
SANJ (1) STANDARDS Sa National Jnr Long Course Meters

Women 12 & Under

SANJ

50 Free	
100 Free	1:08,51
200 Free	2:29,68
400 Free	5:13,28
800 Free	10:08,77
1500 Free	20:19,52
50 Back	
100 Back	1:18,13
200 Back	2:47,41
50 Breast	
100 Breast	1:27,03
200 Breast	3:08,80
50 Fly	
100 Fly	1:15,29
200 Fly	2:45,32
200 IM	2:51,17
400 IM	6:01,50

Women 13-13

SANJ

50 Free	
100 Free	1:04,93
200 Free	2:21,87
400 Free	4:56,93
800 Free	10:08,77
1500 Free	20:19,52
50 Back	
100 Back	1:14,57
200 Back	2:39,79
50 Breast	
100 Breast	1:23,07
200 Breast	3:00,20
50 Fly	
100 Fly	1:11,87
200 Fly	2:37,79
200 IM	2:43,38
400 IM	5:45,05

Women 14-14

SANJ

50 Free	
100 Free	1:02,73
200 Free	2:17,06
400 Free	4:46,87
800 Free	10:08,77
1500 Free	20:19,52
50 Back	
100 Back	1:12,05
200 Back	2:34,38

SANJ (1) STANDARDS Sa National Jnr Long Course Meters

50	Breast	
100	Breast	1:20,26
200	Breast	2:54,11
50	Fly	
100	Fly	1:09,44
200	Fly	2:32,46
200	IM	2:37,85
400	IM	5:33,38

Women 15-15

SANJ

50	Free	
100	Free	1:02,36
200	Free	2:16,26
400	Free	4:45,18
800	Free	9:44,69
1500	Free	18:46,44
50	Back	
100	Back	1:11,59
200	Back	2:33,39
50	Breast	
100	Breast	1:19,74
200	Breast	2:52,99
50	Fly	
100	Fly	1:08,99
200	Fly	2:31,47
200	IM	2:36,83
400	IM	5:31,23

Women 16-16

SANJ

50	Free	
100	Free	1:01,65
200	Free	2:14,70
400	Free	4:41,92
800	Free	9:44,69
1500	Free	18:46,44
50	Back	
100	Back	1:10,26
200	Back	2:30,55
50	Breast	
100	Breast	1:18,27
200	Breast	2:49,78
50	Fly	
100	Fly	1:07,71
200	Fly	2:28,67
200	IM	2:33,93
400	IM	5:25,09

Men 12 & Under

SANJ

50	Free	
----	------	--

SANJ (1) STANDARDS Sa National Jnr Long Course Meters

100	Free	1:06,56
200	Free	2:24,73
400	Free	5:12,27
800	Free	10:13,62
1500	Free	19:42,15
50	Back	
100	Back	1:15,80
200	Back	2:43,62
50	Breast	
100	Breast	1:23,15
200	Breast	3:04,38
50	Fly	
100	Fly	1:12,36
200	Fly	2:41,88
200	IM	2:46,66
400	IM	5:56,49

Men 13-13

SANJ

50	Free	
100	Free	1:03,66
200	Free	2:18,43
400	Free	4:58,68
800	Free	10:13,62
1500	Free	19:42,15
50	Back	
100	Back	1:11,58
200	Back	2:34,51
50	Breast	
100	Breast	1:18,52
200	Breast	2:54,12
50	Fly	
100	Fly	1:08,34
200	Fly	2:32,87
200	IM	2:37,39
400	IM	5:36,64

Men 14-14

SANJ

50	Free	
100	Free	58,33
200	Free	2:06,84
400	Free	4:33,66
800	Free	10:13,62
1500	Free	19:42,15
50	Back	
100	Back	1:07,16
200	Back	2:24,98
50	Breast	
100	Breast	1:13,68
200	Breast	2:43,38
50	Fly	
100	Fly	1:04,12

SANJ (1) STANDARDS Sa National Jnr Long Course Meters

200 Fly	2:23,44
200 IM	2:27,67
400 IM	5:15,87

Men 15-15

SANJ

50 Free	
100 Free	57,25
200 Free	2:02,49
400 Free	4:28,60
800 Free	9:13,44
1500 Free	17:43,09
50 Back	
100 Back	1:05,76
200 Back	2:21,96
50 Breast	
100 Breast	1:12,14
200 Breast	2:39,97
50 Fly	
100 Fly	1:02,78
200 Fly	2:20,45
200 IM	2:24,60
400 IM	5:09,29

Men 16-16

SANJ

50 Free	
100 Free	55,93
200 Free	2:01,61
400 Free	4:22,38
800 Free	9:13,44
1500 Free	17:43,09
50 Back	
100 Back	1:03,28
200 Back	2:16,60
50 Breast	
100 Breast	1:09,42
200 Breast	2:33,93
50 Fly	
100 Fly	1:00,41
200 Fly	2:15,14
200 IM	2:19,14
400 IM	4:57,61
