

**WCACHAMP STANDARDS A Long Course Meters**

**Women 10 & Under**

	<b>A</b>	<b>B</b>
50 Free	36.52	39.72
100 Free	1:20.00	1:32.45
200 Free	2:53.64	3:38.24
400 Free	6:04.17	6:42.78
50 Back	44.09	49.07
100 Back	1:33.79	1:49.00
200 Back	3:22.16	4:06.28
50 Breast	47.66	54.88
100 Breast	1:44.82	2:02.92
200 Breast	3:44.82	4:35.10
50 Fly	41.16	55.00
100 Fly	1:32.98	2:15.50
200 IM	3:24.95	4:04.06

**Women 11-11**

	<b>A</b>	<b>B</b>
50 Free	36.52	38.20
100 Free	1:20.00	1:26.18
200 Free	2:53.64	3:21.03
400 Free	6:04.17	6:42.78
800 Free	12:08.63	
1500 Free	23:06.38	
50 Back	44.09	46.16
100 Back	1:33.79	1:40.81
200 Back	3:22.16	3:49.73
50 Breast	47.66	51.65
100 Breast	1:44.82	1:54.00
200 Breast	3:44.82	4:22.43
50 Fly	41.16	50.09
100 Fly	1:32.98	2:01.25
200 Fly	3:03.49	
200 IM	3:24.95	3:40.94
400 IM	6:49.03	

**Women 12-12**

	<b>A</b>	<b>B</b>
50 Free	34.09	35.63
100 Free	1:14.45	1:21.23
200 Free	2:42.57	2:59.36
400 Free	6:01.52	6:29.41
800 Free	11:33.54	
1500 Free	22:19.16	
50 Back	40.76	43.10
100 Back	1:26.31	1:33.79
200 Back	3:07.56	3:36.11
50 Breast	44.84	48.09
100 Breast	1:38.03	1:46.23
200 Breast	3:32.55	4:07.33
50 Fly	37.61	44.01

**WCACHAMP STANDARDS A Long Course Meters**

100 Fly	1:32.69	1:55.16
200 Fly	2:54.76	
200 IM	3:07.16	3:30.20
400 IM	6:29.52	

**Women 13-13**

	<b>A</b>	<b>B</b>
50 Free	33.99	34.09
100 Free	1:14.45	1:17.85
200 Free	2:42.57	2:51.14
400 Free	6:01.52	6:24.74
800 Free	11:33.54	
1500 Free	22:19.16	
50 Back	40.76	41.56
100 Back	1:26.31	1:29.86
200 Back	3:07.56	3:22.76
50 Breast	44.84	46.79
100 Breast	1:38.03	1:44.22
200 Breast	3:32.55	3:58.84
50 Fly	37.61	40.11
100 Fly	1:32.69	1:38.84
200 Fly	2:54.76	
200 IM	3:07.16	3:17.35
400 IM	6:29.52	

**Women 14-14**

	<b>A</b>	<b>B</b>
50 Free	31.55	33.76
100 Free	1:08.51	1:16.08
200 Free	2:30.95	2:50.74
400 Free	5:26.70	5:48.51
800 Free	10:38.00	
1500 Free	20:13.93	
50 Back	37.72	41.11
100 Back	1:20.01	1:28.94
200 Back	2:53.42	3:21.86
50 Breast	41.65	46.48
100 Breast	1:31.00	1:43.34
200 Breast	3:17.27	3:51.41
50 Fly	33.61	39.82
100 Fly	1:19.14	1:38.09
200 Fly	2:41.17	
200 IM	2:54.12	3:12.78
400 IM	6:04.21	

**Women 15-15**

	<b>A</b>	<b>B</b>
50 Free	31.55	33.63
100 Free	1:08.51	1:15.21
200 Free	2:30.95	2:50.34
400 Free	5:26.70	5:44.42
800 Free	10:38.00	

