

SAAGE25 STANDARDS 2025 SSA Age Group Long Course Meters

Female 10 & Under

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 39.80 |
| 100 Free | 1:07.98 | 1:16.33 | 1:32.63 |
| 200 Free | 2:29.68 | 2:50.82 | 3:39.06 |
| 400 Free | 5:20.92 | 6:15.35 | |
| 50 Back | | | 49.23 |
| 100 Back | 1:17.96 | 1:29.36 | 1:49.49 |
| 200 Back | 2:48.82 | 3:17.39 | 4:07.04 |
| 50 Breast | | | 55.04 |
| 100 Breast | 1:28.14 | 1:40.83 | 2:03.30 |
| 200 Breast | 3:10.99 | 3:42.55 | 4:36.27 |
| 50 Fly | | | 55.86 |
| 100 Fly | 1:17.98 | 1:37.36 | 2:16.76 |
| 200 IM | 2:51.16 | 3:20.19 | 4:04.80 |

Female 11-11

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 38.20 |
| 100 Free | 1:07.98 | 1:16.33 | 1:26.37 |
| 200 Free | 2:29.68 | 2:50.82 | 3:21.68 |
| 400 Free | 5:20.92 | 6:15.35 | |
| 50 Back | | | 46.27 |
| 100 Back | 1:17.96 | 1:29.36 | 1:41.08 |
| 200 Back | 2:48.82 | 3:17.39 | 3:50.29 |
| 50 Breast | | | 51.76 |
| 100 Breast | 1:28.14 | 1:40.83 | 1:54.30 |
| 200 Breast | 3:10.99 | 3:42.55 | 4:23.32 |
| 50 Fly | | | 50.37 |
| 100 Fly | 1:17.98 | 1:37.36 | 2:02.55 |
| 200 IM | 2:51.16 | 3:20.19 | 3:41.61 |

Female 12-12

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 35.67 |
| 100 Free | 1:07.98 | 1:14.82 | 1:21.35 |
| 200 Free | 2:29.68 | 2:43.33 | 2:59.65 |
| 400 Free | 5:20.92 | 6:03.61 | |
| 800 Free | 10:37.38 | | |
| 1500 Free | 20:20.46 | | |
| 50 Back | | | 43.19 |
| 100 Back | 1:17.96 | 1:26.78 | 1:33.95 |
| 200 Back | 2:48.82 | 3:08.54 | 3:36.83 |
| 50 Breast | | | 48.16 |
| 100 Breast | 1:28.14 | 1:38.61 | 1:46.44 |
| 200 Breast | 3:10.99 | 3:33.66 | 4:08.01 |
| 50 Fly | | | 44.12 |
| 100 Fly | 1:17.98 | 1:33.33 | 1:55.61 |
| 200 Fly | 2:59.97 | | |
| 200 IM | 2:51.16 | 3:08.12 | 3:30.79 |
| 400 IM | 5:54.26 | | |

SAAGE25 STANDARDS 2025 SSA Age Group Long Course Meters

| Female 13-13 | | | |
|---------------------|-------------|-------------|-------------|
| | SANJ | LEV3 | LEV2 |
| 50 Free | | | 34.03 |
| 100 Free | 1:06.03 | 1:09.88 | 1:17.98 |
| 200 Free | 2:25.30 | 2:33.97 | 2:51.48 |
| 400 Free | 5:08.56 | 5:48.28 | |
| 800 Free | 10:37.38 | | |
| 1500 Free | 20:20.46 | | |
| 50 Back | | | 41.61 |
| 100 Back | 1:15.24 | 1:21.90 | 1:30.09 |
| 200 Back | 2:42.79 | 2:57.60 | 3:23.22 |
| 50 Breast | | | 46.84 |
| 100 Breast | 1:25.29 | 1:33.27 | 1:44.44 |
| 200 Breast | 3:04.80 | 3:22.09 | 3:59.48 |
| 50 Fly | | | 40.17 |
| 100 Fly | 1:15.29 | 1:25.31 | 1:39.19 |
| 200 Fly | 2:59.97 | | |
| 200 IM | 2:45.19 | 2:58.11 | 3:17.65 |
| 400 IM | 5:54.26 | | |

