

SAAG22 STANDARDS Sa Age Group 2022 Long Course Meters

Women 10 & Under

	SANJ 2022 with National 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				40.40
100 Free		1:08.71	1:20.66	1:38.27
200 Free		2:32.93	3:03.15	4:01.61
400 Free		5:31.10	6:40.54	
50 Back				50,45
100 Back		1:19.26	1:34.80	1:56.27
200 Back		2:52.86	3:33.98	4:19.29
50 Breast				57,04
100 Breast		1:31.57	1:47.63	2:08.48
200 Breast		3:18.23	3:56.63	4:44.94
50 Fly				57,22
100 Fly		1:23.25	1:58.60	2:29.72
200 IM		2:53.07	3:25.17	4:21.94

Women 11-11

	SANJ 2022 with National 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				38,57
100 Free		1:08.71	1:20.66	1:28.95
200 Free		2:32.93	3:03.15	3:34.77
400 Free		5:31.10	6:40.54	
50 Back				46,61
100 Back		1:19.26	1:34.80	1:43.93
200 Back		2:52.86	3:33.98	3:57.91
50 Breast				52,56
100 Breast		1:31.57	1:47.63	1:57.06
200 Breast		3:18.23	3:56.63	4:35.82
50 Fly				51,22
100 Fly		1:23.25	1:58.60	2:12.63
200 IM		2:53.07	3:25.17	3:45.74

Women 12-12				
	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				35,59
100 Free	01:08,51	1:08.71	1:14.11	1:24.58
200 Free	02:29,68	2:32.93	2:46.23	3:03.41
400 Free	05:13,28	5:31.10	6:32.83	
800 Free	10:42,00	10:42.29		
1500 Free	20:19,52			
50 Back				43,27
100 Back	01:18,13	1:19.26	1:27.29	1:36.10
200 Back	02:47,41	2:52.86	3:11.97	3:49.33
50 Breast				48,51
100 Breast	01:27,03	1:31.57	1:39.41	1:48.21
200 Breast	03:08,80	3:18.23	3:38.35	4:24.08
50 Fly				43,70
100 Fly	01:15,29	1:23.25	1:42.57	2:06.80
200 Fly	02:45,32	2:55.38		
200 IM	02:51,17	2:53.07	3:07.31	3:41.38
400 IM	06:01,50	5:51.87		
Women 13-13				
	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				33,99
100 Free	01:04,93	01:07,20	1:10.96	1:20.76
200 Free	02:21,87	2:28.45	2:39.38	2:55.13
400 Free	04:56,93	5:19.79	6:00.21	
800 Free	10:08,77	10:30.23		
1500 Free	20:19,52			
50 Back				41,74
100 Back	01:14,57	1:16.94	1:22.76	1:31.84
200 Back	02:39,79	2:47.05	3:04.81	3:34.40
50 Breast				47,49
100 Breast	01:23,07	1:29.05	1:35.81	1:47.75
200 Breast	03:00,20	3:14.35	3:37.38	4:19.84
50 Fly				40,18
100 Fly	01:11,87	1:19.21	1:35.65	1:47.17
200 Fly	02:37,79	2:55.38		
200 IM	02:43,38	2:48.45	3:00.84	3:21.37
400 IM	05:45,05	5:51.87		

Women 14-14				
	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				33,74
100 Free	01:02,73	1:03.89	1:08.75	1:17.49
200 Free	02:17,06	2:23.81	2:35.71	2:55.13
400 Free	04:46,87	4:59.68	5:25.07	
800 Free	09:48,15	10:30.23		
1500 Free	20:19,52			
50 Back				41,12
100 Back	01:12,05	1:14.94	1:21.25	1:30.42
200 Back	02:34,38	2:42.55	3:00.83	3:33.91
50 Breast				47,24
100 Breast	01:20,26	1:25.47	1:33.76	1:46.52
200 Breast	02:54,11	3:07.52	3:33.44	4:02.12
50 Fly				39,99
100 Fly	01:09,44	1:15.15	1:32.21	1:46.26
200 Fly	02:32,46	2:55.38		
200 IM	02:37,85	2:40.82	2:55.76	3:13.37
400 IM	05:33,38	5:51.87		
Women 15-15				
	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				33,61
100 Free	01:02,36	1:03.67	1:07.76	1:14.76
200 Free	02:16,26	2:20.90	2:35.18	2:55.13
400 Free	04:45,18	4:52.05	5:16.27	
800 Free	09:44,69	9:55.92		
1500 Free	18:46.44			
50 Back				41,12
100 Back	01:11,59	1:12.98	1:19.42	1:30.42
200 Back	02:33,39	2:40.24	3:00.83	3:33.91
50 Breast				47,24
100 Breast	01:19,74	1:24.87	1:33.76	1:46.52
200 Breast	02:52,99	3:04.07	3:33.44	4:02.12
50 Fly				38,82
100 Fly	01:08,99	1:13.13	1:29.85	1:46.26
200 Fly	02:31,47	2:55.11		
200 IM	02:36,83	2:37.99	2:53.54	3:13.37
400 IM	05:31,23	5:50.71		

