
SANJ STANDARDS Sa National Jnr Long Course Meters**Women 12-12****SANJ**

50 Free	
100 Free	1:08.51
200 Free	2:29.68
400 Free	5:13.28
800 Free	10:08.77
1500 Free	20:19.52
50 Back	
100 Back	1:18.13
200 Back	2:47.41
50 Breast	
100 Breast	1:27.03
200 Breast	3:08.80
50 Fly	
100 Fly	1:15.29
200 Fly	2:45.32
200 IM	2:51.17
400 IM	6:01.50

Women 13-13**SANJ**

50 Free	
100 Free	1:04.93
200 Free	2:21.87
400 Free	4:56.93
800 Free	10:08.77
1500 Free	20:19.52
50 Back	
100 Back	1:14.57
200 Back	2:39.79
50 Breast	
100 Breast	1:23.07
200 Breast	3:00.20
50 Fly	
100 Fly	1:11.87
200 Fly	2:37.79
200 IM	2:43.38
400 IM	5:45.05

Women 14-14**SANJ**

50 Free	
100 Free	1:02.73
200 Free	2:17.06
400 Free	4:46.87
800 Free	10:08.77
1500 Free	20:19.52
50 Back	
100 Back	1:12.05
200 Back	2:34.38
50 Breast	
100 Breast	1:20.26
200 Breast	2:54.11
50 Fly	

SANJ STANDARDS Sa National Jnr Long Course Meters

100 Fly	1:09.44
200 Fly	2:32.46
200 IM	2:37.85
400 IM	5:33.38

Women 15-15

SANJ

50 Free	
100 Free	1:02.36
200 Free	2:16.26
400 Free	4:45.18
800 Free	9:44.69
1500 Free	18:46.44
50 Back	
100 Back	1:11.59
200 Back	2:33.39
50 Breast	
100 Breast	1:19.74
200 Breast	2:52.99
50 Fly	
100 Fly	1:08.99
200 Fly	2:31.47
200 IM	2:36.83
400 IM	5:31.23

Women 16-16

SANJ

50 Free	
100 Free	1:01.65
200 Free	2:14.70
400 Free	4:41.92
800 Free	9:44.69
1500 Free	18:46.44
50 Back	
100 Back	1:10.26
200 Back	2:30.55
50 Breast	
100 Breast	1:18.27
200 Breast	2:49.78
50 Fly	
100 Fly	1:07.71
200 Fly	2:28.67
200 IM	2:33.93
400 IM	5:25.09

Men 12-12

SANJ

50 Free	
100 Free	1:06.56
200 Free	2:24.73
400 Free	5:12.27
800 Free	10:13.62
1500 Free	19:42.15
50 Back	
100 Back	1:15.80
200 Back	2:43.62

SANJ STANDARDS Sa National Jnr Long Course Meters

50 Breast	
100 Breast	1:23.15
200 Breast	3:04.38
50 Fly	
100 Fly	1:12.36
200 Fly	2:41.88
200 IM	2:46.66
400 IM	5:56.49

Men 13-13

SANJ

50 Free	
100 Free	1:03.66
200 Free	2:18.43
400 Free	4:58.68
800 Free	10:13.62
1500 Free	19:42.15
50 Back	
100 Back	1:11.58
200 Back	2:34.51
50 Breast	
100 Breast	1:18.52
200 Breast	2:54.12
50 Fly	
100 Fly	1:08.34
200 Fly	2:32.87
200 IM	2:37.39
400 IM	5:36.64

Men 14-14

SANJ

50 Free	
100 Free	58.33
200 Free	2:06.84
400 Free	4:33.66
800 Free	10:13.62
1500 Free	19:42.15
50 Back	
100 Back	1:07.16
200 Back	2:24.98
50 Breast	
100 Breast	1:13.68
200 Breast	2:43.38
50 Fly	
100 Fly	1:04.12
200 Fly	2:23.44
200 IM	2:27.67
400 IM	5:15.87

Men 15-15

SANJ

50 Free	
100 Free	57.25
200 Free	2:02.49
400 Free	4:28.60
800 Free	9:13.44

SANJ STANDARDS Sa National Jnr Long Course Meters

1500 Free	17:43.09
50 Back	
100 Back	1:05.76
200 Back	2:21.96
50 Breast	
100 Breast	1:12.14
200 Breast	2:39.97
50 Fly	
100 Fly	1:02.78
200 Fly	2:20.45
200 IM	2:24.60
400 IM	5:09.29

Men 16-16

SANJ

50 Free	
100 Free	55.93
200 Free	2:01.61
400 Free	4:22.38
800 Free	9:13.44
1500 Free	17:43.09
50 Back	
100 Back	1:03.28
200 Back	2:16.60
50 Breast	
100 Breast	1:09.42
200 Breast	2:33.93
50 Fly	
100 Fly	1:00.41
200 Fly	2:15.14
200 IM	2:19.14
400 IM	4:57.61