| Female 14-14 | | | |
|---------------------|-------------|-------------|-------------|
| | SANJ | LEV3 | LEV2 |
| 50 Free | | | 33.82 |
| 100 Free | 1:04.09 | 1:08.77 | 1:16.16 |
| 200 Free | 2:20.94 | 2:31.46 | 2:51.03 |
| 400 Free | 4:57.91 | 5:27.89 | |
| 800 Free | 10:37.38 | | |
| 1500 Free | 20:20.46 | | |
| 50 Back | | | 41.18 |
| 100 Back | 1:12.86 | 1:20.38 | 1:29.12 |
| 200 Back | 2:37.53 | 2:54.20 | 3:22.38 |
| 50 Breast | | | 46.57 |
| 100 Breast | 1:24.85 | 1:31.43 | 1:43.50 |
| 200 Breast | 3:03.62 | 3:18.11 | 3:51.22 |
| 50 Fly | | | 39.93 |
| 100 Fly | 1:13.69 | 1:19.48 | 1:38.40 |
| 200 Fly | 2:59.97 | | |
| 200 IM | 2:39.96 | 2:54.88 | 3:13.07 |
| 400 IM | 5:54.26 | | |

| Female 15-15 | | | |
|---------------------|-------------|-------------|-------------|
| | SANJ | LEV3 | LEV2 |
| 50 Free | | | 33.68 |
| 100 Free | 1:03.69 | 1:07.47 | 1:14.60 |
| 200 Free | 2:20.04 | 2:28.53 | 2:50.59 |
| 400 Free | 4:55.95 | 5:23.64 | |
| 800 Free | 10:17.02 | | |
| 1500 Free | 19:35.61 | | |
| 50 Back | | | 41.06 |
| 100 Back | 1:12.37 | 1:18.96 | 1:28.86 |
| 200 Back | 2:36.45 | 2:52.59 | 3:21.79 |

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| | | | |
|------------|---------|---------|---------|
| 50 Breast | | | 46.43 |
| 100 Breast | 1:22.81 | 1:29.73 | 1:43.18 |
| 200 Breast | 3:00.05 | 3:14.42 | 3:51.22 |
| 50 Fly | | | 39.20 |
| 100 Fly | 1:12.76 | 1:16.59 | 1:38.08 |
| 200 Fly | 2:46.47 | | |
| 200 IM | 2:38.89 | 2:53.36 | 3:12.51 |
| 400 IM | 5:37.85 | | |

Female 16-16

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 33.68 |
| 100 Free | 1:03.10 | 1:07.47 | 1:14.60 |
| 200 Free | 2:18.73 | 2:28.53 | 2:50.23 |
| 400 Free | 4:55.95 | 5:23.64 | |
| 800 Free | 10:17.02 | | |
| 1500 Free | 19:35.61 | | |
| 50 Back | | | 41.06 |
| 100 Back | 1:10.98 | 1:18.96 | 1:28.86 |
| 200 Back | 2:36.45 | 2:52.59 | 3:21.79 |
| 50 Breast | | | 46.43 |
| 100 Breast | 1:21.68 | 1:29.73 | 1:43.18 |
| 200 Breast | 2:59.60 | 3:14.42 | 3:51.22 |
| 50 Fly | | | 39.20 |
| 100 Fly | 1:10.02 | 1:16.59 | 1:38.08 |
| 200 Fly | 2:46.47 | | |
| 200 IM | 2:36.83 | 2:53.36 | 3:12.48 |
| 400 IM | 5:37.85 | | |

Female 17-17

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 33.68 |
| 100 Free | 1:02.78 | 1:07.47 | 1:14.60 |
| 200 Free | 2:18.73 | 2:28.53 | 2:50.23 |
| 400 Free | 4:55.95 | 5:23.64 | |
| 800 Free | 10:17.02 | | |
| 1500 Free | 19:35.61 | | |
| 50 Back | | | 41.06 |
| 100 Back | 1:10.98 | 1:18.96 | 1:28.86 |
| 200 Back | 2:36.45 | 2:52.59 | 3:21.79 |
| 50 Breast | | | 46.43 |
| 100 Breast | 1:20.26 | 1:29.73 | 1:43.18 |
| 200 Breast | 2:59.60 | 3:14.42 | 3:51.22 |
| 50 Fly | | | 39.20 |
| 100 Fly | 1:10.02 | 1:16.59 | 1:38.08 |
| 200 Fly | 2:46.48 | | |
| 200 IM | 2:36.83 | 2:53.36 | 3:12.48 |
| 400 IM | 5:37.85 | | |