Women 16-16

	SANJ 2022 with National 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				33,61
100 Free	01:01,65	1:03.67	1:07.76	1:14.76
200 Free	02:14,70	2:20.90	2:35.18	2:54.42
400 Free	04:41,92	4:52.05	5:16.27	
800 Free	09:38,01	9:55.92		
1500 Free	18:46.44			
50 Back				41,12
100 Back	01:10,26	1:12.98	1:19.42	1:30.42
200 Back	02:30,55	2:40.24	3:00.83	3:33.91
50 Breast				47,24
100 Breast	01:18,27	1:21.19	1:33.76	1:46.52
200 Breast	02:49,78	2:57.76	3:31.86	4:02.12
50 Fly				38,82
100 Fly	01:07,71	1:13.13	1:29.85	1:46.26
200 Fly	02:28,67	2:55.11		
200 IM	02:33,93	2:37.99	2:53.54	3:13.32
400 IM	05:25,09	5:50.71		

Women 17-18 SAREgJ/17 - 24 Level 2 & 3

	SANJ 2022 with National 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				33,61
100 Free		1:03.67	1:07.76	1:14.76
200 Free		2:20.90	2:35.18	2:54.42
400 Free		4:52.05	5:16.27	
800 Free		9:55.92		
1500 Free				
50 Back				41,12
100 Back		1:12.98	1:19.42	1:30.42
200 Back		2:40.24	3:00.83	3:33.91
50 Breast				47,24
100 Breast		1:21.19	1:33.76	1:46.52
200 Breast		2:57.76	3:31.86	4:02.12
50 Fly				38,82
100 Fly		1:13.13	1:29.85	1:46.26
200 Fly				
200 IM		2:37.99	2:53.54	3:13.32
400 IM		5:50.71		

Men 10 & under				
	SANJ 2022 with National 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				40,40
100 Free		1:09.34	1:19.81	1:33.69
200 Free		2:34.18	3:00.15	4:01.05
400 Free		5:29.76	6:27.43	
50 Back				49,24
100 Back		1:20.73	1:34.52	1:53.49
200 Back		2:54.53	3:45.81	3:59.88
50 Breast				55,33
100 Breast		1:32.04	1:48.88	2:06.90
200 Breast		3:21.34	4:01.65	4:45.92
50 Fly				54,41
100 Fly		1:23.38	1:54.59	2:37.12
200 IM		2:53.41	3:23.41	4:08.81
Men 11-11				
	SANJ 2022 with National 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				38,64
100 Free		01:09,34	01:20,00	01:29,17
200 Free		2:34.18	3:00.15	3:58.35
400 Free		5:29.76	6:27.43	
50 Back				47,84
100 Back		1:20.73	1:34.52	1:52.46
200 Back		2:54.53	3:45.81	3:56.84
50 Breast				54,48
100 Breast		1:32.04	1:48.88	2:04.97
200 Breast		3:21.34	4:01.65	4:37.56
50 Fly				52,45
100 Fly		1:23.38	1:54.59	2:10.50
200 IM		2:53.41	3:23.41	3:51.92

Men 12-12				
	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				35,76
100 Free	01:06,56	1:09.34	1:14.30	1:20.51
200 Free	02:24,73	2:34.18	2:47.11	3:12.41
400 Free	05:12,27	5:29.76	5:54.72	
800 Free	10:41,55			
1500 Free	19:42,15	19:32.46		
50 Back				43,99
100 Back	01:15,80	1:20.73	1:28.22	1:37.76
200 Back	02:43,62	2:54.53	3:20.74	3:55.84
50 Breast				50,53
100 Breast	01:23,15	1:32.04	1:40.70	1:54.23
200 Breast	03:04,38	3:21.34	3:44.24	4:22.15
50 Fly				46,34
100 Fly	01:12,36	1:23.38	1:43.51	2:01.67
200 Fly	02:41,88	2:39.64		
200 IM	02:46,66	2:53.41	3:10.58	3:29.10
400 IM	05:56,49	5:34.86		
Men 13-13				
	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				32,84
100 Free	01:03,66	1:03.99	1:08.19	1:13.54
200 Free	02:18,43	2:21.11	2:32.80	2:49.41
400 Free	04:58,68	5:04.40	5:48.66	
800 Free	10:13,62			
1500 Free	19:42,15	19:32.46		
50 Back				41,46
100 Back	01:11,58	1:14.39	1:21.18	1:32.43
200 Back	02:34,51	2:44.69	3:00.25	3:45.72
50 Breast				45,46
100 Breast	01:18,52	1:23.61	1:32.63	1:43.51
200 Breast	02:54,12	3:08.22	3:26.30	4:04.88
50 Fly				39,08
100 Fly	01:08,34	1:14.44	1:30.94	1:56.08
200 Fly	02:32,87	2:39.64		
200 IM	02:37,39	2:40.01	2:51.88	3:09.03
400 IM	05:36,64	5:34.86		

