

**SSAAGE10 STANDARDS 2009-2010 Long Course Meters****Women 10 & Under**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36.87	43.99
100 Free	1:07.39	1:20.10	1:35.57
200 Free	2:25.53	2:52.97	3:14.44
400 Free	5:06.54	6:04.33	
50 Back		42.03	49.98
100 Back	1:17.13	1:31.32	1:48.59
200 Back	2:45.91	3:16.44	3:40.33
50 Breast		47.02	55.92
100 Breast	1:26.26	1:42.13	2:01.46
200 Breast	3:05.26	3:39.35	4:06.03
50 Fly		40.43	48.08
100 Fly	1:14.19	1:27.84	1:44.46
200 IM	2:45.03	3:16.14	3:40.49

**Women 11-11**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36.87	41.45
100 Free	1:07.39	1:20.10	1:30.04
200 Free	2:25.53	2:52.97	3:14.44
400 Free	5:06.54	6:04.33	
50 Back		42.03	47.14
100 Back	1:17.13	1:31.32	1:42.42
200 Back	2:45.91	3:16.44	3:40.33
50 Breast		47.02	52.74
100 Breast	1:26.26	1:42.13	1:54.56
200 Breast	3:05.26	3:39.35	4:06.03
50 Fly		40.43	45.35
100 Fly	1:14.19	1:27.84	1:38.52
200 IM	2:45.03	3:16.14	3:40.49

**Women 12-12**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		35.09	39.42
100 Free	1:07.39	1:16.23	1:25.62
200 Free	2:25.53	2:44.62	3:14.44
400 Free	5:06.54	5:46.74	
800 Free	10:14.02		
50 Back		40.04	44.87
100 Back	1:17.13	1:27.00	1:37.49
200 Back	2:45.91	3:07.15	3:40.33
50 Breast		44.80	50.20
100 Breast	1:26.26	1:37.30	1:49.04
200 Breast	3:05.26	3:28.98	4:06.03
50 Fly		38.52	43.17
100 Fly	1:14.19	1:23.68	1:33.77
200 Fly	2:39.62		
200 IM	2:45.03	3:06.67	3:40.49
400 IM	5:39.25		

**Women 13-13**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		33.57	37.64

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100 Free	1:05.74	1:12.92	1:21.76
200 Free	2:21.96	2:37.46	2:56.55
400 Free	4:59.00	5:31.66	
800 Free	10:14.02		
1500 Free			
50 Back		38.34	42.88
100 Back	1:15.27	1:23.30	1:33.17
200 Back	2:41.93	2:59.19	3:20.42
50 Breast		42.89	47.97
100 Breast	1:24.19	1:33.16	1:44.21
200 Breast	3:00.82	3:20.08	3:43.80
50 Fly		36.88	41.25
100 Fly	1:12.41	1:20.12	1:29.62
200 Fly	2:39.62		
200 IM	2:40.97	2:58.56	3:20.20
400 IM	5:39.25		

**Women 14-14**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		32.30	36.11
100 Free	1:04.63	1:10.15	1:18.44
200 Free	2:19.57	2:31.50	2:49.39
400 Free	4:53.97	5:19.10	
800 Free	10:14.02		
1500 Free			
50 Back		36.92	41.18
100 Back	1:14.04	1:20.21	1:29.47
200 Back	2:39.28	2:52.55	3:12.46
50 Breast		41.30	46.07
100 Breast	1:22.81	1:29.71	1:40.06
200 Breast	2:57.85	3:02.67	3:34.90
50 Fly		35.52	39.61
100 Fly	1:11.22	1:17.16	1:26.06
200 Fly	2:39.62		
200 IM	2:38.27	2:51.79	3:12.08
400 IM	5:39.25		

**Women 15-15**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		31.28	34.84
100 Free	1:04.08	1:07.95	1:15.68
200 Free	2:18.38	2:26.73	3:03.43
400 Free	4:51.46	5:09.05	
800 Free	9:43.38		
1500 Free			
50 Back		35.78	39.76
100 Back	1:13.42	1:17.74	1:26.38
200 Back	2:37.95	2:47.24	3:05.82
50 Breast		40.03	44.48
100 Breast	1:22.12	1:26.95	1:36.61
200 Breast	2:56.37	3:06.74	3:27.49
50 Fly		34.42	38.25
100 Fly	1:10.63	1:14.78	1:23.09
200 Fly	2:34.39		
200 IM	2:36.91	2:46.38	3:05.32
400 IM	5:27.84		

