

CTA2023 STANDARDS CTA QT 2023 Short Course Meters

Women 10 & Under						
	A-QT	B-QT	SANJ	LEV3	LEV2	
50 Free	26,52	27,65				39,00
100 Free	58,08	1:00,57	1:06,38	1:16,51		1:31,03
200 Free	2:07,22	2:12,66	2:26,48	2:49,49		3:35,86
400 Free	4:26,56	4:37,95	5:14,52	6:08,95		
800 Free	9:21,97	9:48,13	10:50,73			
1500 Free	17:47,34	18:37,01	21:22,14			
50 Back	30,54	31,84				48,63
100 Back	1:05,28	1:08,08	1:16,76	1:29,99		1:48,29
200 Back	2:21,86	2:28,14	2:46,42	3:16,08		4:04,64
50 Breast	33,26	34,75				54,04
100 Breast	1:13,00	1:16,26	1:26,14	1:41,91		2:01,30
200 Breast	2:38,51	2:45,58	3:06,99	3:41,16		4:32,27
50 Fly	28,25	29,57				55,16
100 Fly	1:02,64	1:05,31	1:16,58	1:35,95		2:15,36
200 Fly	2:21,61	2:28,19	2:57,17			
200 IM	2:24,30	2:30,72	2:47,96	3:16,99		4:01,60
400 IM	5:05,13	5:18,69	6:01,33			

Women 11-11						
	A-QT	B-QT	SANJ	LEV3	LEV2	
50 Free	26,52	27,65				37,40
100 Free	58,08	1:00,57	1:06,38	1:16,51		1:24,77
200 Free	2:07,22	2:12,66	2:26,48	2:49,49		3:18,48
400 Free	4:26,56	4:37,95	5:14,52	6:08,95		
800 Free	9:21,97	9:48,13	10:50,73			
1500 Free	17:47,34	18:37,01	21:22,14			
50 Back	30,54	31,84				45,67
100 Back	1:05,28	1:08,08	1:16,76	1:29,99		1:39,88
200 Back	2:21,86	2:28,14	2:46,42	3:16,08		3:47,89
50 Breast	33,26	34,75				50,75
100 Breast	1:13,00	1:16,26	1:26,14	1:41,91		1:52,30
200 Breast	2:38,51	2:45,58	3:06,99	3:41,16		4:19,32
50 Fly	28,25	29,57				49,67
100 Fly	1:02,64	1:05,31	1:16,58	1:35,96		2:01,15
200 Fly	2:21,61	2:28,19	2:57,17			
200 IM	2:24,30	2:30,72	2:47,96	3:16,99		3:38,41
400 IM	5:05,13	5:18,69	6:01,33			

Women 12-12						
	A-QT	B-QT	SANJ	LEV3	LEV2	
50 Free	26,52	27,65				34,87
100 Free	58,08	1:00,57	1:06,38	1:13,22		1:19,75
200 Free	2:07,22	2:12,66	2:26,48	2:41,97		2:56,45
400 Free	4:26,56	4:37,95	5:14,52	5:57,21		
800 Free	9:21,97	9:48,13	10:50,73			
1500 Free	17:47,34	18:37,01	21:22,14			
50 Back	30,54	31,84				42,59
100 Back	1:05,28	1:08,08	1:16,76	1:25,58		1:32,75
200 Back	2:21,86	2:28,14	2:46,42	3:06,14		3:34,43

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50 Breast	33,26	34,75			47,16
100 Breast	1:13,00	1:16,26	1:26,14	1:36,61	1:44,44
200 Breast	2:38,51	2:45,58	3:06,99	3:29,66	4:04,00
50 Fly	28,25	29,57			43,42
100 Fly	1:02,64	1:05,31	1:16,58	1:31,93	1:54,21
200 Fly	2:21,61	2:28,19	2:57,17		
200 IM	2:24,30	2:30,72	2:47,96	3:07,33	3:27,59
400 IM	5:05,13	5:18,69	6:01,33		

Women 13-13

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	26,52	27,65			33,23
100 Free	58,08	1:00,57	1:04,43	1:08,28	1:16,38
200 Free	2:07,22	2:12,66	2:22,10	2:30,77	2:48,28
400 Free	4:26,56	4:37,95	5:02,16	5:29,11	
800 Free	9:21,97	9:48,13	10:24,58		
1500 Free	17:47,34	18:37,01	20:25,27		
50 Back	30,54	31,84			41,01
100 Back	1:05,28	1:08,08	1:14,04	1:20,70	1:28,89
200 Back	2:21,86	2:28,14	2:40,39	2:55,20	3:20,82
50 Breast	33,26	34,75			45,84
100 Breast	1:13,00	1:16,26	1:23,29	1:31,27	1:42,44
200 Breast	2:38,51	2:45,58	3:00,80	3:18,09	3:55,48
50 Fly	28,25	29,57			39,47
100 Fly	1:02,64	1:05,31	1:13,89	1:21,91	1:37,79
200 Fly	2:21,61	2:28,19	2:50,04		
200 IM	2:24,30	2:30,72	2:41,99	2:54,81	3:14,45
400 IM	5:05,13	5:18,69	5:47,86		