Female 18-18

| | SANJ | LEV3 | LEV2 |
|---------|-------------|-------------|-------------|
| 50 Free | | | 33.68 |

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| | | | |
|------------|----------|---------|---------|
| 100 Free | 1:02.78 | 1:07.47 | 1:14.60 |
| 200 Free | 2:18.73 | 2:28.53 | 2:50.23 |
| 400 Free | 4:55.95 | 5:23.64 | |
| 800 Free | 10:17.02 | | |
| 1500 Free | 19:35.61 | | |
| 50 Back | | | 41.06 |
| 100 Back | 1:10.98 | 1:18.96 | 1:28.86 |
| 200 Back | 2:36.45 | 2:52.59 | 3:21.79 |
| 50 Breast | | | 46.43 |
| 100 Breast | 1:20.26 | 1:29.73 | 1:43.18 |
| 200 Breast | 2:59.60 | 3:14.42 | 3:51.22 |
| 50 Fly | | | 39.20 |
| 100 Fly | 1:10.02 | 1:16.59 | 1:38.08 |
| 200 Fly | 2:46.47 | | |
| 200 IM | 2:36.83 | 2:53.36 | 3:12.48 |
| 400 IM | 5:37.85 | | |

Female 19-19

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 33.68 |
| 100 Free | 1:02.78 | 1:07.47 | 1:14.60 |
| 200 Free | 2:18.73 | 2:28.53 | 2:50.23 |
| 400 Free | 4:55.95 | 5:23.64 | |
| 800 Free | 10:17.02 | | |
| 1500 Free | 19:35.61 | | |
| 50 Back | | | 41.06 |
| 100 Back | 1:10.98 | 1:18.96 | 1:28.86 |
| 200 Back | 2:36.45 | 2:52.59 | 3:21.79 |
| 50 Breast | | | 46.43 |
| 100 Breast | 1:20.26 | 1:29.73 | 1:43.18 |
| 200 Breast | 2:59.60 | 3:14.42 | 3:51.22 |
| 50 Fly | | | 39.20 |
| 100 Fly | 1:10.02 | 1:16.59 | 1:38.08 |
| 200 Fly | 2:46.47 | | |
| 200 IM | 2:36.83 | 2:53.36 | 3:12.48 |
| 400 IM | 5:37.85 | | |

Male 10 & Under

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 39.07 |
| 100 Free | 1:05.33 | 1:16.55 | 1:31.55 |
| 200 Free | 2:24.04 | 2:50.25 | 3:39.94 |
| 400 Free | 5:10.79 | 6:18.98 | |
| 50 Back | | | 48.74 |
| 100 Back | 1:15.40 | 1:30.99 | 1:49.30 |
| 200 Back | 2:42.77 | 3:16.41 | 4:00.50 |
| 50 Breast | | | 55.62 |
| 100 Breast | 1:24.49 | 1:43.69 | 2:04.72 |
| 200 Breast | 3:07.35 | 3:48.23 | 4:49.31 |
| 50 Fly | | | 53.01 |
| 100 Fly | 1:16.41 | 1:30.15 | 2:15.94 |
| 200 IM | 2:43.32 | 3:14.93 | 3:56.92 |

SAAGE25 STANDARDS 2025 SSA Age Group Long Course Meters

Male 11-11

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 37.83 |
| 100 Free | 1:05.33 | 1:16.55 | 1:26.92 |
| 200 Free | 2:24.04 | 2:50.25 | 3:36.25 |
| 400 Free | 5:10.79 | 6:18.98 | |
| 50 Back | | | 47.41 |
| 100 Back | 1:15.40 | 1:30.99 | 1:47.40 |
| 200 Back | 2:42.77 | 3:16.41 | 3:55.21 |
| 50 Breast | | | 54.32 |
| 100 Breast | 1:24.49 | 1:43.69 | 2:01.94 |
| 200 Breast | 3:07.35 | 3:48.23 | 4:39.49 |
| 50 Fly | | | 51.07 |
| 100 Fly | 1:16.41 | 1:30.15 | 2:00.42 |
| 200 IM | 2:43.32 | 3:14.93 | 3:45.73 |

