
WCA2025 STANDARDS Short Course Meters
Women 9 & Under

	SANJ	LEV3	LEV2
50 Free			39,00
100 Free			1:31,03
200 Free			3:35,86
50 Back			48,63
100 Back			1:48,29
200 Back			4:04,64
50 Breast			54,04
100 Breast			2:01,30
200 Breast			4:32,27
50 Fly			55,16
100 Fly			2:15,36
200 IM			4:01,60

Women 10-10

	SANJ	LEV3	LEV2
50 Free			39,00
100 Free		1:14,73	1:31,03
200 Free		2:47,62	3:35,86
400 Free		6:08,95	
800 Free			
1500 Free			
50 Back			48,63
100 Back		1:28,16	1:48,29
200 Back		3:14,99	4:04,64
50 Breast			54,04
100 Breast		1:38,83	2:01,30
200 Breast		3:38,55	4:32,27
50 Fly			55,16
100 Fly		1:35,95	2:15,36
200 Fly			
200 IM		3:16,99	4:01,60
400 IM			

Women 11-11

	SANJ	LEV3	LEV2
50 Free			37,40
100 Free	1:06,38	1:14,73	1:24,77
200 Free	2:26,48	2:47,62	3:18,48
400 Free	5:14,52	6:08,95	
800 Free	10:50,73		
1500 Free	21:22,14		
50 Back			45,67
100 Back	1:16,76	1:28,16	1:39,88
200 Back	2:46,42	3:14,99	3:47,89
50 Breast			50,75
100 Breast	1:26,14	1:38,83	1:52,30
200 Breast	3:06,99	3:38,55	4:19,32
50 Fly			49,67
100 Fly	1:16,58	1:35,96	2:01,15

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200 Fly	2:57,17		
200 IM	2:47,96	3:16,99	3:38,41
400 IM	6:01,33		

Women 12-12

	SANJ	LEV3	LEV2
50 Free			34,87
100 Free	1:06,38	1:13,22	1:19,75
200 Free	2:26,48	2:40,13	2:56,45
400 Free	5:14,52	5:57,21	
800 Free	10:50,73		
1500 Free	21:22,14		
50 Back			42,59
100 Back	1:16,76	1:25,58	1:32,75
200 Back	2:46,42	3:06,14	3:34,43
50 Breast			47,16
100 Breast	1:26,14	1:36,61	1:44,44
200 Breast	3:06,99	3:29,66	4:04,00
50 Fly			43,42
100 Fly	1:16,58	1:31,93	1:54,21
200 Fly	2:57,17		
200 IM	2:47,96	3:04,92	3:27,59
400 IM	6:01,33		

Women 13-13

	SANJ	LEV3	LEV2
50 Free			33,23
100 Free	1:04,43	1:08,28	1:16,38
200 Free	2:22,10	2:30,77	2:48,28
400 Free	5:02,16	5:41,88	
800 Free	10:24,58		
1500 Free	20:25,27		
50 Back			41,01
100 Back	1:14,04	1:20,70	1:28,89
200 Back	2:40,39	2:55,20	3:20,82
50 Breast			45,84
100 Breast	1:23,29	1:31,27	1:42,44
200 Breast	3:00,80	3:18,09	3:55,48
50 Fly			39,47
100 Fly	1:13,89	1:21,91	1:37,79
200 Fly	2:50,04		
200 IM	2:41,99	2:54,81	3:14,45
400 IM	5:47,86		

Women 14-14

	SANJ	LEV3	LEV2
50 Free			33,02
100 Free	1:02,49	1:07,17	1:14,56
200 Free	2:17,74	2:28,26	2:47,83
400 Free	4:51,51	5:21,49	
800 Free	10:15,20		
1500 Free	19:50,21		

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50 Back			40,58
100 Back	1:11,66	1:19,18	1:27,92
200 Back	2:35,13	2:51,80	3:19,98
50 Breast			45,57
100 Breast	1:20,47	1:29,43	1:41,50
200 Breast	2:54,70	3:14,11	3:45,91
50 Fly			39,23
100 Fly	1:10,20	1:18,08	1:37,00
200 Fly	2:41,26		
200 IM	2:36,76	2:51,68	3:09,84
400 IM	5:31,45		