Men 14-14

	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				31,05
100 Free	58,33	1:00.29	1:04.20	1:08.80
200 Free	02:06,84	2:15.08	2:25.35	2:40.28
400 Free	04:33,66	4:46.32	5:28.16	
800 Free	09:22,23			
1500 Free	19:42,15	19:32.46		
50 Back				38,53
100 Back	01:07,16	1:11.39	1:17.06	1:32.43
200 Back	02:24,98	2:33.89	2:51.22	3:40.18
50 Breast				43,84
100 Breast	01:13,68	1:20.00	1:27.36	1:42.05
200 Breast	02:43,38	2:57.26	3:21.86	4:01.79
50 Fly				35,67
100 Fly	01:04,12	1:08.77	1:17.54	1:46.10
200 Fly	02:23,44	2:39.64		
200 IM	02:27,67	2:31.97	2:44.13	2:57.18
400 IM	05:15,87	5:34.86		

Men 15-15

	SANJ 2022 with National 4 to 9 April 2022	SARegJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				29,55
100 Free	57,25	57,97	1:01.42	1:06.88
200 Free	02:02,49	2:10.42	2:20.47	2:38.72
400 Free	04:28,60	4:42.52	5:13.94	
800 Free	09:11,82			
1500 Free	17:43,09	18:00.33		
50 Back				36,08
100 Back	01:05,76	1:06.99	1:14.18	1:28.94
200 Back	02:21,96	2:29.42	2:54.66	3:02.68
50 Breast				41,74
100 Breast	01:12,14	1:16.13	1:23.59	1:38.47
200 Breast	02:39,97	2:50.50	3:11.96	3:48.98
50 Fly				34,34
100 Fly	01:02,78	1:04.57	1:12.52	1:30.15
200 Fly	02:20,45	2:27.27		
200 IM	02:24,60	2:27.03	2:37.80	2:52.12
400 IM	05:09,29	5:11.65		

Men 16-16				
	SANJ 2022 with Nationals 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				29,55
100 Free	55,93	56,62	1:01.42	1:06.88
200 Free	02:01,61	2:06.81	2:20.47	2:38.72
400 Free	04:22,38	4:35.37	5:13.94	
800 Free	08:41,93			
1500 Free	17:43,09	18:00.33		
50 Back				36,08
100 Back	59,85	1:05.86	1:14.18	1:28.94
200 Back	02:09,20	2:26.35	2:54.66	3:02.68
50 Breast				41,74
100 Breast	01:05,66	1:14.33	1:23.59	1:38.47
200 Breast	02:25,59	2:46.01	3:11.96	3:48.98
50 Fly				34,34
100 Fly	57,14	1:02.62	1:12.52	1:30.15
200 Fly	02:07,82	2:27.27		
200 IM	02:11,60	2:23.18	2:37.80	2:52.12
400 IM	04:41,49	5:11.65		
Men 17-18 SAREgJ/17 - 24 Level 2 & 3				
	SANJ 2022 with Nationals 4 to 9 April 2022	SAREgJ 2022 Regional 29 March to 2 April 2022	LEV3 17 to 20 March 2022	LEV2 22 to 24 March 2022
50 Free				29,55
100 Free		56,62	1:01.42	1:06.88
200 Free		2:06.81	2:20.47	2:38.72
400 Free		4:35.37	5:13.94	
800 Free				
1500 Free		18:00.33		
50 Back				36,08
100 Back		1:05.86	1:14.18	1:28.94
200 Back		2:26.35	2:54.66	3:02.68
50 Breast				41,74
100 Breast		1:14.33	1:23.59	1:38.47
200 Breast		2:46.01	3:11.96	3:48.98
50 Fly				34,34
100 Fly		1:02.62	1:12.52	1:30.15
200 Fly		2:27.27		
200 IM		2:23.18	2:37.80	2:52.12
400 IM		5:11.65		