

WCA20 STANDARDS WCA CHAMP QT Long		
Course Meters		
Women 10 & Under		
	WCQT	JCQT
50 Free	36,64	43,72
100 Free	1:19,10	1:34,40
200 Free	2:51,60	3:12,90
400 Free	6:01,60	6:49,30
50 Back	41,97	49,91
100 Back	1:30,00	1:47,00
200 Back	3:13,60	3:37,20
50 Breast	46,40	55,18
100 Breast	1:41,40	2:00,50
200 Breast	3:37,40	4:03,80
50 Fly	38,75	46,08
100 Fly	1:26,90	1:43,50
200 IM	3:16,00	3:41,40
Women 11-11		
	WCQT	JCQT
50 Free	36,64	42,25
100 Free	1:19,13	1:34,10
200 Free	2:51,60	3:12,90
400 Free	6:01,60	6:46,80
800 Free	12:21,70	
1500 Free	23:30,90	
50 Back	41,97	49,28
100 Back	1:29,40	1:46,60
200 Back	3:13,60	3:37,20
50 Breast	46,40	54,47
100 Breast	1:41,40	1:59,90
200 Breast	3:37,40	4:03,80
50 Fly	38,75	45,50
100 Fly	1:26,90	1:43,10
200 Fly	3:08,20	
200 IM	3:16,00	3:41,40
400 IM	6:55,60	
Women 12-12		
	WCQT	JCQT
50 Free	35,09	38,69
100 Free	1:15,30	1:24,40
200 Free	2:43,30	3:11,20
400 Free	5:44,10	6:31,30
800 Free	11:46,60	
1500 Free	22:43,70	
50 Back	39,99	44,25
100 Back	1:25,80	1:35,80
200 Back	3:04,50	3:35,40
50 Breast	44,20	48,90
100 Breast	1:36,60	1:47,70
200 Breast	3:27,10	4:01,40
50 Fly	36,91	40,85
100 Fly	1:22,80	1:32,50
200 Fly	3:00,20	
200 IM	3:06,70	3:38,20
400 IM	6:36,10	
Women 13-13		
	WCQT	JCQT
50 Free	35,09	38,69
100 Free	1:15,30	1:24,40
200 Free	2:43,30	3:11,20
400 Free	5:44,10	6:31,30
800 Free	11:46,60	
1500 Free	22:43,70	
50 Back	39,99	44,25
100 Back	1:25,80	1:35,80
200 Back	3:04,50	3:35,10
50 Breast	44,20	48,90
100 Breast	1:36,60	1:47,70
200 Breast	3:27,10	4:01,40
50 Fly	36,91	40,85
100 Fly	1:22,80	1:32,50
200 Fly	3:00,20	
200 IM	3:06,70	3:38,20
400 IM	6:36,10	

WCA20 STANDARDS WCA CHAMP QT Short		
Course Meters		
Women 10 & Under		
	WCQT	JCQT
50 Free	35,84	42,92
100 Free	1:17,53	1:32,81
200 Free	2:48,38	3:09,68
400 Free	5:55,16	6:42,94
50 Back	41,37	49,31
100 Back	1:28,81	1:45,84
200 Back	3:11,24	3:34,79
50 Breast	45,40	54,18
100 Breast	1:39,37	1:58,54
200 Breast	3:33,40	3:59,84
50 Fly	38,05	45,38
100 Fly	1:25,48	1:41,91
200 IM	3:12,84	3:38,18
Women 11-11		
	WCQT	JCQT
50 Free	35,84	41,45
100 Free	1:17,53	1:32,53
200 Free	2:48,38	3:09,68
400 Free	5:55,16	6:40,43
800 Free	12:08,92	
1500 Free	23:06,93	
50 Back	41,37	48,67
100 Back	1:28,18	1:45,37
200 Back	3:11,24	3:34,79
50 Breast	45,40	53,47
100 Breast	1:39,37	1:57,89
200 Breast	3:33,40	3:59,84
50 Fly	38,05	44,80
100 Fly	1:25,48	1:41,69
200 Fly	3:05,45	
200 IM	3:12,84	3:38,18
400 IM	6:49,20	
Women 12-12		
	WCQT	JCQT
50 Free	34,29	37,89
100 Free	1:13,71	1:22,83
200 Free	2:40,10	3:07,97
400 Free	5:37,70	6:24,89
800 Free	11:33,79	
1500 Free	22:19,70	
50 Back	39,39	43,65
100 Back	1:24,56	1:34,58
200 Back	3:02,08	3:32,70
50 Breast	43,20	47,90
100 Breast	1:34,57	1:45,72
200 Breast	3:23,11	3:57,38
50 Fly	36,21	40,15
100 Fly	1:21,37	1:31,08
200 Fly	2:57,36	
200 IM	3:03,50	3:35,05
400 IM	6:29,68	
Women 13-13		
	WCQT	JCQT
50 Free	34,29	37,89
100 Free	1:13,71	1:22,83
200 Free	2:40,10	3:07,97
400 Free	5:37,70	6:24,89
800 Free	11:33,79	
1500 Free	22:19,70	
50 Back	39,39	43,65
100 Back	1:24,56	1:34,58
200 Back	3:02,08	3:32,70
50 Breast	43,20	47,90
100 Breast	1:34,57	1:45,72
200 Breast	3:23,11	3:57,38
50 Fly	36,21	40,15
100 Fly	1:21,37	1:31,08
200 Fly		
200 IM	3:03,50	3:35,05
400 IM	6:29,68	

