
SNRTIM18 STANDARDS WP CHAMPS QT Short Course Meters**Women 10 & Under**

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 35.84 | 42.29 | 42.92 |
| 100 Free | 1:17.53 | 1:32.81 | 1:32.81 |
| 200 Free | 2:48.38 | 3:09.68 | 3:09.68 |
| 400 Free | 5:55.16 | 6:42.94 | 6:42.94 |
| 50 Back | 41.37 | 49.31 | 49.31 |
| 100 Back | 1:28.81 | 1:45.84 | 1:45.84 |
| 200 Back | 3:11.24 | 3:34.79 | 3:34.79 |
| 50 Breast | 45.40 | 54.18 | 54.18 |
| 100 Breast | 1:39.37 | 1:58.54 | 1:58.54 |
| 200 Breast | 3:33.40 | 3:59.84 | 3:59.84 |
| 50 Fly | 38.05 | 45.38 | 45.38 |
| 100 Fly | 1:25.48 | 1:41.91 | 1:41.91 |
| 200 IM | 3:12.84 | 3:38.18 | 3:38.18 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 35.84 | 42.38 | 42.38 |
| 100 Free | 1:17.53 | 1:32.53 | 1:32.53 |
| 200 Free | 2:48.38 | 3:09.68 | 3:09.68 |
| 400 Free | 5:55.16 | 6:40.43 | 6:40.43 |
| 800 Free | 12:08.92 | 13:43.13 | 13:43.13 |
| 1500 Free | 23:06.93 | 26:06.19 | 26:06.19 |
| 50 Back | 41.37 | 48.67 | 48.67 |
| 100 Back | 1:28.18 | 1:45.37 | 1:45.37 |
| 200 Back | 3:11.24 | 3:34.79 | 3:34.79 |
| 50 Breast | 45.40 | 53.47 | 53.47 |
| 100 Breast | 1:39.37 | 1:57.89 | 1:57.89 |
| 200 Breast | 3:33.40 | 3:59.84 | 3:59.84 |
| 50 Fly | 38.05 | 44.80 | 44.80 |
| 100 Fly | 1:25.48 | 1:41.49 | 1:41.49 |
| 200 Fly | 3:05.45 | 3:28.09 | 3:28.09 |
| 200 IM | 3:12.84 | 3:38.18 | 3:38.18 |
| 400 IM | 6:49.20 | 7:41.85 | 7:41.85 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 34.29 | 38.37 | 38.37 |
| 100 Free | 1:13.71 | 1:22.98 | 1:22.98 |
| 200 Free | 2:40.10 | 3:03.41 | 3:03.41 |
| 400 Free | 5:37.70 | 6:29.57 | 6:29.57 |
| 800 Free | 11:33.79 | 13:21.05 | 13:21.05 |
| 1500 Free | 22:19.70 | 25:24.17 | 25:24.17 |
| 50 Back | 39.39 | 44.21 | 44.21 |
| 100 Back | 1:24.56 | 1:34.90 | 1:34.90 |
| 200 Back | 3:02.08 | 3:34.79 | 3:34.79 |
| 50 Breast | 43.20 | 48.53 | 48.53 |
| 100 Breast | 1:34.57 | 1:46.21 | 1:46.21 |
| 200 Breast | 3:23.11 | 3:59.84 | 3:59.84 |
| 50 Fly | 36.21 | 40.66 | 40.66 |
| 100 Fly | 1:21.37 | 1:31.35 | 1:31.35 |
| 200 Fly | 3:25.01 | 3:26.10 | 3:26.10 |
| 200 IM | 3:03.50 | 3:38.18 | 3:38.18 |
