

Suggested SHORT COURSE METRES Standards

2013 - 2106 quadrennium

GIRLS

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:32.49	0:31.19	0:29.89	0:28.49
50 Breast	0:41.39	0:39.69	0:37.89	0:36.19
50 Fly	0:35.29	0:33.79	0:32.39	0:30.89
50 Back	0:36.79	0:35.19	0:33.69	0:32.19
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:31.09	0:29.79	0:28.59	0:27.29
50 Breast	0:39.49	0:37.69	0:35.79	0:34.09
50 Fly	0:33.79	0:32.29	0:30.79	0:29.09
50 Back	0:33.99	0:32.49	0:30.89	0:29.29
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:30.59	0:29.29	0:28.09	0:26.79
50 Breast	0:38.39	0:36.59	0:34.79	0:33.09
50 Fly	0:32.89	0:31.39	0:29.99	0:28.39
50 Back	0:32.99	0:31.39	0:29.89	0:28.49
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:30.29	0:29.09	0:27.79	0:26.59
50 Breast	0:38.19	0:36.39	0:34.49	0:32.99
50 Fly	0:32.59	0:31.09	0:29.49	0:27.89
50 Back	0:32.69	0:31.19	0:29.59	0:28.29

BOYS

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:31.29	0:29.99	0:28.69	0:27.39
50 Breast	0:40.79	0:38.89	0:36.99	0:34.99
50 Fly	0:34.99	0:33.39	0:31.69	0:29.99
50 Back	0:36.59	0:34.89	0:33.29	0:31.59
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:28.79	0:27.59	0:26.39	0:25.19
50 Breast	0:36.29	0:34.59	0:32.89	0:31.19
50 Fly	0:30.89	0:29.79	0:28.29	0:26.89
50 Back	0:31.89	0:30.39	0:28.89	0:27.49
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:27.39	0:26.29	0:25.19	0:23.99
50 Breast	0:34.49	0:32.89	0:31.39	0:29.69
50 Fly	0:29.59	0:27.89	0:26.89	0:25.49
50 Back	0:30.49	0:28.89	0:27.69	0:25.99
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:26.79	0:25.69	0:24.59	0:23.49
50 Breast	0:33.79	0:32.09	0:30.69	0:28.99
50 Fly	0:28.69	0:27.49	0:26.59	0:24.69
50 Back	0:29.19	0:27.79	0:26.69	0:25.09

Suggested LONG COURSE METRES Standards

2013 - 2016 quadrennium

GIRLS

BOYS

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:33.39	0:31.99	0:30.69	0:29.29
50 Breast	0:42.09	0:40.39	0:38.59	0:36.89
50 Fly	0:35.79	0:34.29	0:32.79	0:31.29
50 Back	0:38.49	0:36.89	0:35.29	0:33.69
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:32.19	0:30.89	0:29.49	0:28.19
50 Breast	0:41.19	0:39.29	0:37.49	0:36.09
50 Fly	0:34.59	0:33.19	0:31.39	0:29.79
50 Back	0:35.29	0:33.69	0:32.09	0:30.39
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:31.69	0:30.39	0:29.09	0:27.69
50 Breast	0:40.09	0:38.19	0:36.59	0:34.49
50 Fly	0:33.39	0:31.79	0:30.39	0:28.79
50 Back	0:34.49	0:32.89	0:31.29	0:29.79
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:31.49	0:30.19	0:28.89	0:27.59
50 Breast	0:39.19	0:37.49	0:35.79	0:33.99
50 Fly	0:32.99	0:31.39	0:29.99	0:28.39
50 Back	0:34.69	0:33.09	0:31.59	0:29.99

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:32.49	0:31.09	0:29.79	0:28.39
50 Breast	0:41.99	0:40.09	0:38.09	0:36.19
50 Fly	0:35.89	0:34.09	0:32.39	0:30.69
50 Back	0:37.99	0:36.29	0:34.59	0:32.89
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:29.49	0:28.29	0:27.09	0:25.79
50 Breast	0:37.29	0:35.59	0:33.89	0:32.19
50 Fly	0:31.79	0:30.59	0:28.89	0:27.59
50 Back	0:33.59	0:31.99	0:30.59	0:28.89
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:27.89	0:26.79	0:25.59	0:24.39
50 Breast	0:35.99	0:34.29	0:32.59	0:30.89
50 Fly	0:30.19	0:28.69	0:27.39	0:25.99
50 Back	0:31.69	0:30.29	0:28.79	0:27.39
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:27.99	0:26.79	0:25.69	0:24.49
50 Breast	0:35.69	0:33.99	0:32.29	0:30.59
50 Fly	0:29.59	0:28.29	0:26.89	0:25.39
50 Back	0:30.99	0:29.39	0:27.99	0:26.59

Suggested SHORT COURSE YARDS Standards

2013 - 2106 quadrennium

GIRLS

BOYS

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:29.39	0:28.19	0:26.99	0:25.79
50 Breast	0:37.49	0:35.89	0:34.29	0:32.79
50 Fly	0:31.89	0:30.59	0:29.29	0:27.99
50 Back	0:33.29	0:31.89	0:30.49	0:29.09
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:28.19	0:26.99	0:25.79	0:24.69
50 Breast	0:35.29	0:33.69	0:32.09	0:30.49
50 Fly	0:30.29	0:28.99	0:27.69	0:26.39
50 Back	0:30.49	0:29.09	0:27.69	0:26.29
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:27.69	0:26.59	0:25.39	0:24.29
50 Breast	0:34.39	0:32.79	0:31.19	0:29.59
50 Fly	0:29.39	0:28.09	0:26.69	0:25.39
50 Back	0:29.59	0:28.19	0:26.79	0:25.39
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:27.49	0:26.29	0:25.19	0:23.99
50 Breast	0:34.19	0:32.59	0:30.99	0:29.39
50 Fly	0:29.09	0:27.69	0:26.39	0:24.99
50 Back	0:29.29	0:27.99	0:26.59	0:25.19

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:28.39	0:27.19	0:25.99	0:24.79
50 Breast	0:36.89	0:35.19	0:33.39	0:31.69
50 Fly	0:31.69	0:30.19	0:28.69	0:27.19
50 Back	0:33.09	0:31.59	0:30.09	0:28.59
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:25.99	0:24.89	0:23.89	0:22.79
50 Breast	0:32.39	0:30.89	0:29.59	0:27.99
50 Fly	0:27.89	0:26.69	0:25.29	0:23.89
50 Back	0:28.59	0:27.19	0:25.89	0:24.59
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:24.79	0:23.79	0:22.79	0:21.69
50 Breast	0:30.89	0:29.49	0:27.99	0:26.49
50 Fly	0:26.49	0:25.29	0:23.99	0:22.79
50 Back	0:26.99	0:25.79	0:24.49	0:23.29
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
50 Free	0:24.29	0:23.29	0:22.29	0:21.29
50 Breast	0:30.29	0:28.89	0:27.39	0:25.99
50 Fly	0:25.69	0:24.49	0:23.29	0:22.09
50 Back	0:26.09	0:24.89	0:23.49	0:22.39