

SA Senior National Standards Long Course Meters

		Women	Men
50m	Freestyle	27.11	23.89
100m	Freestyle	59.49	53.60
200m	Freestyle	2:09.11	1:56.56
400m	Freestyle	4:30.90	4:11.49
800m	Freestyle	9:14.02	8:36.68
1500m	Freestyle	17:37.65	16:35.41
50m	Backstroke	31.73	28.19
100m	Backstroke	1:08.15	1:00.80
200m	Backstroke	2:25.49	2:11.25
50m	Breaststroke	34.57	30.98
100m	Breaststroke	1:15.46	1:06.99
200m	Breaststroke	2:43.14	2:28.95
50m	Butterfly	28.65	26.30
100m	Butterfly	1:05.06	58.42
200m	Butterfly	2:22.85	2:10.77
200m	IM	2:27.90	2:13.69
400m	IM	5:12.37	4:45.96

SA Youth Nationals Standards Long Course Meters

		Women	Men
50m	Freestyle	28.29	24.93
100m	Freestyle	1:02.07	55.93
200m	Freestyle	2:14.70	2:01.61
400m	Freestyle	4:41.92	4:22.38
800m	Freestyle	9:38.01	8:59.05
1500m	Freestyle	18:23.44	17:18.51
100m	Backstroke	1:10.93	1:03.28
200m	Backstroke	2:31.41	2:16.60
100m	Breaststroke	1:18.54	1:09.72
200m	Breaststroke	2:49.78	2:35.01
100m	Butterfly	1:07.71	1:00.80
200m	Butterfly	2:28.67	2:16.10
200m	IM	2:33.95	2:19.13
400m	IM	5:25.09	4:57.61