11
400 Free	5:06.70	5:42.90	5:42.90
800 Free	10:30.61	11:44.87	11:44.87
1500 Free	19:59.88	22:21.16	22:21.16
50 Back	35.73	39.70	39.70
100 Back	1:16.63	1:25.15	1:25.15
200 Back	2:44.86	3:03.18	3:03.18
50 Breast	39.50	43.89	43.89
100 Breast	1:26.30	1:35.89	1:35.89
200 Breast	3:05.08	3:25.65	3:25.65
50 Fly	32.99	36.65	36.65
100 Fly	1:13.96	1:22.18	1:22.18
200 Fly	2:41.01	2:58.83	2:58.83
200 IM	2:46.70	3:06.70	3:06.70
400 IM	5:54.81	6:37.47	6:37.47

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 10 & Under**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	36.03	42.01	42.01
100 Free	1:19.57	1:32.76	1:32.76
200 Free	2:55.74	3:14.08	3:14.08
400 Free	6:13.13	6:58.89	6:58.89
50 Back	41.73	48.52	48.52
100 Back	1:30.30	1:44.99	1:44.99
200 Back	3:16.67	3:36.81	3:36.81
50 Breast	45.70	53.13	53.13
100 Breast	1:40.09	1:57.32	1:57.32
200 Breast	3:38.68	3:54.50	3:54.50
50 Fly	39.06	45.41	45.41
100 Fly	1:26.91	1:41.05	1:41.05
200 IM	3:18.28	3:33.90	3:33.90

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 11-11**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	36.03	41.48	41.48
100 Free	1:19.57	1:31.39	1:31.39
200 Free	2:55.74	3:12.30	3:12.30
400 Free	6:13.13	6:53.79	6:53.79
800 Free	12:46.77	13:45.70	13:45.70
1500 Free	24:37.21	26:40.72	26:40.72
50 Back	41.73	47.89	47.89
100 Back	1:30.30	1:44.54	1:44.54
200 Back	3:16.67	3:34.70	3:34.70
50 Breast	45.70	52.43	52.43
100 Breast	1:40.09	1:56.68	1:56.68
200 Breast	3:38.68	3:52.12	3:52.12
50 Fly	39.06	44.83	44.83
100 Fly	1:26.91	1:40.65	1:40.65
200 Fly	3:14.65	3:25.85	3:25.85
200 IM	3:18.28	3:33.90	3:33.90
400 IM	7:04.15	7:31.13	7:31.13

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 12-12**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	32.94	35.82	35.82
100 Free	1:12.74	1:19.09	1:19.09
200 Free	2:40.65	2:44.17	2:44.17
400 Free	5:41.09	5:54.61	5:54.61
800 Free	11:41.25	12:08.54	12:08.54
1500 Free	22:30.98	23:23.55	23:23.55
50 Back	38.21	41.48	41.48
100 Back	1:22.68	1:29.76	1:29.76
200 Back	3:00.08	3:14.79	3:14.79
50 Breast	41.85	45.42	45.42
100 Breast	1:32.40	1:40.30	1:40.30
200 Breast	3:20.24	3:33.10	3:33.10
50 Fly	35.77	38.82	38.82
100 Fly	1:19.58	1:26.39	1:26.39
200 Fly	2:58.20	3:13.62	3:13.62
200 IM	3:01.45	3:18.28	3:18.28
400 IM	6:28.63	7:04.15	7:04.15

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 13-13**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	32.94	35.38	35.38
100 Free	1:12.74	1:18.99	1:18.99
200 Free	2:40.65	2:42.81	2:42.81
400 Free	5:41.09	5:51.69	5:51.69
800 Free	11:41.25	12:02.54	12:02.54
1500 Free	22:30.98	23:12.00	23:12.00
50 Back	38.21	40.96	40.96
100 Back	1:22.68	1:29.52	1:29.52
200 Back	3:00.08	3:13.00	3:13.00
50 Breast	41.85	42.40	42.40
100 Breast	1:32.40	1:40.01	1:40.01
200 Breast	3:20.24	3:30.04	3:30.04
50 Fly	35.77	38.34	38.34
100 Fly	1:19.58	1:26.20	1:26.20
200 Fly	2:58.20	3:11.85	3:11.85
200 IM	3:01.45	3:16.44	3:16.44
400 IM	6:28.63	6:36.26	6:36.26

