

SAAGE25 STANDARDS 2025 SSA Age Group Short Course Meters

Female 10 & Under

	SANJ	LEV3	LEV2
50 Free			39.00
100 Free	1:06.38	1:14.73	1:31.03
200 Free	2:26.48	2:47.62	3:35.86
400 Free	5:14.52	6:08.95	
50 Back			48.63
100 Back	1:16.76	1:28.16	1:48.29
200 Back	2:46.42	3:14.99	4:04.64
50 Breast			54.04
100 Breast	1:26.14	1:38.83	2:01.30
200 Breast	3:06.99	3:38.55	4:32.27
50 Fly			55.16
100 Fly	1:16.58	1:35.96	2:15.36
200 IM	2:47.96	3:16.99	4:01.60

Female 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	
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			50.76
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
200 IM	2:47.96	3:16.99	3:38.41

Female 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	10:24.58		
1500 Free	19:56.46		
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	4:04.01
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	5:47.86		

SAAGE25 STANDARDS 2025 SSA Age Group Short Course Meters

Female 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	19:56.46		
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	1:23.91	1:37.79
200 Fly	2:57.17		
200 IM	2:41.99	2:54.91	3:14.45
400 IM	5:47.86		

Female 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	10:24.58		
1500 Free	19:56.46		
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	1:22.85	1:29.43	1:41.50
200 Breast	2:59.62	3:14.11	3:47.22
50 Fly			39.23
100 Fly	1:12.29	1:18.08	1:37.00
200 Fly	2:57.17		
200 IM	2:36.76	2:51.68	3:09.87
400 IM	5:47.86		

Female 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	10:04.22		
1500 Free	19:11.61		
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

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50 Breast			45.43
100 Breast	1:20.81	1:27.73	1:41.18
200 Breast	2:56.05	3:10.42	3:47.22
50 Fly			38.50
100 Fly	1:11.36	1:15.19	1:36.68
200 Fly	2:43.67		
200 IM	2:35.69	2:50.16	3:09.31
400 IM	5:31.45		

Female 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	2:47.03
400 Free	4:49.55	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	2:34.05	2:50.19	3:19.39
50 Breast			45.43
100 Breast	1:19.68	1:27.73	1:41.18
200 Breast	2:55.60	3:10.42	3:47.22
50 Fly			38.50
100 Fly	1:08.62	1:15.19	1:36.68
200 Fly	2:43.67		
200 IM	2:33.63	2:50.16	3:09.28
400 IM	5:31.45		

Female 17-17

	SANJ	LEV3	LEV2
50 Free			32.88
100 Free	1:01.18	1:05.87	1:13.00
200 Free	2:15.53	2:25.33	2:47.03
400 Free	4:49.55	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	2:34.05	2:50.19	3:19.39
50 Breast			45.43
100 Breast	1:18.26	1:27.73	1:41.18
200 Breast	2:55.60	3:10.42	3:47.22
50 Fly			38.50
100 Fly	1:08.62	1:15.19	1:36.68
200 Fly	2:43.68		
200 IM	2:33.63	2:50.16	3:09.28
400 IM	5:31.45		

Female 18-18

	SANJ	LEV3	LEV2
50 Free			32.88

SAAGE25 STANDARDS 2025 SSA Age Group Short Course Meters

100 Free	1:01.18	1:05.87	1:13.00
200 Free	2:15.53	2:25.33	2:47.03
400 Free	4:49.55	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	2:34.05	2:50.19	3:19.39
50 Breast			45.43
100 Breast	1:18.26	1:27.73	1:41.18
200 Breast	2:55.60	3:10.42	3:47.22
50 Fly			38.50
100 Fly	1:08.62	1:15.19	1:36.68
200 Fly	2:43.67		
200 IM	2:33.63	2:50.16	3:09.28
400 IM	5:31.45		

Female 19-19

	SANJ	LEV3	LEV2
50 Free			32.88
100 Free	1:01.18	1:05.87	1:13.00
200 Free	2:15.53	2:25.33	2:47.03
400 Free	4:49.55	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	2:34.05	2:50.19	3:19.39
50 Breast			45.43
100 Breast	1:18.26	1:27.73	1:41.18
200 Breast	2:55.60	3:10.42	3:47.22
50 Fly			38.50
100 Fly	1:08.62	1:15.19	1:36.68
200 Fly	2:43.67		
200 IM	2:33.63	2:50.16	3:09.28
400 IM	5:31.45		

Male 10 & Under

	SANJ	LEV3	LEV2
50 Free			38.27
100 Free	1:03.73	1:14.95	1:29.95
200 Free	2:20.84	2:47.05	3:36.74
400 Free	5:04.39	6:12.58	
50 Back			48.14
100 Back	1:14.20	1:29.79	1:48.10
200 Back	2:40.37	3:14.01	3:58.10
50 Breast			54.62
100 Breast	1:22.49	1:41.69	2:02.72
200 Breast	3:03.35	3:44.23	4:45.31
50 Fly			52.31
100 Fly	1:15.01	1:28.75	2:14.54
200 IM	2:40.12	3:11.73	3:53.72