Male 12-12

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 35.20 |
| 100 Free | 1:05.33 | 1:12.57 | 1:19.11 |
| 200 Free | 2:24.04 | 2:46.47 | 3:09.19 |
| 400 Free | 5:10.79 | 5:42.63 | |
| 800 Free | 10:24.19 | | |
| 1500 Free | 19:19.18 | | |
| 50 Back | | | 43.47 |
| 100 Back | 1:15.40 | 1:25.24 | 1:35.68 |
| 200 Back | 2:42.77 | 3:04.00 | 3:42.09 |
| 50 Breast | | | 49.68 |
| 100 Breast | 1:24.49 | 1:36.46 | 1:50.64 |
| 200 Breast | 3:07.35 | 3:29.00 | 4:14.00 |
| 50 Fly | | | 45.44 |
| 100 Fly | 1:16.41 | 1:27.57 | 1:52.45 |
| 200 Fly | 2:39.88 | | |
| 200 IM | 2:43.32 | 3:03.43 | 3:23.70 |
| 400 IM | 5:36.64 | | |

Male 13-13

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 32.40 |
| 100 Free | 1:02.14 | 1:07.87 | 1:12.62 |
| 200 Free | 2:19.01 | 2:33.21 | 2:47.94 |
| 400 Free | 4:59.93 | 5:40.48 | |
| 800 Free | 10:24.19 | | |
| 1500 Free | 19:19.18 | | |
| 50 Back | | | 41.25 |
| 100 Back | 1:12.21 | 1:20.21 | 1:30.92 |
| 200 Back | 2:38.05 | 2:56.48 | 3:31.97 |
| 50 Breast | | | 45.92 |
| 100 Breast | 1:22.30 | 1:32.83 | 1:42.60 |
| 200 Breast | 3:00.10 | 3:25.84 | 3:57.41 |
| 50 Fly | | | 39.64 |
| 100 Fly | 1:10.50 | 1:19.02 | 1:42.67 |

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| | | | |
|---------|---------|---------|---------|
| 200 Fly | 2:39.88 | | |
| 200 IM | 2:37.38 | 2:49.35 | 3:04.40 |
| 400 IM | 5:36.64 | | |

Male 14-14

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 30.30 |
| 100 Free | 59.09 | 1:03.66 | 1:08.34 |
| 200 Free | 2:11.65 | 2:22.72 | 2:37.64 |
| 400 Free | 4:44.05 | 5:23.43 | |
| 800 Free | 10:24.19 | | |
| 1500 Free | 19:19.18 | | |
| 50 Back | | | 38.28 |
| 100 Back | 1:07.65 | 1:15.40 | 1:27.64 |
| 200 Back | 2:28.85 | 2:47.18 | 3:22.79 |
| 50 Breast | | | 44.30 |
| 100 Breast | 1:17.19 | 1:27.46 | 1:40.07 |
| 200 Breast | 2:51.16 | 3:13.93 | 3:49.64 |
| 50 Fly | | | 36.28 |
| 100 Fly | 1:05.76 | 1:13.86 | 1:34.00 |
| 200 Fly | 2:39.88 | | |
| 200 IM | 2:28.75 | 2:41.75 | 2:55.72 |
| 400 IM | 5:36.64 | | |

Male 15-15

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 28.96 |
| 100 Free | 57.24 | 59.09 | 1:05.54 |
| 200 Free | 2:06.43 | 2:10.72 | 2:31.38 |
| 400 Free | 4:32.79 | 5:05.95 | |
| 800 Free | 9:15.20 | | |
| 1500 Free | 17:55.56 | | |
| 50 Back | | | 35.62 |
| 100 Back | 1:04.26 | 1:07.65 | 1:22.77 |
| 200 Back | 2:21.78 | 2:38.80 | 3:04.04 |
| 50 Breast | | | 40.04 |
| 100 Breast | 1:14.38 | 1:21.90 | 1:31.25 |
| 200 Breast | 2:41.63 | 2:54.88 | 3:35.27 |
| 50 Fly | | | 33.20 |
| 100 Fly | 1:02.29 | 1:03.37 | 1:20.67 |
| 200 Fly | 2:21.91 | | |
| 200 IM | 2:22.68 | 2:26.10 | 2:45.82 |
| 400 IM | 5:00.36 | | |

Male 16-16

| | SANJ | LEV3 | LEV2 |
|-----------|-------------|-------------|-------------|
| 50 Free | | | 28.96 |
| 100 Free | 56.57 | 59.09 | 1:05.54 |
| 200 Free | 2:03.37 | 2:10.72 | 2:31.38 |
| 400 Free | 4:26.19 | 5:05.95 | |
| 800 Free | 9:15.20 | | |
| 1500 Free | 17:55.56 | | |