**SSAAGE10 STANDARDS 2009-2010 Long Course Meters****Women 16-16**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		30.52	34.84
100 Free	1:03.53	1:06.29	1:15.68
200 Free	2:17.18	2:23.15	3:03.43
400 Free	4:48.95	5:01.51	
800 Free	9:43.38		
1500 Free			
50 Back		34.93	39.76
100 Back	1:12.81	1:15.89	1:26.38
200 Back	2:36.62	2:43.26	3:05.82
50 Breast		39.08	44.48
100 Breast	1:21.43	1:24.88	1:36.61
200 Breast	2:54.89	3:02.30	3:27.49
50 Fly		33.60	38.25
100 Fly	1:10.03	1:13.00	1:23.09
200 Fly	2:34.39		
200 IM	2:35.56	2:42.30	3:05.32
400 IM	5:27.84		

**Women 17-17**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		30.52	
100 Free	1:02.97	1:06.29	
200 Free	2:15.99	2:23.15	
400 Free	4:46.44	5:01.51	
800 Free	9:43.38		
1500 Free			
50 Back		34.93	
100 Back	1:12.19	1:15.89	
200 Back	2:35.29	2:43.26	
50 Breast		39.08	
100 Breast	1:20.74	1:24.88	
200 Breast	2:53.41	3:02.30	
50 Fly		33.60	
100 Fly	1:09.44	1:13.00	
200 Fly	2:34.39		
200 IM	2:34.21	2:42.32	
400 IM	5:27.84		

**Women 18-18**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		30.52	
100 Free	1:02.97	1:06.29	
200 Free	2:15.99	2:23.15	
400 Free	4:46.44	5:01.51	
800 Free	9:43.38		
50 Back		34.93	
100 Back	1:12.19	1:15.89	
200 Back	2:35.29	2:43.26	
50 Breast		39.08	
100 Breast	1:20.74	1:24.88	
200 Breast	2:53.41	3:02.30	
50 Fly		33.60	
100 Fly	1:09.44	1:13.00	

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200 Fly	2:34.39	
200 IM	2:34.21	2:42.32
400 IM	5:27.84	

**Men 10 & Under**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36.43	42.47
100 Free	1:08.43	1:20.24	1:33.54
200 Free	2:31.12	2:57.21	3:10.26
400 Free	5:19.64	6:14.83	
50 Back		42.98	49.97
100 Back	1:18.30	1:31.53	1:46.42
200 Back	2:50.00	3:18.74	3:33.10
50 Breast		46.91	54.54
100 Breast	1:27.43	1:42.21	1:58.83
200 Breast	3:09.84	3:41.93	3:57.97
50 Fly		39.91	46.40
100 Fly	1:15.06	1:27.75	1:42.02
200 IM	2:45.10	3:17.88	3:32.45

**Men 11-11**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		36.43	39.11
100 Free	1:08.43	1:20.24	1:26.15
200 Free	2:31.12	2:57.21	3:10.26
400 Free	5:19.64	6:14.83	
50 Back		42.98	46.08
100 Back	1:18.30	1:31.53	1:38.15
200 Back	2:50.00	3:18.74	3:33.10
50 Breast		46.91	50.30
100 Breast	1:27.43	1:42.21	1:49.59
200 Breast	3:09.84	3:41.93	3:57.97
50 Fly		39.91	42.79
100 Fly	1:15.06	1:27.75	1:34.08
200 IM	2:45.10	3:17.88	3:32.45

**Men 12-12**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		33.30	36.21
100 Free	1:08.43	1:13.35	1:19.75
200 Free	2:31.12	2:41.99	3:10.26
400 Free	5:19.64	5:42.64	
1500 Free	19:47.11		
50 Back		39.87	42.72
100 Back	1:18.30	1:24.92	1:30.98
200 Back	2:50.00	3:04.37	3:33.10
50 Breast		43.52	46.63
100 Breast	1:27.43	1:34.82	1:41.59
200 Breast	3:09.84	3:25.88	3:57.97
50 Fly		37.02	39.67
100 Fly	1:15.06	1:21.40	1:27.22
200 Fly	2:36.50		
200 IM	2:45.10	3:03.31	3:32.45
400 IM	5:35.92		