| 400 IM | 6:29.68 | 7:41.85 | 7:41.85 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 34.29 | 37.89 | 37.89 |
| 100 Free | 1:13.71 | 1:22.84 | 1:22.84 |
| 200 Free | 2:40.10 | 3:07.97 | 3:07.97 |
| 400 Free | 5:37.70 | 6:24.90 | 6:24.90 |
| 800 Free | 11:33.79 | 13:10.31 | 13:10.31 |
| 1500 Free | 22:19.70 | 25:02.73 | 25:02.73 |
| 50 Back | 39.39 | 43.65 | 43.65 |
| 100 Back | 1:24.56 | 1:34.59 | 1:34.59 |
| 200 Back | 3:02.08 | 3:32.71 | 3:32.71 |
| 50 Breast | 43.20 | 47.90 | 47.90 |
| 100 Breast | 1:34.57 | 1:45.73 | 1:45.73 |
| 200 Breast | 3:23.11 | 3:57.39 | 3:57.39 |
| 50 Fly | 36.21 | 40.15 | 40.15 |
| 100 Fly | 1:21.37 | 1:31.09 | 1:31.09 |
| 200 Fly | 3:25.01 | 3:26.10 | 3:26.10 |
| 200 IM | 3:03.50 | 3:35.05 | 3:35.05 |
| 400 IM | 6:29.68 | 7:00.57 | 7:00.57 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 31.29 | 35.08 | 35.08 |
| 100 Free | 1:07.70 | 1:15.89 | 1:15.89 |
| 200 Free | 2:27.08 | 2:44.83 | 2:44.83 |
| 400 Free | 5:10.27 | 5:48.65 | 5:48.65 |
| 800 Free | 10:38.25 | 11:56.69 | 11:56.69 |
| 1500 Free | 20:14.41 | 22:43.66 | 22:43.66 |
| 50 Back | 36.27 | 40.52 | 40.52 |
| 100 Back | 1:17.87 | 1:26.99 | 1:26.99 |
| 200 Back | 2:47.69 | 3:07.32 | 3:07.32 |
| 50 Breast | 39.76 | 44.46 | 44.46 |
| 100 Breast | 1:27.40 | 1:37.31 | 1:37.31 |
| 200 Breast | 3:06.96 | 3:28.99 | 3:28.99 |
| 50 Fly | 33.33 | 37.26 | 37.26 |
| 100 Fly | 1:14.91 | 1:23.71 | 1:23.71 |
| 200 Fly | 2:42.89 | 3:01.68 | 3:01.68 |
| 200 IM | 2:48.83 | 3:10.07 | 3:10.07 |
| 400 IM | 5:58.99 | 6:43.71 | 6:43.71 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 31.29 | 34.65 | 34.65 |
| 100 Free | 1:07.70 | 1:15.86 | 1:15.86 |
| 200 Free | 2:27.08 | 2:43.48 | 2:43.48 |
| 400 Free | 5:10.27 | 5:44.58 | 5:44.58 |
| 800 Free | 10:38.25 | 11:47.19 | 11:47.19 |
| 1500 Free | 20:14.41 | 22:24.59 | 22:24.59 |
| 50 Back | 36.27 | 40.01 | 40.01 |
| 100 Back | 1:17.87 | 1:26.79 | 1:26.79 |
| 200 Back | 2:47.69 | 3:05.64 | 3:05.64 |
| 50 Breast | 39.76 | 43.89 | 43.89 |
| 100 Breast | 1:27.40 | 1:36.96 | 1:36.96 |
| 200 Breast | 3:06.96 | 3:26.99 | 3:26.99 |
| 50 Fly | 33.33 | 36.80 | 36.80 |
| 100 Fly | 1:14.91 | 1:23.56 | 1:23.56 |
| 200 Fly | 2:42.89 | 2:59.88 | 2:59.88 |