Women 14-14		
	WCQT	JCQT
50 Free	32,09	35,64
100 Free	1:09,30	1:17,50
200 Free	2:30,30	2:46,70
400 Free	5:16,70	5:51,00
800 Free	10:51,10	
1500 Free	20:38,40	
50 Back	36,87	40,60
100 Back	1:19,10	1:28,00
200 Back	2:50,10	3:08,00
50 Breast	40,76	44,88
100 Breast	1:29,40	1:39,00
200 Breast	3:11,00	3:33,00
50 Fly	34,03	37,49
100 Fly	1:16,30	1:24,90
200 Fly	2:45,70	
200 IM	2:52,00	3:11,50
400 IM	6:05,40	
Women 15-15		
	WCQT	JCQT
50 Free	32,09	35,64
100 Free	1:09,30	1:17,50
200 Free	2:30,30	2:46,70
400 Free	5:16,70	5:51,00
800 Free	10:51,10	
1500 Free	20:38,40	
50 Back	36,87	40,60
100 Back	1:19,07	1:27,98
200 Back	2:50,10	3:08,00
50 Breast	40,76	44,88
100 Breast	1:29,40	1:39,00
200 Breast	3:11,00	3:41,00
50 Fly	34,03	37,49
100 Fly	1:16,30	1:24,90
200 Fly	2:45,70	
200 IM	2:52,00	3:11,50
400 IM	6:05,40	
Women 16-16		
	WCQT	JCQT
50 Free	31,08	33,64
100 Free	1:07,10	1:14,80
200 Free	2:27,60	2:42,10
400 Free	5:06,70	5:42,60
800 Free	10:31,10	
1500 Free	20:00,40	
50 Back	35,73	39,70
100 Back	1:16,60	1:25,10
200 Back	2:44,90	3:03,20
50 Breast	39,50	43,88
100 Breast	1:26,30	1:35,90
200 Breast	3:05,10	3:25,60
50 Fly	32,99	36,65
100 Fly	1:14,00	1:22,20
200 Fly	2:40,70	
200 IM	2:46,70	3:06,70
400 IM	5:54,20	

Women 14-14		
	WCQT	JCQT
50 Free	31,29	34,84
100 Free	1:07,70	1:15,88
200 Free	2:27,08	2:43,47
400 Free	5:10,27	5:44,58
800 Free	10:38,25	
1500 Free	20:14,41	
50 Back	36,27	40,00
100 Back	1:17,87	1:26,79
200 Back	2:47,69	3:05,63
50 Breast	39,76	43,88
100 Breast	1:27,40	1:36,95
200 Breast	3:06,96	3:28,99
50 Fly	33,33	36,79
100 Fly	1:14,91	1:23,55
200 Fly	2:42,89	
200 IM	2:48,83	3:08,35
400 IM	5:58,99	
Women 15-15		
	WCQT	JCQT
50 Free	31,29	34,84
100 Free	1:07,70	1:15,86
200 Free	2:27,08	2:43,47
400 Free	5:10,27	5:44,58
800 Free	10:38,25	
1500 Free	20:14,41	
50 Back	36,27	40,00
100 Back	1:17,87	1:26,79
200 Back	2:47,69	3:05,63
50 Breast	39,76	43,88
100 Breast	1:27,40	1:36,95
200 Breast	3:06,96	3:26,99
50 Fly	33,33	36,79
100 Fly	1:14,91	1:23,55
200 Fly	2:42,89	
200 IM	2:48,83	3:08,35
400 IM	5:58,99	
Women 16-16		
	WCQT	JCQT
50 Free	30,28	32,84
100 Free	1:05,52	1:13,16
200 Free	2:22,35	2:38,91
400 Free	5:00,30	5:36,17
800 Free	10:18,25	
1500 Free	19:36,35	
50 Back	35,13	39,09
100 Back	1:15,43	1:23,94
200 Back	2:42,46	3:00,77
50 Breast	38,50	42,88
100 Breast	1:24,30	1:33,88
200 Breast	3:01,08	3:21,64
50 Fly	32,29	35,95
100 Fly	1:12,56	1:20,78
200 Fly	2:37,85	
200 IM	2:43,50	3:03,50
400 IM	5:47,85	

