

SA Youth Nationals Standards Long Course Meters

		Women	Men
50m	Freestyle	28.29	24.93
100m	Freestyle	1:02.07	55.93
200m	Freestyle	2:14.70	2:01.61
400m	Freestyle	4:41.92	4:22.38
800m	Freestyle	9:38.01	8:59.05
1500m	Freestyle	18:23.44	17:18.51
100m	Backstroke	1:10.93	1:03.28
200m	Backstroke	2:31.41	2:16.60
100m	Breaststroke	1:18.54	1:09.72
200m	Breaststroke	2:49.78	2:35.01
100m	Butterfly	1:07.71	1:00.80
200m	Butterfly	2:28.67	2:16.10
200m	IM	2:33.95	2:19.13
400m	IM	5:25.09	4:57.61