| 200 IM | 2:48.83 | 3:08.35 | 3:08.35 |
| 400 IM | 5:58.99 | 6:29.68 | 6:29.68 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 30.28 | 33.82 | 33.82 |
| 100 Free | 1:05.52 | 1:13.16 | 1:13.16 |
| 200 Free | 2:22.35 | 2:38.91 | 2:38.91 |
| 400 Free | 5:00.30 | 5:36.18 | 5:36.18 |
| 800 Free | 10:18.25 | 11:31.05 | 11:31.05 |
| 1500 Free | 19:36.35 | 21:54.86 | 21:54.86 |
| 50 Back | 35.13 | 39.10 | 39.10 |
| 100 Back | 1:15.43 | 1:23.95 | 1:23.95 |
| 200 Back | 2:42.46 | 3:00.78 | 3:00.78 |
| 50 Breast | 38.50 | 42.89 | 42.89 |
| 100 Breast | 1:24.30 | 1:33.89 | 1:33.89 |
| 200 Breast | 3:01.08 | 3:21.65 | 3:21.65 |
| 50 Fly | 32.29 | 35.95 | 35.95 |
| 100 Fly | 1:12.56 | 1:20.78 | 1:20.78 |
| 200 Fly | 2:37.85 | 2:55.32 | 2:55.32 |
| 200 IM | 2:43.50 | 3:03.50 | 3:03.50 |
| 400 IM | 5:47.85 | 6:29.68 | 6:29.68 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 30.28 | 33.82 | 33.82 |
| 100 Free | 1:05.52 | 1:13.16 | 1:13.16 |
| 200 Free | 2:22.35 | 2:38.91 | 2:38.91 |
| 400 Free | 5:00.30 | 5:36.18 | 5:36.18 |
| 800 Free | 10:18.25 | 11:31.05 | 11:31.05 |
| 1500 Free | 19:36.35 | 21:54.86 | 21:54.86 |
| 50 Back | 35.13 | 39.10 | 39.10 |
| 100 Back | 1:15.43 | 1:23.95 | 1:23.95 |
| 200 Back | 2:42.46 | 3:00.78 | 3:00.78 |
| 50 Breast | 38.50 | 42.89 | 42.89 |
| 100 Breast | 1:24.30 | 1:33.89 | 1:33.89 |
| 200 Breast | 3:01.08 | 3:21.65 | 3:21.65 |
| 50 Fly | 32.29 | 35.95 | 35.95 |
| 100 Fly | 1:12.56 | 1:20.78 | 1:20.78 |
| 200 Fly | 2:37.85 | 2:55.32 | 2:55.32 |
| 200 IM | 2:43.50 | 3:03.50 | 3:03.50 |
| 400 IM | 5:47.85 | 6:29.68 | 6:29.68 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 35.32 | 41.21 | 41.21 |
| 100 Free | 1:17.97 | 1:31.16 | 1:31.16 |
| 200 Free | 2:52.54 | 3:05.49 | 3:05.49 |
| 400 Free | 5:53.70 | 6:50.68 | 6:50.68 |
| 50 Back | 41.13 | 47.92 | 47.92 |
| 100 Back | 1:29.10 | 1:43.79 | 1:43.79 |
| 200 Back | 3:10.27 | 3:28.49 | 3:28.49 |
| 50 Breast | 44.70 | 52.13 | 52.13 |
| 100 Breast | 1:38.09 | 1:55.32 | 1:55.32 |
| 200 Breast | 3:32.68 | 3:50.50 | 3:50.50 |
| 50 Fly | 38.36 | 44.71 | 44.71 |
| 100 Fly | 1:24.51 | 1:39.65 | 1:39.65 |
| 200 IM | 3:12.08 | 3:30.70 | 3:30.70 |