**WCACHAMP STANDARDS A Long Course Meters**

1500 Free	20:13.93	
50 Back	37.72	41.01
100 Back	1:20.01	1:28.72
200 Back	2:53.42	3:21.27
50 Breast	41.65	46.35
100 Breast	1:31.00	1:42.91
200 Breast	3:17.27	3:50.68
50 Fly	33.61	39.31
100 Fly	1:19.14	1:37.73
200 Fly	2:41.17	
200 IM	2:54.12	3:12.10
400 IM	6:04.21	

**Women 16 & Over**

	<b>A</b>	<b>B</b>
50 Free	30.92	33.50
100 Free	1:07.23	1:14.45
200 Free	2:28.01	2:49.90
400 Free	5:22.44	5:36.04
800 Free	10:18.00	
1500 Free	19:35.88	
50 Back	37.28	40.91
100 Back	1:18.67	1:28.50
200 Back	2:51.84	3:20.69
50 Breast	40.87	46.23
100 Breast	1:29.33	1:42.63
200 Breast	3:13.54	3:49.96
50 Fly	32.49	39.10
100 Fly	1:16.32	1:37.37
200 Fly	2:48.61	
200 IM	2:52.62	3:11.65
400 IM	5:47.71	

**Men 10 & Under**

	<b>A</b>	<b>B</b>
50 Free	36.18	38.93
100 Free	1:20.29	1:31.13
200 Free	2:56.50	3:39.00
400 Free	6:20.81	6:50.51
50 Back	43.56	48.57
100 Back	1:35.44	1:48.69
200 Back	3:27.02	3:59.54
50 Breast	50.09	55.36
100 Breast	1:49.80	2:04.72
200 Breast	4:02.23	4:49.31
50 Fly	41.54	53.01
100 Fly	1:32.25	2:15.94
200 IM	3:29.55	3:55.80

**Men 11-11**

	<b>A</b>	<b>B</b>
50 Free	36.18	37.05

**WCACHAMP STANDARDS A Long Course Meters**

100 Free	1:20.29	1:26.57
200 Free	2:56.50	3:35.53
400 Free	6:20.81	6:45.51
800 Free	12:31.41	
1500 Free	24:07.67	
50 Back	43.56	47.23
100 Back	1:35.44	1:47.05
200 Back	3:27.02	3:54.30
50 Breast	50.09	54.00
100 Breast	1:49.80	2:01.74
200 Breast	4:02.23	4:35.50
50 Fly	41.54	50.00
100 Fly	1:32.25	1:58.00
200 Fly	3:08.81	
200 IM	3:29.55	3:45.04
400 IM	6:51.67	

**Men 12-12**

	<b>A</b>	<b>B</b>
50 Free	33.23	35.12
100 Free	1:12.15	1:18.95
200 Free	2:45.29	3:08.68
400 Free	5:40.91	5:47.52
800 Free	11:27.23	
1500 Free	22:03.96	
50 Back	38.60	43.29
100 Back	1:24.71	1:35.45
200 Back	3:02.67	3:41.50
50 Breast	43.31	49.51
100 Breast	1:35.69	1:50.34
200 Breast	3:27.54	4:13.00
50 Fly	36.77	45.28
100 Fly	1:26.78	1:51.25
200 Fly	2:52.85	
200 IM	3:02.19	3:23.04
400 IM	6:20.86	

**Men 13-13**

	<b>A</b>	<b>B</b>
50 Free	32.35	33.23
100 Free	1:12.15	1:12.51
200 Free	2:45.29	2:47.45
400 Free	5:40.91	5:44.66
800 Free	11:27.23	
1500 Free	22:03.96	
50 Back	38.60	41.11
100 Back	1:24.71	1:30.72
200 Back	3:02.67	3:31.11
50 Breast	43.31	45.79
100 Breast	1:35.69	1:42.28
200 Breast	3:27.54	3:56.69
50 Fly	36.77	39.52
100 Fly	1:26.78	1:42.28