Women 17 & Over		
	WCQT	JCQT
50 Free	31,08	33,64
100 Free	1:07,10	1:14,80
200 Free	2:27,60	2:42,10
400 Free	5:06,70	5:42,60
800 Free	10:31,10	
1500 Free	20:00,40	
50 Back	35,73	39,61
100 Back	1:16,60	1:25,10
200 Back	2:44,90	3:03,20
50 Breast	39,50	43,89
100 Breast	1:26,30	1:35,90
200 Breast	3:05,10	3:25,60
50 Fly	32,99	36,65
100 Fly	1:14,00	1:22,20
200 Fly	2:40,70	
200 IM	2:46,70	3:06,70
400 IM	5:54,20	
Men 10 & Under		
	WCQT	JCQT
50 Free	36,12	42,01
100 Free	1:19,60	1:32,80
200 Free	2:55,70	3:08,70
400 Free	6:00,10	6:57,10
50 Back	41,73	48,52
100 Back	1:30,30	1:45,00
200 Back	3:12,70	3:30,90
50 Breast	45,70	53,13
100 Breast	1:40,10	1:57,30
200 Breast	3:36,70	3:54,50
50 Fly	39,06	45,41
100 Fly	1:25,90	1:41,00
200 IM	3:15,30	3:33,90
Men 11-11		
	WCQT	JCQT
50 Free	36,12	41,49
100 Free	1:19,60	1:32,50
200 Free	2:55,70	3:08,70
400 Free	6:00,10	6:52,10
800 Free	12:44,50	
1500 Free	24:32,20	
50 Back	41,73	47,89
100 Back	1:30,30	1:44,60
200 Back	3:12,70	3:30,90
50 Breast	45,70	52,45
100 Breast	1:40,10	1:56,70
200 Breast	3:36,70	3:54,50
50 Fly	39,06	44,84
100 Fly	1:25,90	1:40,70
200 Fly	3:13,60	
200 IM	3:15,30	3:33,90
400 IM	7:02,20	
Men 12-12		
	WCQT	JCQT
50 Free	32,94	35,39
100 Free	1:12,70	1:19,00
200 Free	2:40,70	2:42,80
400 Free	5:41,10	5:54,10
800 Free	11:40,30	
1500 Free	22:28,50	
50 Back	37,76	40,96
100 Back	1:22,70	1:29,80
200 Back	3:00,10	3:13,00
50 Breast	41,85	44,84
100 Breast	1:32,40	1:39,90
200 Breast	3:20,20	3:31,10
50 Fly	35,77	38,35
100 Fly	1:19,60	1:26,20
200 Fly	2:57,50	
200 IM	3:01,40	3:16,50
400 IM	6:27,40	