SAAGE25 STANDARDS 2025 SSA Age Group Short Course Meters

Male 11-11

	SANJ	LEV3	LEV2
50 Free			37.03
100 Free	1:03.73	1:14.95	1:25.32
200 Free	2:20.84	2:47.05	3:33.05
400 Free	5:04.39	6:12.58	
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	3:44.23	4:35.49
50 Fly			50.37
100 Fly	1:15.01	1:28.75	1:59.02
200 IM	2:40.12	3:11.73	3:42.53

Male 12-12

	SANJ	LEV3	LEV2
50 Free			34.40
100 Free	1:03.73	1:10.97	1:17.51
200 Free	2:20.84	2:43.27	3:05.99
400 Free	5:04.39	5:36.23	
800 Free	10:11.39		
1500 Free	18:55.18		
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	3:25.00	4:10.00
50 Fly			44.74
100 Fly	1:15.01	1:26.17	1:51.05
200 Fly	2:37.08		
200 IM	2:40.12	3:00.23	3:20.50
400 IM	5:30.24		

Male 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	18:55.18		
50 Back			40.65
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	2:56.10	3:21.84	3:53.41
50 Fly			38.94
100 Fly	1:09.10	1:17.62	1:41.27

SAAGE25 STANDARDS 2025 SSA Age Group Short Course Meters

200 Fly	2:37.08		
200 IM	2:34.18	2:46.15	3:01.20
400 IM	5:30.24		

Male 14-14

	SANJ	LEV3	LEV2
50 Free			29.50
100 Free	57.49	1:02.06	1:06.74
200 Free	2:08.45	2:19.52	2:34.44
400 Free	4:37.65	5:17.03	
800 Free	10:11.39		
1500 Free	18:55.18		
50 Back			37.68
100 Back	1:06.45	1:14.20	1:26.44
200 Back	2:26.45	2:44.78	3:20.39
50 Breast			43.30
100 Breast	1:15.19	1:25.46	1:38.07
200 Breast	2:47.16	3:09.93	3:45.64
50 Fly			35.58
100 Fly	1:04.36	1:12.46	1:32.60
200 Fly	2:37.08		
200 IM	2:25.55	2:38.55	2:52.52
400 IM	5:30.24		

Male 15-15

	SANJ	LEV3	LEV2
50 Free			28.16
100 Free	55.64	57.49	1:03.94
200 Free	2:03.23	2:07.52	2:28.18
400 Free	4:26.39	4:59.55	
800 Free	9:02.40		
1500 Free	17:31.56		
50 Back			35.02
100 Back	1:03.06	1:06.45	1:21.57
200 Back	2:19.38	2:36.40	3:01.64
50 Breast			39.04
100 Breast	1:12.38	1:19.90	1:29.25
200 Breast	2:37.63	2:50.88	3:31.27
50 Fly			32.50
100 Fly	1:00.89	1:01.97	1:19.27
200 Fly	2:19.11		
200 IM	2:19.48	2:22.90	2:42.62
400 IM	4:53.96		

Male 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	4:59.55	
800 Free	9:02.40		
1500 Free	17:31.56		

SAAGE25 STANDARDS 2025 SSA Age Group Short Course Meters

50 Back			35.02
100 Back	1:02.90	1:06.45	1:21.57
200 Back	2:18.60	2:36.40	3:01.64
50 Breast			39.04
100 Breast	1:11.63	1:18.10	1:29.25
200 Breast	2:35.33	2:50.88	3:31.27
50 Fly			32.50
100 Fly	59.69	1:01.97	1:19.27
200 Fly	2:19.11		
200 IM	2:15.93	2:22.90	2:42.62
400 IM	4:53.96		

Male 17-17

	SANJ	LEV3	LEV2
50 Free			28.16
100 Free	53.90	57.49	1:03.94
200 Free	2:00.17	2:07.52	2:28.18
400 Free	4:19.79	4:59.55	
800 Free	9:02.40		
1500 Free	17:31.56		
50 Back			35.02
100 Back	1:01.70	1:06.45	1:21.57
200 Back	2:18.37	2:36.40	3:01.64
50 Breast			39.04
100 Breast	1:08.50	1:16.11	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	2:19.11		
200 IM	2:15.93	2:22.90	2:42.62
400 IM	4:53.96		

Male 18-18

	SANJ	LEV3	LEV2
50 Free			28.16
100 Free	53.90	57.49	1:03.94
200 Free	2:00.17	2:07.52	2:28.18
400 Free	4:19.79	4:59.55	
800 Free	9:02.40		
1500 Free	17:31.56		
50 Back			35.02
100 Back	1:01.70	1:06.45	1:21.57
200 Back	2:18.37	2:36.40	3:01.64
50 Breast			39.04
100 Breast	1:08.50	1:16.11	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	2:19.11		
200 IM	2:15.93	2:22.90	2:42.62
400 IM	4:53.96		

SAAGE25 STANDARDS 2025 SSA Age Group Short Course Meters

Male 19-19			
	SANJ	LEV3	LEV2
50 Free			28.16
100 Free	53.90	57.49	1:03.94
200 Free	2:00.17	2:07.52	2:28.18
400 Free	4:19.79	4:59.55	
800 Free	9:02.40		
1500 Free	17:31.56		
50 Back			35.02
100 Back	1:01.70	1:06.45	1:21.57
200 Back	2:18.37	2:36.40	3:01.64
50 Breast			39.04
100 Breast	1:08.50	1:16.11	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	2:19.11		
200 IM	2:15.93	2:22.90	2:42.62
400 IM	4:53.96		