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| | | | |
|------------|---------|---------|---------|
| 50 Back | | | 35.62 |
| 100 Back | 1:04.10 | 1:07.65 | 1:22.77 |
| 200 Back | 2:21.00 | 2:38.80 | 3:04.04 |
| 50 Breast | | | 40.04 |
| 100 Breast | 1:13.63 | 1:20.10 | 1:31.25 |
| 200 Breast | 2:39.33 | 2:54.88 | 3:35.27 |
| 50 Fly | | | 33.20 |
| 100 Fly | 1:01.09 | 1:03.37 | 1:20.67 |
| 200 Fly | 2:21.91 | | |
| 200 IM | 2:19.13 | 2:26.10 | 2:45.82 |
| 400 IM | 5:00.36 | | |

Male 17-17

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 28.96 |
| 100 Free | 55.50 | 59.09 | 1:05.54 |
| 200 Free | 2:03.37 | 2:10.72 | 2:31.38 |
| 400 Free | 4:26.19 | 5:05.95 | |
| 800 Free | 9:15.20 | | |
| 1500 Free | 17:55.56 | | |
| 50 Back | | | 35.62 |
| 100 Back | 1:02.90 | 1:07.65 | 1:22.77 |
| 200 Back | 2:20.77 | 2:38.80 | 3:04.04 |
| 50 Breast | | | 40.04 |
| 100 Breast | 1:10.50 | 1:18.11 | 1:31.25 |
| 200 Breast | 2:36.33 | 2:54.88 | 3:35.27 |
| 50 Fly | | | 33.20 |
| 100 Fly | 1:00.72 | 1:03.37 | 1:20.67 |
| 200 Fly | 2:21.91 | | |
| 200 IM | 2:19.13 | 2:26.10 | 2:45.82 |
| 400 IM | 5:00.36 | | |

Male 18-18

| | SANJ | LEV3 | LEV2 |
|------------|-------------|-------------|-------------|
| 50 Free | | | 28.96 |
| 100 Free | 55.50 | 59.09 | 1:05.54 |
| 200 Free | 2:03.37 | 2:10.72 | 2:31.38 |
| 400 Free | 4:26.19 | 5:05.95 | |
| 800 Free | 9:15.20 | | |
| 1500 Free | 17:55.56 | | |
| 50 Back | | | 35.62 |
| 100 Back | 1:02.90 | 1:07.65 | 1:22.77 |
| 200 Back | 2:20.77 | 2:38.80 | 3:04.04 |
| 50 Breast | | | 40.04 |
| 100 Breast | 1:10.50 | 1:18.11 | 1:31.25 |
| 200 Breast | 2:36.33 | 2:54.88 | 3:35.27 |
| 50 Fly | | | 33.20 |
| 100 Fly | 1:00.72 | 1:03.37 | 1:20.67 |
| 200 Fly | 2:21.91 | | |
| 200 IM | 2:19.13 | 2:26.10 | 2:45.82 |
| 400 IM | 5:00.36 | | |

SAAGE25 STANDARDS 2025 SSA Age Group Long Course Meters

| Male 19-19 | | | |
|-------------------|-------------|-------------|-------------|
| | SANJ | LEV3 | LEV2 |
| 50 Free | | | 28.96 |
| 100 Free | 55.50 | 59.09 | 1:05.54 |
| 200 Free | 2:03.37 | 2:10.72 | 2:31.38 |
| 400 Free | 4:26.19 | 5:05.95 | |
| 800 Free | 9:15.20 | | |
| 1500 Free | 17:55.56 | | |
| 50 Back | | | 35.62 |
| 100 Back | 1:02.90 | 1:07.65 | 1:22.77 |
| 200 Back | 2:20.77 | 2:38.80 | 3:04.04 |
| 50 Breast | | | 40.04 |
| 100 Breast | 1:10.50 | 1:18.11 | 1:31.25 |
| 200 Breast | 2:36.33 | 2:54.88 | 3:35.27 |
| 50 Fly | | | 33.20 |
| 100 Fly | 1:00.72 | 1:03.37 | 1:20.67 |
| 200 Fly | 2:21.91 | | |
| 200 IM | 2:19.13 | 2:26.10 | 2:45.82 |
| 400 IM | 5:00.36 | | |