Women 17 & Over		
	WCQT	JCQT
50 Free	30,28	32,84
100 Free	1:05,52	1:13,16
200 Free	2:22,35	2:38,91
400 Free	5:00,30	5:36,17
800 Free	10:18,25	
1500 Free	19:36,35	
50 Back	35,13	39,10
100 Back	1:15,43	1:23,95
200 Back	2:42,46	3:00,78
50 Breast	38,50	42,89
100 Breast	1:24,30	1:33,89
200 Breast	3:01,08	3:21,64
50 Fly	32,29	35,95
100 Fly	1:12,56	1:20,78
200 Fly	2:37,85	
200 IM	2:43,50	3:03,50
400 IM	5:47,85	
Men 10 & Under		
	WCQT	JCQT
50 Free	35,32	41,21
100 Free	1:17,97	1:31,16
200 Free	2:52,54	3:05,49
400 Free	5:53,70	6:50,68
50 Back	41,13	47,92
100 Back	1:29,10	1:43,79
200 Back	3:10,27	3:28,49
50 Breast	44,70	52,13
100 Breast	1:38,09	1:55,32
200 Breast	3:32,68	3:50,50
50 Fly	38,36	44,71
100 Fly	1:24,51	1:39,65
200 IM	3:12,08	3:30,70
Men 11-11		
	WCQT	JCQT
50 Free	35,32	40,69
100 Free	1:17,97	1:30,90
200 Free	2:52,54	3:05,49
400 Free	5:53,70	6:45,70
800 Free	12:31,74	
1500 Free	24:08,24	
50 Back	41,13	47,30
100 Back	1:29,10	1:43,35
200 Back	3:10,27	3:28,49
50 Breast	44,70	51,45
100 Breast	1:38,09	1:54,71
200 Breast	3:32,68	3:50,50
50 Fly	38,36	44,14
100 Fly	1:24,51	1:39,27
200 Fly	3:10,83	
200 IM	3:12,08	3:30,70
400 IM	6:55,83	
Men 12-12		
	WCQT	JCQT
50 Free	32,14	34,59
100 Free	1:11,14	1:17,43
200 Free	2:37,45	2:39,61
400 Free	5:34,69	5:47,66
800 Free	11:27,50	
1500 Free	22:04,49	
50 Back	37,16	40,36
100 Back	1:21,48	1:28,56
200 Back	2:57,68	3:10,63
50 Breast	40,85	43,84
100 Breast	1:30,40	1:37,94
200 Breast	3:16,24	3:27,10
50 Fly	35,07	37,65
100 Fly	1:18,18	1:24,82
200 Fly	2:54,71	
200 IM	2:58,25	3:13,28
400 IM	6:21,01	

Men 13-13		
	WCQT	JCQT
50 Free	32,94	35,39
100 Free	1:12,70	1:19,00
200 Free	2:40,70	2:42,80
400 Free	5:41,10	5:51,20
800 Free	11:40,30	
1500 Free	22:28,50	
50 Back	37,76	40,96
100 Back	1:22,70	1:29,80
200 Back	3:00,10	3:13,00
50 Breast	41,85	44,84
100 Breast	1:32,40	1:39,90
200 Breast	3:20,20	3:31,10
50 Fly	35,77	38,35
100 Fly	1:19,60	1:26,20
200 Fly	2:57,50	
200 IM	3:01,40	3:16,50
400 IM	6:27,40	
Men 14-14		
	WCQT	JCQT
50 Free	29,40	31,04
100 Free	1:04,90	1:08,40
200 Free	2:23,40	2:32,00
400 Free	5:04,50	5:30,50
800 Free	10:26,40	
1500 Free	20:06,10	
50 Back	34,19	36,01
100 Back	1:14,00	1:18,80
200 Back	2:41,10	2:50,40
50 Breast	37,44	39,41
100 Breast	1:22,70	1:28,00
200 Breast	2:59,20	3:09,40
50 Fly	32,00	33,72
100 Fly	1:11,20	1:15,90
200 Fly	2:45,70	
200 IM	2:42,20	2:52,80
400 IM	5:46,60	
Men 15-15		
	WCQT	JCQT
50 Free	29,40	31,04
100 Free	1:04,93	1:08,40
200 Free	2:23,40	2:32,00
400 Free	5:04,50	5:26,80
800 Free	10:26,40	
1500 Free	20:06,10	
50 Back	34,19	36,01
100 Back	1:14,00	1:18,80
200 Back	2:41,10	2:50,40
50 Breast	37,44	39,41
100 Breast	1:22,70	1:28,00
200 Breast	2:59,20	3:09,40
50 Fly	32,00	33,72
100 Fly	1:11,20	1:15,90
200 Fly	2:45,70	
200 IM	2:42,20	2:52,80
400 IM	5:46,60	