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 14-14**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	29.40	31.40	31.40
100 Free	1:04.93	1:09.32	1:09.32
200 Free	2:23.40	2:33.10	2:33.10
400 Free	5:04.46	5:30.58	5:30.58
800 Free	10:25.85	11:19.17	11:19.17
1500 Free	20:05.72	21:48.44	21:48.44
50 Back	34.19	36.45	36.45
100 Back	1:13.98	1:18.88	1:18.88
200 Back	2:41.13	2:51.80	2:51.80
50 Breast	37.44	39.92	39.92
100 Breast	1:22.67	1:28.15	1:28.15
200 Breast	2:59.16	3:11.02	3:11.02
50 Fly	32.00	34.12	34.12
100 Fly	1:11.20	1:15.92	1:15.92
200 Fly	3:39.45	2:50.04	2:50.04
200 IM	2:42.22	2:54.25	2:54.25
400 IM	5:46.99	6:12.72	6:12.72

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 15-15**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	29.40	31.03	31.03
100 Free	1:04.93	1:08.39	1:08.39
200 Free	2:23.40	2:31.93	2:31.93
400 Free	5:04.46	5:26.78	5:26.78
800 Free	10:25.85	11:10.22	11:10.22
1500 Free	20:05.72	21:30.19	21:30.19
50 Back	34.19	36.00	36.00
100 Back	1:13.98	1:18.80	1:18.80
200 Back	2:41.13	2:50.35	2:50.35
50 Breast	37.44	39.42	39.42
100 Breast	1:22.67	1:27.94	1:27.94
200 Breast	2:59.16	3:09.29	3:09.29
50 Fly	32.00	33.71	33.71
100 Fly	1:11.20	1:15.89	1:15.89
200 Fly	3:39.45	2:48.62	2:48.62
200 IM	2:42.22	2:52.76	2:52.76
400 IM	5:46.99	5:59.90	5:59.90

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 16-16**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	28.08	30.29	30.29
100 Free	1:02.00	1:06.88	1:06.88
200 Free	2:16.93	2:29.87	2:29.87
400 Free	4:50.72	5:23.43	5:23.43
800 Free	9:57.61	11:04.48	11:04.48
1500 Free	19:11.32	21:20.14	21:20.14
50 Back	32.68	34.69	34.69
100 Back	1:10.72	1:16.16	1:16.16
200 Back	2:34.02	2:45.87	2:45.87
50 Breast	35.79	37.99	37.99
100 Breast	1:19.02	1:25.11	1:25.11
200 Breast	2:51.80	3:04.44	3:04.44
50 Fly	30.59	32.47	32.47
100 Fly	1:08.06	1:13.30	1:13.30
200 Fly	2:32.36	2:44.23	2:44.23
200 IM	2:35.01	2:48.24	2:48.24
400 IM	5:31.77	5:59.90	5:59.90

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**SNRTIM18 STANDARDS WP CHAMPS QT Long Course Meters****Men 17 & Over**

	<b>WPQT</b>	<b>JCQT</b>	<b>SLQT</b>
50 Free	28.08	30.29	30.29
100 Free	1:02.00	1:06.88	1:06.88
200 Free	2:16.93	2:29.87	2:29.87
400 Free	4:50.72	5:23.43	5:23.43
800 Free	9:57.61	11:04.48	11:04.48
1500 Free	19:11.32	21:20.14	21:20.14
50 Back	32.68	34.69	34.69
100 Back	1:10.72	1:16.16	1:16.16
200 Back	2:34.02	2:45.87	2:45.87
50 Breast	35.79	37.99	37.99
100 Breast	1:19.02	1:25.11	1:25.11
200 Breast	2:51.80	3:04.44	3:04.44
50 Fly	30.59	32.47	32.47
100 Fly	1:08.06	1:13.30	1:13.30
200 Fly	2:32.36	2:44.23	2:44.23
200 IM	2:35.01	2:48.24	2:48.24
400 IM	5:31.77	5:59.90	5:59.90

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