**WCACHAMP STANDARDS A Long Course Meters**

200 Fly	2:52.85	
200 IM	3:02.19	3:03.96
400 IM	6:20.86	

**Men 14-14**

	<b>A</b>	<b>B</b>
50 Free	28.86	30.26
100 Free	1:03.40	1:08.27
200 Free	2:22.08	2:37.43
400 Free	5:21.74	5:23.97
800 Free	10:13.33	
1500 Free	19:41.61	
50 Back	34.64	38.22
100 Back	1:15.05	1:27.37
200 Back	2:46.27	3:22.03
50 Breast	39.71	44.15
100 Breast	1:26.94	1:39.82
200 Breast	3:12.96	3:48.78
50 Fly	31.90	36.19
100 Fly	1:13.46	1:33.70
200 Fly	3:32.87	
200 IM	2:41.00	2:55.30
400 IM	5:40.05	

**Men 15-15**

	<b>A</b>	<b>B</b>
50 Free	28.86	28.92
100 Free	1:03.40	1:06.16
200 Free	2:22.08	2:33.22
400 Free	5:20.24	5:21.74
800 Free	10:13.33	
1500 Free	19:41.61	
50 Back	34.64	36.21
100 Back	1:15.05	1:23.62
200 Back	2:46.27	3:04.04
50 Breast	39.71	40.04
100 Breast	1:26.94	1:31.25
200 Breast	3:12.96	3:38.27
50 Fly	31.90	33.45
100 Fly	1:13.46	1:21.91
200 Fly	3:32.87	
200 IM	2:41.00	2:47.55
400 IM	5:40.05	

**Men 16 & Over**

	<b>A</b>	<b>B</b>
50 Free	26.63	28.26
100 Free	58.90	1:05.47
200 Free	2:10.27	2:31.20
400 Free	5:04.64	5:16.96
800 Free	9:45.66	
1500 Free	18:48.29	

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**WCACHAMP STANDARDS A Long Course Meters**

50 Back	31.93	35.58
100 Back	1:07.44	1:22.58
200 Back	2:38.06	3:03.74
50 Breast	36.21	39.95
100 Breast	1:19.74	1:31.03
200 Breast	2:54.16	3:34.57
50 Fly	29.67	33.16
100 Fly	1:12.67	1:20.48
200 Fly	2:38.09	
200 IM	2:25.60	2:45.64
400 IM	5:25.13	

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**WCACHAMP STANDARDS A Short Course Meters**

**Women 10 & Under**

	<b>A</b>	<b>B</b>
50 Free	35.72	38.92
100 Free	1:18.40	1:30.85
200 Free	2:50.44	3:35.04
400 Free	5:57.77	6:36.38
50 Back	43.49	48.47
100 Back	1:32.59	1:47.80
200 Back	3:19.76	4:03.88
50 Breast	46.66	53.88
100 Breast	1:42.82	2:00.92
200 Breast	3:40.82	4:31.10
50 Fly	40.46	54.30
100 Fly	1:31.58	2:14.10
200 IM	3:21.75	4:00.86

**Women 11-11**

	<b>A</b>	<b>B</b>
50 Free	35.72	37.40
100 Free	1:18.40	1:24.58
200 Free	2:50.44	3:17.83
400 Free	5:57.77	6:36.38
800 Free	11:55.83	
1500 Free	22:42.38	
50 Back	43.49	45.56
100 Back	1:32.59	1:39.61
200 Back	3:19.76	3:47.33
50 Breast	46.66	50.65
100 Breast	1:42.82	1:52.00
200 Breast	3:40.82	4:18.43
50 Fly	40.46	49.39
100 Fly	1:31.58	1:59.85
200 Fly	3:00.69	
200 IM	3:21.75	3:37.74
400 IM	6:42.63	

**Women 12-12**

	<b>A</b>	<b>B</b>
50 Free	33.29	34.83
100 Free	1:12.85	1:19.63
200 Free	2:39.37	2:56.16
400 Free	5:55.12	6:23.01
800 Free	11:20.74	
1500 Free	21:55.16	
50 Back	40.16	42.50
100 Back	1:25.11	1:32.59
200 Back	3:05.16	3:33.71
50 Breast	43.84	47.09
100 Breast	1:36.03	1:44.23
200 Breast	3:28.55	4:03.33
50 Fly	36.91	43.31