SNRTIM18 STANDARDS WP CHAMPS QT Short Course Meters

Men 11-11

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 35.32 | 40.69 | 40.69 |
| 100 Free | 1:17.97 | 1:30.90 | 1:30.90 |
| 200 Free | 2:52.54 | 3:05.49 | 3:05.49 |
| 400 Free | 5:53.70 | 6:45.70 | 6:45.70 |
| 800 Free | 12:31.74 | 13:41.66 | 13:41.66 |
| 1500 Free | 24:08.24 | 26:22.92 | 26:22.92 |
| 50 Back | 41.13 | 47.30 | 47.30 |
| 100 Back | 1:29.10 | 1:43.35 | 1:43.35 |
| 200 Back | 3:10.27 | 3:28.49 | 3:28.49 |
| 50 Breast | 44.70 | 51.45 | 51.45 |
| 100 Breast | 1:38.09 | 1:54.71 | 1:54.71 |
| 200 Breast | 3:32.68 | 3:50.50 | 3:50.50 |
| 50 Fly | 38.36 | 44.14 | 44.14 |
| 100 Fly | 1:24.51 | 1:39.27 | 1:39.27 |
| 200 Fly | 3:10.83 | 3:24.84 | 3:24.84 |
| 200 IM | 3:12.08 | 3:30.70 | 3:30.70 |
| 400 IM | 6:55.83 | 7:28.92 | 7:28.92 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 32.14 | 35.02 | 35.02 |
| 100 Free | 1:11.14 | 1:17.49 | 1:17.49 |
| 200 Free | 2:37.45 | 2:40.97 | 2:40.97 |
| 400 Free | 5:34.69 | 5:47.66 | 5:47.66 |
| 800 Free | 11:27.50 | 11:54.25 | 11:54.25 |
| 1500 Free | 22:04.49 | 22:56.03 | 22:56.03 |
| 50 Back | 37.16 | 40.88 | 40.88 |
| 100 Back | 1:21.48 | 1:28.56 | 1:28.56 |
| 200 Back | 2:57.68 | 3:12.39 | 3:12.39 |
| 50 Breast | 40.85 | 44.42 | 44.42 |
| 100 Breast | 1:30.40 | 1:38.30 | 1:38.30 |
| 200 Breast | 3:16.24 | 3:29.10 | 3:29.10 |
| 50 Fly | 35.07 | 38.12 | 38.12 |
| 100 Fly | 1:18.18 | 1:24.99 | 1:24.99 |
| 200 Fly | 2:54.71 | 3:09.82 | 3:09.82 |
| 200 IM | 2:58.25 | 3:15.08 | 3:15.08 |
| 400 IM | 6:21.01 | 6:55.83 | 6:55.83 |

SNRTIM18 STANDARDS WP CHAMPS QT Short Course Meters

Men 13-13

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 32.14 | 34.59 | 34.59 |
| 100 Free | 1:11.14 | 1:17.43 | 1:17.43 |
| 200 Free | 2:37.45 | 2:39.61 | 2:39.61 |
| 400 Free | 5:34.69 | 5:44.79 | 5:44.79 |
| 800 Free | 11:27.50 | 11:48.37 | 11:48.37 |
| 1500 Free | 22:04.49 | 22:44.71 | 22:44.71 |
| 50 Back | 37.16 | 40.37 | 40.37 |
| 100 Back | 1:21.48 | 1:28.34 | 1:28.34 |
| 200 Back | 2:57.68 | 3:10.64 | 3:10.64 |
| 50 Breast | 40.85 | 43.85 | 43.85 |
| 100 Breast | 1:30.40 | 1:37.94 | 1:37.94 |
| 200 Breast | 3:16.24 | 3:27.10 | 3:27.10 |
| 50 Fly | 35.07 | 37.65 | 37.65 |
| 100 Fly | 1:18.18 | 1:24.82 | 1:24.82 |
| 200 Fly | 2:54.71 | 3:08.11 | 3:08.11 |
| 200 IM | 2:58.25 | 3:13.29 | 3:13.29 |
| 400 IM | 6:21.01 | 6:28.49 | 6:28.49 |