Women 15-15

	SANJ	LEV3	LEV2
50 Free			32,88
100 Free	1:02,09	1:05,87	1:13,00
200 Free	2:16,84	2:25,33	2:47,39
400 Free	4:49,55	5:17,24	
800 Free	10:10,72		
1500 Free	19:37,18		
50 Back			40,46
100 Back	1:11,17	1:17,76	1:27,66
200 Back	2:34,05	2:50,19	3:19,39
50 Breast			45,43
100 Breast	1:20,81	1:27,72	1:41,18
200 Breast	2:55,40	3:10,42	3:45,22
50 Fly			38,50
100 Fly	1:08,96	1:15,19	1:34,67
200 Fly	2:39,20		
200 IM	2:35,69	2:50,16	3:09,31
400 IM	5:26,55		

Women 16-16

	SANJ	LEV3	LEV2
50 Free			32,88
100 Free	1:01,50	1:05,87	1:13,00
200 Free	2:15,53	2:25,33	2:47,06
400 Free	4:44,87	5:17,24	
800 Free	10:04,22		
1500 Free	19:11,61		
50 Back			40,46
100 Back	1:09,78	1:17,76	1:27,66
200 Back	2:31,98	2:50,19	3:19,39
50 Breast			45,43
100 Breast	1:18,26	1:27,73	1:41,18
200 Breast	2:49,90	3:10,42	3:47,22
50 Fly			38,50
100 Fly	1:06,93	1:15,19	1:36,68
200 Fly	2:33,31		
200 IM	2:33,63	2:50,16	3:09,28
400 IM	5:26,97		

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Women 17-19

	SANJ	LEV3	LEV2
50 Free			32,88
100 Free	1:01,50	1:05,87	1:13,00
200 Free	2:15,53	2:25,33	2:47,03
400 Free	4:44,87	5:17,24	
800 Free	10:04,22		
1500 Free	19:11,61		
50 Back			40,46
100 Back	1:09,79	1:17,76	1:27,66
200 Back	2:31,98	2:50,19	3:19,39
50 Breast			45,43
100 Breast	1:18,26	1:27,73	1:41,18
200 Breast	2:49,90	3:10,42	3:47,22
50 Fly			38,50
100 Fly	1:06,90	1:15,19	1:36,68
200 Fly	2:33,31		
200 IM	2:33,63	2:50,16	3:09,28
400 IM	5:26,97		

Men 9 & Under

	SANJ	LEV3	LEV2
50 Free			38,27
100 Free			1:29,95
200 Free			3:36,74
50 Back			48,14
100 Back			1:48,10
200 Back			3:58,10
50 Breast			54,62
100 Breast			2:02,72
200 Breast			4:45,31
50 Fly			52,31
100 Fly			2:14,54
200 IM			3:53,72

Men 10-10

	SANJ	LEV3	LEV2
50 Free			38,27
100 Free		1:14,73	1:29,95
200 Free		2:47,62	3:36,74
400 Free		6:23,36	
800 Free			
1500 Free			
50 Back			48,14
100 Back		1:29,79	1:48,10
200 Back		3:14,01	3:58,10
50 Breast			54,62
100 Breast		1:41,69	2:02,72
200 Breast		3:45,93	4:45,31
50 Fly			52,31
100 Fly		1:28,75	2:14,54
200 Fly			

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200 IM 3:11,73 3:53,72
 400 IM

Men 11-11

	SANJ	LEV3	LEV2
50 Free			37,03
100 Free	1:03,73	1:14,73	1:25,32
200 Free	2:20,84	2:47,62	3:33,05
400 Free	5:04,39	6:23,36	
800 Free	10:48,19		
1500 Free	20:23,95		
50 Back			46,81
100 Back	1:14,20	1:29,79	1:46,20
200 Back	2:40,37	3:14,01	3:52,81
50 Breast			53,32
100 Breast	1:22,49	1:41,69	1:59,94
200 Breast	3:03,35	3:45,93	4:35,49
50 Fly			50,37
100 Fly	1:12,05	1:28,75	1:59,01
200 Fly	2:46,45		
200 IM	2:40,12	3:11,73	3:42,53
400 IM	5:46,45		