**SSAAGE10 STANDARDS 2009-2010 Long Course Meters****Men 13-13**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		31.51	33.75
100 Free	1:04.00	1:09.41	1:14.34
200 Free	2:21.34	2:33.30	2:44.17
400 Free	4:58.95	5:24.24	
1500 Free	19:47.11		
50 Back		37.54	39.87
100 Back	1:13.34	1:19.95	1:24.92
200 Back	2:39.23	2:53.59	3:04.37
50 Breast		40.98	43.52
100 Breast	1:21.89	1:29.25	1:34.82
200 Breast	2:57.81	3:13.85	3:25.88
50 Fly		34.86	37.02
100 Fly	1:10.30	1:16.65	1:21.40
200 Fly	2:36.50		
200 IM	2:37.82	2:51.17	3:03.31
400 IM	5:35.92		

**Men 14-14**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		29.73	31.74
100 Free	1:00.55	1:05.48	1:09.91
200 Free	2:13.73	2:24.60	2:34.38
400 Free	4:42.85	5:05.85	
800 Free			
1500 Free	19:47.11		
50 Back		35.21	37.54
100 Back	1:09.48	1:14.99	1:19.95
200 Back	2:30.85	2:42.82	2:53.59
50 Breast		38.43	40.98
100 Breast	1:17.58	1:23.74	1:29.28
200 Breast	2:48.45	3:01.82	3:13.85
50 Fly		32.69	34.86
100 Fly	1:06.60	1:11.89	1:16.65
200 Fly	2:36.50		
200 IM	2:29.32	2:41.46	2:52.39
400 IM	5:35.92		

**Men 15-15**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		28.38	30.17
100 Free	58.09	1:02.52	1:06.46
200 Free	2:08.29	2:18.07	2:26.77
400 Free	4:31.35	4:52.05	
800 Free			
1500 Free	17:30.13		
50 Back		33.66	35.73
100 Back	1:06.72	1:11.68	1:16.09
200 Back	2:24.86	2:35.64	2:45.21
50 Breast		36.74	39.00
100 Breast	1:14.50	1:20.04	1:24.97
200 Breast	2:41.76	2:53.80	3:04.49
50 Fly		32.25	33.18
100 Fly	1:03.96	1:08.72	1:12.95
200 Fly	2:18.85		

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200 IM	2:23.25	2:34.18	2:43.89
400 IM	4:57.16		

**Men 16-16**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		27.49	30.17
100 Free	56.61	1:00.55	1:06.46
200 Free	2:05.03	2:13.73	2:26.77
400 Free	4:24.45	4:42.85	
800 Free			
1500 Free	17:30.13		
50 Back		32.62	35.73
100 Back	1:05.07	1:09.48	1:16.09
200 Back	2:21.27	2:30.85	2:45.21
50 Breast		35.61	39.00
100 Breast	1:12.65	1:17.58	1:24.97
200 Breast	2:37.75	2:48.45	3:04.49
50 Fly		30.29	33.18
100 Fly	1:02.37	1:06.60	1:12.95
200 Fly	2:18.85		
200 IM	2:19.61	2:29.32	2:43.89
400 IM	4:57.16		

**Men 17-17**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		27.49	
100 Free	56.12	1:00.55	
200 Free	2:03.94	2:13.73	
400 Free	4:22.15	4:42.85	
800 Free			
1500 Free	17:30.13		
50 Back		32.62	
100 Back	1:04.51	1:09.48	
200 Back	2:20.07	2:30.85	
50 Breast		35.61	
100 Breast	1:12.04	1:17.58	
200 Breast	2:36.42	2:48.45	
50 Fly		30.29	
100 Fly	1:01.85	1:06.60	
200 Fly	2:18.85		
200 IM	2:18.40	2:29.32	
400 IM	4:57.16		

**Men 18-18**

	<b>LEV3</b>	<b>LEV2</b>	<b>LEV1</b>
50 Free		27.49	
100 Free	56.12	1:00.55	
200 Free	2:03.94	2:13.73	
400 Free	4:22.15	4:42.85	
800 Free			
1500 Free	17:30.13		
50 Back		32.62	
100 Back	1:04.51	1:09.48	
200 Back	2:20.07	2:30.85	
50 Breast		35.61	
100 Breast	1:12.04	1:17.58	

**SSAAGE10 STANDARDS 2009-2010 Long Course Meters**

200 Breast	2:36.42	2:48.45
50 Fly		30.29
100 Fly	1:01.85	1:06.60
200 Fly	2:18.85	
200 IM	2:18.40	2:29.32
400 IM	4:57.16	