Men 13-13		
	WCQT	JCQT
50 Free	32,14	34,59
100 Free	1:11,14	1:17,43
200 Free	2:37,45	2:39,61
400 Free	5:34,69	5:44,79
800 Free	11:27,50	
1500 Free	22:04,49	
50 Back	37,16	40,36
100 Back	1:21,48	1:28,56
200 Back	2:57,68	3:10,63
50 Breast	40,85	43,84
100 Breast	1:30,40	1:37,94
200 Breast	3:16,24	3:27,10
50 Fly	35,07	37,65
100 Fly	1:18,18	1:24,82
200 Fly	2:54,71	
200 IM	2:58,25	3:13,28
400 IM	6:21,01	
Men 14-14		
	WCQT	JCQT
50 Free	28,60	30,24
100 Free	1:03,33	1:06,81
200 Free	2:20,20	2:28,77
400 Free	4:58,06	5:24,10
800 Free	10:13,58	
1500 Free	19:42,08	
50 Back	33,59	35,41
100 Back	1:12,78	1:17,62
200 Back	2:38,73	2:47,99
50 Breast	36,44	38,41
100 Breast	1:20,67	1:25,97
200 Breast	2:55,16	3:05,35
50 Fly	31,30	33,02
100 Fly	1:09,80	1:14,51
200 Fly	2:36,32	
200 IM	2:39,02	2:49,61
400 IM	5:40,19	
Men 15-15		
	WCQT	JCQT
50 Free	28,60	30,24
100 Free	1:03,33	1:06,81
200 Free	2:20,20	2:28,77
400 Free	4:58,06	5:20,39
800 Free	10:13,58	
1500 Free	19:42,08	
50 Back	33,59	35,41
100 Back	1:12,78	1:17,62
200 Back	2:38,73	2:47,99
50 Breast	36,44	38,41
100 Breast	1:20,67	1:25,97
200 Breast	2:55,16	3:05,35
50 Fly	31,30	33,02
100 Fly	1:09,80	1:14,51
200 Fly	2:36,32	
200 IM	2:39,02	2:49,61
400 IM	5:40,19	

Men 16-16		
	WCQT	JCQT
50 Free	28,08	30,29
100 Free	1:02,00	1:06,90
200 Free	2:16,90	2:29,90
400 Free	4:50,70	5:23,50
800 Free	9:58,70	
1500 Free	19:12,70	
50 Back	32,68	34,69
100 Back	1:10,70	1:16,20
200 Back	2:34,00	2:45,90
50 Breast	35,79	37,99
100 Breast	1:19,00	1:25,10
200 Breast	2:51,80	3:04,40
50 Fly	30,59	32,47
100 Fly	1:08,10	1:13,30
200 Fly	2:32,20	
200 IM	2:35,00	2:48,20
400 IM	5:31,70	
Men 17 & Over		
	WCQT	JCQT
50 Free	28,08	30,29
100 Free	1:02,00	1:06,90
200 Free	2:16,90	2:29,90
400 Free	4:50,70	5:23,50
800 Free	9:58,70	
1500 Free	19:12,70	
50 Back	32,68	34,69
100 Back	1:10,70	1:16,20
200 Back	2:34,00	2:45,90
50 Breast	35,79	37,99
100 Breast	1:19,00	1:25,10
200 Breast	2:51,80	3:04,40
50 Fly	30,59	32,47
100 Fly	1:08,10	1:13,30
200 Fly	2:32,20	
200 IM	2:35,00	2:48,20
400 IM	5:31,70	

Men 16-16		
	WCQT	JCQT
50 Free	27,28	29,49
100 Free	1:00,40	1:05,28
200 Free	2:13,73	2:26,67
400 Free	4:44,32	5:17,09
800 Free	9:45,89	
1500 Free	18:48,74	
50 Back	32,08	34,09
100 Back	1:09,52	1:14,95
200 Back	2:31,62	2:43,47
50 Breast	34,79	36,99
100 Breast	1:17,02	1:23,11
200 Breast	2:47,80	3:00,44
50 Fly	29,89	31,77
100 Fly	1:06,66	1:11,90
200 Fly	2:29,37	
200 IM	2:31,81	2:45,04
400 IM	5:25,26	
Men 17 & Over		
	WCQT	JCQT
50 Free	27,28	29,49
100 Free	1:00,40	1:05,28
200 Free	2:13,73	2:26,67
400 Free	4:44,32	5:17,09
800 Free	9:45,89	
1500 Free	18:48,74	
50 Back	32,08	34,09
100 Back	1:09,52	1:14,95
200 Back	2:31,62	2:43,47
50 Breast	34,79	36,99
100 Breast	1:17,02	1:23,11
200 Breast	2:47,80	3:00,44
50 Fly	29,89	31,77
100 Fly	1:06,66	1:11,90
200 Fly	2:29,37	
200 IM	2:31,81	2:45,04
400 IM	5:25,26	