Men 12-12

	SANJ	LEV3	LEV2
50 Free			34,40
100 Free	1:03,73	1:10,96	1:17,51
200 Free	2:20,84	2:43,27	3:05,99
400 Free	5:04,39	6:06,82	
800 Free	10:48,19		
1500 Free	20:23,95		
50 Back			42,87
100 Back	1:14,20	1:24,04	1:34,48
200 Back	2:40,37	3:01,60	3:39,69
50 Breast			48,68
100 Breast	1:22,49	1:34,46	1:48,64
200 Breast	3:03,35	3:29,88	4:10,00
50 Fly			44,74
100 Fly	1:12,05	1:26,17	1:51,04
200 Fly	2:46,45		
200 IM	2:40,12	3:00,23	3:20,50
400 IM	5:46,45		

Men 13-13

	SANJ	LEV3	LEV2
50 Free			31,60
100 Free	1:00,54	1:06,27	1:11,02
200 Free	2:15,81	2:30,01	2:44,74
400 Free	4:53,53	5:34,08	
800 Free	10:11,39		
1500 Free	19:08,45		
50 Back			40,65

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100	Back	1:11,01	1:19,01	1:29,72
200	Back	2:35,65	2:54,08	3:29,57
50	Breast			44,92
100	Breast	1:20,30	1:30,83	1:40,60
200	Breast	2:58,50	3:21,84	3:53,41
50	Fly			38,94
100	Fly	1:09,10	1:17,62	1:41,27
200	Fly	2:39,08		
200	IM	2:34,18	2:46,15	3:01,20
400	IM	5:30,24		

Men 14-14

	SANJ	LEV3	LEV2
50	Free		29,50
100	Free	57,49	1:06,84
200	Free	2:08,45	2:34,44
400	Free	4:37,65	
800	Free	9:37,19	
1500	Free	18:32,63	
50	Back		37,68
100	Back	1:06,45	1:26,44
200	Back	2:26,45	3:20,39
50	Breast		43,30
100	Breast	1:15,19	1:38,07
200	Breast	2:44,27	3:45,64
50	Fly		35,58
100	Fly	1:04,36	1:32,60
200	Fly	2:27,47	
200	IM	2:25,55	2:52,52
400	IM	5:27,33	

Men 15-15

	SANJ	LEV3	LEV2
50	Free		28,16
100	Free	55,64	1:03,94
200	Free	2:03,23	2:28,18
400	Free	4:26,39	
800	Free	9:16,83	
1500	Free	18:12,33	
50	Back		35,02
100	Back	1:03,06	1:21,57
200	Back	2:19,38	3:01,64
50	Breast		39,04
100	Breast	1:10,89	1:29,25
200	Breast	2:37,63	3:29,27
50	Fly		32,50
100	Fly	1:00,89	1:19,27
200	Fly	2:19,11	
200	IM	2:19,48	2:42,62
400	IM	4:53,96	

WCA2025 STANDARDS Short Course Meters
Men 16-16

	SANJ	LEV3	LEV2
50 Free			28,16
100 Free	54,97	57,49	1:03,94
200 Free	2:00,17	2:07,52	2:28,18
400 Free	4:19,79	4:46,30	
800 Free	9:02,40		
1500 Free	17:42,65		
50 Back			35,02
100 Back	1:01,70	1:06,45	1:21,56
200 Back	2:15,89	2:36,40	3:01,64
50 Breast			39,04
100 Breast	1:08,50	1:12,22	1:28,25
200 Breast	2:32,33	2:50,88	3:31,27
50 Fly			32,50
100 Fly	59,32	1:01,97	1:19,27
200 Fly	2:15,33		
200 IM	2:15,93	2:22,90	2:42,62
400 IM	4:53,96		

Men 17-19

	SANJ	LEV3	LEV2
50 Free			28,16
100 Free	54,97	57,49	1:03,94
200 Free	2:00,17	2:07,52	2:28,18
400 Free	4:19,79	4:46,20	
800 Free	9:02,40		
1500 Free	17:42,65		
50 Back			34,61
100 Back	1:01,70	1:06,45	1:21,57
200 Back	2:15,89	2:36,40	3:01,64
50 Breast			39,04
100 Breast	1:08,50	1:12,22	1:29,25
200 Breast	2:32,33	2:50,88	3:31,27
50 Fly			32,50
100 Fly	59,32	1:01,97	1:19,27
200 Fly	2:15,33		
200 IM	2:15,93	2:22,90	2:42,62
400 IM	4:53,96		