SNRTIM18 STANDARDS WP CHAMPS QT Short Course Meters

Men 14-14

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 28.60 | 30.60 | 30.60 |
| 100 Free | 1:03.33 | 1:07.72 | 1:07.72 |
| 200 Free | 2:20.20 | 2:29.90 | 2:29.90 |
| 400 Free | 4:58.06 | 5:24.10 | 5:24.10 |
| 800 Free | 10:13.58 | 11:05.85 | 11:05.85 |
| 1500 Free | 19:42.08 | 21:22.78 | 21:22.78 |
| 50 Back | 33.59 | 35.85 | 35.85 |
| 100 Back | 1:12.78 | 1:17.68 | 1:17.68 |
| 200 Back | 2:38.73 | 2:49.40 | 2:49.40 |
| 50 Breast | 36.44 | 38.92 | 38.92 |
| 100 Breast | 1:20.67 | 1:26.15 | 1:26.15 |
| 200 Breast | 2:55.16 | 3:07.02 | 3:07.02 |
| 50 Fly | 31.30 | 33.42 | 33.42 |
| 100 Fly | 1:09.80 | 1:14.52 | 1:14.52 |
| 200 Fly | 2:36.32 | 2:46.71 | 2:46.71 |
| 200 IM | 2:39.02 | 2:51.05 | 2:51.05 |
| 400 IM | 5:40.19 | 6:05.41 | 6:05.41 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 28.60 | 30.24 | 30.24 |
| 100 Free | 1:03.33 | 1:06.81 | 1:06.81 |
| 200 Free | 2:20.20 | 2:28.77 | 2:28.77 |
| 400 Free | 4:58.06 | 5:20.39 | 5:20.39 |
| 800 Free | 10:13.58 | 10:57.10 | 10:57.10 |
| 1500 Free | 19:42.08 | 21:04.91 | 21:04.91 |
| 50 Back | 33.59 | 35.41 | 35.41 |
| 100 Back | 1:12.78 | 1:17.62 | 1:17.62 |
| 200 Back | 2:38.73 | 2:47.99 | 2:47.99 |
| 50 Breast | 36.44 | 38.42 | 38.42 |
| 100 Breast | 1:20.67 | 1:25.97 | 1:25.97 |
| 200 Breast | 2:55.16 | 3:05.35 | 3:05.35 |
| 50 Fly | 31.30 | 33.02 | 33.02 |
| 100 Fly | 1:09.80 | 1:14.51 | 1:14.51 |
| 200 Fly | 2:36.32 | 2:45.34 | 2:45.34 |
| 200 IM | 2:39.02 | 2:49.61 | 2:49.61 |
| 400 IM | 5:40.19 | 5:52.84 | 5:52.84 |

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

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 27.28 | 29.49 | 29.49 |
| 100 Free | 1:00.40 | 1:05.28 | 1:05.28 |
| 200 Free | 2:13.73 | 2:26.67 | 2:26.67 |
| 400 Free | 4:44.32 | 5:17.09 | 5:17.09 |
| 800 Free | 9:45.89 | 10:51.45 | 10:51.45 |
| 1500 Free | 18:48.74 | 20:55.04 | 20:55.04 |
| 50 Back | 32.08 | 34.09 | 34.09 |
| 100 Back | 1:09.52 | 1:14.96 | 1:14.96 |
| 200 Back | 2:31.62 | 2:43.47 | 2:43.47 |
| 50 Breast | 34.79 | 36.99 | 36.99 |
| 100 Breast | 1:17.02 | 1:23.11 | 1:23.11 |
| 200 Breast | 2:47.80 | 3:00.44 | 3:00.44 |
| 50 Fly | 29.89 | 31.77 | 31.77 |
| 100 Fly | 1:06.66 | 1:11.90 | 1:11.90 |
| 200 Fly | 2:29.37 | 2:41.01 | 2:41.01 |
| 200 IM | 2:31.81 | 2:45.04 | 2:45.04 |
| 400 IM | 5:25.26 | 5:52.84 | 5:52.84 |

SNRTIM18 STANDARDS WP CHAMPS QT Short Course Meters

Men 17 & Over

| | WPQT | JCQT | SLQT |
|------------|-------------|-------------|-------------|
| 50 Free | 27.28 | 29.49 | 29.49 |
| 100 Free | 1:00.40 | 1:05.28 | 1:05.28 |
| 200 Free | 2:13.73 | 2:26.67 | 2:26.67 |
| 400 Free | 4:44.32 | 5:17.09 | 5:17.09 |
| 800 Free | 9:45.89 | 10:51.45 | 10:51.45 |
| 1500 Free | 18:48.74 | 20:55.04 | 20:55.04 |
| 50 Back | 32.08 | 34.09 | 34.09 |
| 100 Back | 1:09.52 | 1:14.96 | 1:14.96 |
| 200 Back | 2:31.62 | 2:43.47 | 2:43.47 |
| 50 Breast | 34.79 | 36.99 | 36.99 |
| 100 Breast | 1:17.02 | 1:23.11 | 1:23.11 |
| 200 Breast | 2:47.80 | 3:00.44 | 3:00.44 |
| 50 Fly | 29.89 | 31.77 | 31.77 |
| 100 Fly | 1:06.66 | 1:11.90 | 1:11.90 |
| 200 Fly | 2:29.37 | 2:41.01 | 2:41.01 |
| 200 IM | 2:31.81 | 2:45.04 | 2:45.04 |
| 400 IM | 5:25.26 | 5:47.63 | 5:52.84 |