**WCACHAMP STANDARDS A Short Course Meters**

100 Fly	1:31.29	1:53.76
200 Fly	2:51.96	
200 IM	3:03.96	3:27.00
400 IM	6:23.12	

**Women 13-13**

	<b>A</b>	<b>B</b>
50 Free	33.19	33.26
100 Free	1:12.85	1:16.25
200 Free	2:39.37	2:47.94
400 Free	5:55.12	6:18.34
800 Free	11:20.74	
1500 Free	21:55.16	
50 Back	40.16	40.96
100 Back	1:25.11	1:28.66
200 Back	3:05.16	3:20.36
50 Breast	43.84	45.79
100 Breast	1:36.03	1:42.22
200 Breast	3:28.55	3:54.84
50 Fly	36.91	39.41
100 Fly	1:31.29	1:37.44
200 Fly	2:51.96	
200 IM	3:03.96	3:14.15
400 IM	6:23.12	

**Women 14-14**

	<b>A</b>	<b>B</b>
50 Free	30.75	32.96
100 Free	1:06.91	1:14.48
200 Free	2:27.75	2:47.54
400 Free	5:20.30	5:42.11
800 Free	10:25.20	
1500 Free	19:49.93	
50 Back	37.12	40.51
100 Back	1:18.81	1:27.74
200 Back	2:51.02	3:19.46
50 Breast	40.65	45.48
100 Breast	1:29.00	1:41.34
200 Breast	3:13.27	3:47.41
50 Fly	32.91	39.12
100 Fly	1:17.74	1:36.69
200 Fly	2:38.37	
200 IM	2:50.92	3:09.58
400 IM	5:57.81	

**Women 15-15**

	<b>A</b>	<b>B</b>
50 Free	30.75	32.83
100 Free	1:06.91	1:13.61
200 Free	2:27.75	2:47.14
400 Free	5:20.30	5:38.02
800 Free	10:25.20	

**WCACHAMP STANDARDS A Short Course Meters**

1500 Free	19:49.93	
50 Back	37.12	40.41
100 Back	1:18.81	1:27.52
200 Back	2:51.02	3:18.87
50 Breast	40.65	45.35
100 Breast	1:29.00	1:40.91
200 Breast	3:13.27	3:46.68
50 Fly	32.91	38.61
100 Fly	1:17.74	1:36.33
200 Fly	2:38.37	
200 IM	2:50.92	3:08.90
400 IM	5:57.81	

**Women 16 & Over**

	<b>A</b>	<b>B</b>
50 Free	30.12	32.70
100 Free	1:05.63	1:12.85
200 Free	2:24.81	2:46.70
400 Free	5:16.04	5:29.64
800 Free	10:05.20	
1500 Free	19:11.88	
50 Back	36.68	40.31
100 Back	1:17.47	1:27.30
200 Back	2:49.44	3:18.29
50 Breast	39.87	45.23
100 Breast	1:27.33	1:40.63
200 Breast	3:09.54	3:45.96
50 Fly	31.79	38.40
100 Fly	1:14.92	1:35.97
200 Fly	2:45.81	
200 IM	2:49.42	3:08.45
400 IM	5:41.31	

**Men 10 & Under**

	<b>A</b>	<b>B</b>
50 Free	35.38	38.13
100 Free	1:18.69	1:29.53
200 Free	2:53.30	3:35.80
400 Free	6:14.41	6:44.11
50 Back	42.96	47.97
100 Back	1:34.24	1:47.49
200 Back	3:24.62	3:57.14
50 Breast	49.09	54.36
100 Breast	1:47.80	2:02.72
200 Breast	3:58.23	4:45.31
50 Fly	40.84	52.31
100 Fly	1:30.85	2:14.54
200 IM	3:26.35	3:52.60

