

Approved SHORT COURSE METRES Standards

2017 - 2020 Quadrennium

GIRLS

BOYS

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	32.19	30.89	29.59	28.29
<b>50 Breast</b>	40.79	39.09	37.39	35.69
<b>50 Fly</b>	34.79	33.39	31.89	30.49
<b>50 Back</b>	36.29	34.79	33.29	31.79
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	30.89	29.59	28.39	27.09
<b>50 Breast</b>	38.89	37.09	35.29	33.59
<b>50 Fly</b>	33.29	31.89	30.29	28.69
<b>50 Back</b>	33.49	32.09	30.39	28.89
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	30.39	29.09	27.89	26.59
<b>50 Breast</b>	37.79	35.99	34.29	32.59
<b>50 Fly</b>	32.39	30.99	29.49	27.99
<b>50 Back</b>	32.49	31.19	29.59	28.09
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	29.79	28.59	27.29	26.09
<b>50 Breast</b>	37.59	35.79	33.99	32.49
<b>50 Fly</b>	32.09	30.69	28.99	27.49
<b>50 Back</b>	32.19	30.79	29.09	27.89

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	30.89	29.59	28.29	26.99
<b>50 Breast</b>	39.99	38.09	36.19	34.39
<b>50 Fly</b>	34.49	32.79	31.19	29.59
<b>50 Back</b>	35.69	34.09	32.49	30.89
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	28.39	27.29	26.09	24.89
<b>50 Breast</b>	35.49	33.79	32.09	30.59
<b>50 Fly</b>	30.39	28.79	27.79	26.49
<b>50 Back</b>	30.99	29.59	28.09	26.79
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	27.39	26.19	25.09	23.89
<b>50 Breast</b>	33.69	32.09	30.59	29.09
<b>50 Fly</b>	29.09	27.39	26.39	25.09
<b>50 Back</b>	29.59	28.09	26.89	25.29
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	26.49	25.39	24.29	23.19
<b>50 Breast</b>	32.99	31.29	29.89	28.29
<b>50 Fly</b>	28.19	26.49	26.09	24.29
<b>50 Back</b>	28.29	26.99	26.29	24.39

Approved LONG COURSE METRES Standards

2017 - 2020 Quadrennium

GIRLS

BOYS

	<u>11 &amp; 12</u>					<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>		<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	33.19	31.79	30.49	29.19		32.09	30.69	29.39	28.09
<b>50 Breast</b>	41.99	40.19	38.49	36.69		41.59	39.59	37.69	35.69
<b>50 Fly</b>	35.39	33.89	32.49	30.99		35.29	33.69	31.99	30.29
<b>50 Back</b>	37.99	36.39	34.79	33.29		37.49	35.79	34.09	32.29
	<u>13 &amp; 14</u>					<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>		<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	31.99	30.69	29.29	27.99		29.49	28.29	27.09	25.79
<b>50 Breast</b>	41.09	39.09	37.39	35.89		36.89	35.09	33.49	31.69
<b>50 Fly</b>	34.19	32.79	31.09	29.49		31.19	30.19	28.49	27.19
<b>50 Back</b>	34.79	33.19	31.59	29.99		33.09	31.49	30.09	28.39
	<u>15 &amp; 16</u>					<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>		<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	31.19	29.89	28.59	27.29		27.89	26.79	25.59	24.39
<b>50 Breast</b>	39.99	37.99	36.49	34.29		35.59	33.79	32.79	30.39
<b>50 Fly</b>	32.99	31.39	30.09	28.49		29.59	28.29	26.99	25.59
<b>50 Back</b>	33.99	32.39	30.79	29.39		31.19	29.79	28.29	26.89
	<u>17 &amp; 18</u>					<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>		<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	30.99	29.69	28.39	27.09		27.79	26.69	25.49	24.39
<b>50 Breast</b>	39.09	37.29	35.69	33.79		35.29	33.49	31.89	30.09
<b>50 Fly</b>	32.59	30.99	29.69	28.09		28.99	27.89	26.49	24.99
<b>50 Back</b>	33.79	32.19	30.69	29.19		30.49	28.89	27.49	26.09

Approved SHORT COURSE YARDS Standards

2017 - 2020 Quadrennium

GIRLS

BOYS

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	29.09	27.89	26.79	25.59
<b>50 Breast</b>	36.89	35.39	33.89	32.29
<b>50 Fly</b>	31.49	30.19	28.89	27.59
<b>50 Back</b>	32.89	31.49	30.09	28.79
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	27.99	26.79	25.69	24.49
<b>50 Breast</b>	34.69	33.19	31.69	29.99
<b>50 Fly</b>	29.89	28.59	27.29	25.99
<b>50 Back</b>	30.09	28.69	27.39	26.09
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	27.49	26.39	25.19	24.09
<b>50 Breast</b>	33.79	32.29	30.79	29.09
<b>50 Fly</b>	28.99	27.69	26.29	24.99
<b>50 Back</b>	29.19	27.79	26.39	25.09
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	26.99	25.89	24.69	23.59
<b>50 Breast</b>	33.59	32.09	30.59	28.89
<b>50 Fly</b>	28.69	27.29	25.99	24.59
<b>50 Back</b>	28.89	27.59	26.29	24.89

	<u>11 &amp; 12</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	27.89	26.79	25.59	24.49
<b>50 Breast</b>	36.19	34.49	32.79	31.09
<b>50 Fly</b>	31.19	29.69	28.19	26.79
<b>50 Back</b>	32.29	30.89	29.39	27.99
	<u>13 &amp; 14</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	25.69	24.69	23.59	22.49
<b>50 Breast</b>	31.69	30.19	28.99	27.39
<b>50 Fly</b>	27.39	26.19	24.79	23.49
<b>50 Back</b>	27.79	26.49	25.19	23.99
	<u>15 &amp; 16</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	24.79	23.69	22.69	21.69
<b>50 Breast</b>	30.19	28.79	27.39	25.89
<b>50 Fly</b>	25.99	24.79	23.49	22.39
<b>50 Back</b>	26.19	25.09	23.79	22.69
	<u>17 &amp; 18</u>			
	<u>A</u>	<u>AA</u>	<u>AAA</u>	<u>AAAA</u>
<b>50 Free</b>	23.99	22.99	21.99	20.99
<b>50 Breast</b>	29.59	28.19	26.79	25.39
<b>50 Fly</b>	25.19	23.99	22.79	21.69
<b>50 Back</b>	25.29	24.19	23.19	21.79