**Men 11-11**

	<b>A</b>	<b>B</b>
50 Free	35.38	36.25

**WCACHAMP STANDARDS A Short Course Meters**

100 Free	1:18.69	1:24.97
200 Free	2:53.30	3:32.33
400 Free	6:14.41	6:39.11
800 Free	12:18.61	
1500 Free	23:43.67	
50 Back	42.96	46.63
100 Back	1:34.24	1:45.85
200 Back	3:24.62	3:51.90
50 Breast	49.09	53.00
100 Breast	1:47.80	1:59.74
200 Breast	3:58.23	4:31.50
50 Fly	40.84	49.30
100 Fly	1:30.85	1:56.60
200 Fly	3:06.01	
200 IM	3:26.35	3:41.84
400 IM	6:45.27	

**Men 12-12**

	A	B
50 Free	32.43	34.32
100 Free	1:10.55	1:17.35
200 Free	2:42.09	3:05.48
400 Free	5:34.51	5:41.12
800 Free	11:14.43	
1500 Free	21:39.96	
50 Back	38.00	42.69
100 Back	1:23.51	1:34.25
200 Back	3:00.27	3:39.10
50 Breast	42.31	48.51
100 Breast	1:33.69	1:48.34
200 Breast	3:23.54	4:09.00
50 Fly	36.07	44.58
100 Fly	1:25.38	1:49.85
200 Fly	2:50.05	
200 IM	2:58.99	3:19.84
400 IM	6:14.46	

**Men 13-13**

	A	B
50 Free	31.55	32.43
100 Free	1:10.55	1:10.91
200 Free	2:42.09	2:44.25
400 Free	5:34.51	5:38.26
800 Free	11:14.43	
1500 Free	21:39.96	
50 Back	38.00	40.51
100 Back	1:23.51	1:29.52
200 Back	3:00.27	3:28.71
50 Breast	42.31	44.79
100 Breast	1:33.69	1:40.28
200 Breast	3:23.54	3:52.69
50 Fly	36.07	38.82
100 Fly	1:25.38	1:40.88

**WCACHAMP STANDARDS A Short Course Meters**

200 Fly	2:50.05	
200 IM	2:58.99	3:00.76
400 IM	6:14.46	

**Men 14-14**

	<b>A</b>	<b>B</b>
50 Free	28.06	29.46
100 Free	1:01.80	1:06.67
200 Free	2:18.88	2:34.23
400 Free	5:15.34	5:17.57
800 Free	10:00.53	
1500 Free	19:17.61	
50 Back	34.04	37.62
100 Back	1:13.85	1:26.17
200 Back	2:43.87	3:19.63
50 Breast	38.71	43.15
100 Breast	1:24.94	1:37.82
200 Breast	3:08.96	3:44.78
50 Fly	31.20	35.49
100 Fly	1:12.06	1:32.30
200 Fly	2:30.07	
200 IM	2:37.80	2:52.10
400 IM	5:33.65	

**Men 15-15**

	<b>A</b>	<b>B</b>
50 Free	28.06	28.12
100 Free	1:01.80	1:04.56
200 Free	2:18.88	2:30.02
400 Free	5:13.84	5:15.34
800 Free	10:00.53	
1500 Free	19:17.61	
50 Back	34.04	35.61
100 Back	1:13.85	1:22.42
200 Back	2:43.87	3:01.64
50 Breast	38.71	39.04
100 Breast	1:24.94	1:29.25
200 Breast	3:08.96	3:34.27
50 Fly	31.20	32.75
100 Fly	1:12.06	1:20.51
200 Fly	3:30.07	
200 IM	2:37.80	2:44.35
400 IM	5:33.65	

**Men 16 & Over**

	<b>A</b>	<b>B</b>
50 Free	25.83	27.46
100 Free	57.30	1:03.87
200 Free	2:07.07	2:28.00
400 Free	4:58.24	5:10.56
800 Free	9:32.86	
1500 Free	18:24.29	

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**WCACHAMP STANDARDS A Short Course Meters**

50 Back	31.33	34.98
100 Back	1:06.24	1:21.38
200 Back	2:35.66	3:01.34
50 Breast	35.21	38.95
100 Breast	1:17.74	1:29.03
200 Breast	2:50.16	3:30.57
50 Fly	28.97	32.46
100 Fly	1:11.27	1:19.08
200 Fly	2:35.29	
200 IM	2:22.40	2:42.44
400 IM	5:18.73	

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