Women 14-14

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	26,52	27,65			33,02
100 Free	58,08	1:00,57	1:02,49	1:07,17	1:14,56
200 Free	2:07,22	2:12,66	2:17,74	2:28,26	2:47,83
400 Free	4:26,56	4:37,95	4:51,51	5:21,49	
800 Free	9:21,97	9:48,13	10:15,20		
1500 Free	17:47,34	18:37,01	19:50,21		
50 Back	30,54	31,84			40,58
100 Back	1:05,28	1:08,08	1:11,66	1:19,18	1:27,92
200 Back	2:21,86	2:28,14	2:35,13	2:51,80	3:19,98
50 Breast	33,26	34,75			45,57
100 Breast	1:13,00	1:16,26	1:20,47	1:29,43	1:41,50
200 Breast	2:38,51	2:45,58	2:54,70	3:14,11	3:45,91
50 Fly	28,25	29,57			39,23
100 Fly	1:02,64	1:05,31	1:10,20	1:18,08	1:37,00
200 Fly	2:21,61	2:28,19	2:41,26		
200 IM	2:24,30	2:30,72	2:36,76	2:51,68	3:09,84
400 IM	5:05,13	5:18,69	5:31,45		

Women 15-15

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	26,52	27,65			32,88

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100 Free	58,08	1:00,57	1:02,09	1:05,87	1:13,00
200 Free	2:07,22	2:12,66	2:16,84	2:25,33	2:47,39
400 Free	4:26,56	4:37,95	4:49,55	5:17,24	
800 Free	9:21,97	9:48,13	10:10,72		
1500 Free	17:47,34	18:37,01	19:37,18		
50 Back	30,54	31,84			40,46
100 Back	1:05,28	1:08,08	1:11,17	1:17,76	1:27,66
200 Back	2:21,86	2:28,14	2:34,05	2:50,19	3:19,39
50 Breast	33,26	34,75			45,43
100 Breast	1:13,00	1:16,26	1:19,90	1:27,72	1:41,18
200 Breast	2:38,51	2:45,58	2:53,45	3:10,42	3:45,22
50 Fly	28,25	29,57			38,50
100 Fly	1:02,64	1:05,31	1:08,96	1:15,19	1:34,67
200 Fly	2:21,61	2:28,19	2:39,20		
200 IM	2:24,30	2:30,72	2:35,69	2:50,16	3:09,31
400 IM	5:05,13	5:18,69	5:26,55		

Women 16-16

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	26,52	27,65			32,88
100 Free	58,08	1:00,57	1:01,50	1:05,87	1:13,00
200 Free	2:07,22	2:12,66	2:15,53	2:25,33	2:47,06
400 Free	4:26,56	4:37,95	4:44,87	5:17,24	
800 Free	9:21,97	9:48,13	10:04,22		
1500 Free	17:47,34	18:37,01	19:11,61		
50 Back	30,54	31,84			40,46
100 Back	1:05,28	1:08,08	1:09,78	1:17,76	1:27,66
200 Back	2:21,86	2:28,14	2:31,98	2:50,19	3:19,39
50 Breast	33,26	34,75			45,43
100 Breast	1:13,00	1:16,26	1:18,26	1:27,73	1:41,18
200 Breast	2:38,51	2:45,58	2:49,90	3:10,42	3:47,22
50 Fly	28,25	29,57			38,50
100 Fly	1:02,64	1:05,31	1:06,93	1:15,19	1:36,68
200 Fly	2:21,61	2:28,19	2:33,31		
200 IM	2:24,30	2:30,72	2:33,63	2:50,16	3:09,28
400 IM	5:05,13	5:18,69	5:26,97		

Women 17 & Over

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	25,62	27,65			32,88
100 Free	58,08	1:00,57		1:05,87	1:13,00
200 Free	2:07,22	2:12,66		2:25,33	2:47,03
400 Free	4:26,56	4:37,95		5:17,24	
800 Free	9:21,97	9:48,13			
1500 Free	17:47,34	18:37,01			
50 Back	30,54	31,84			40,46
100 Back	1:05,28	1:08,08		1:17,76	1:27,66
200 Back	2:21,86	2:28,14		2:50,19	3:19,39
50 Breast	33,26	34,75			45,43
100 Breast	1:13,00	1:16,26		1:27,73	1:41,18
200 Breast	2:38,51	2:45,58		3:10,42	3:47,22
50 Fly	28,25	29,57			28,50
100 Fly	1:02,64	1:05,31		1:15,19	1:36,68

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200 Fly	2:21,61	2:28,19		
200 IM	2:24,30	2:30,72	2:50,16	3:09,28
400 IM	5:05,13	5:18,69		

Men 10 & Under

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	23,33	24,34			38,27
100 Free	52,54	54,80	1:03,73	1:14,95	1:29,95
200 Free	1:54,54	1:59,45	2:20,84	2:47,05	3:36,74
400 Free	4:07,64	4:18,24	5:04,39	6:23,36	
800 Free	8:35,99	8:59,01	10:48,19		
1500 Free	16:48,70	17:35,70	20:23,95		
50 Back	26,87	28,01			48,14
100 Back	58,65	1:01,14	1:14,20	1:29,79	1:48,10
200 Back	2:08,49	2:14,19	2:40,37	3:14,01	3:58,10
50 Breast	28,95	30,20			54,62
100 Breast	1:03,65	1:06,39	1:22,49	1:41,69	2:02,72
200 Breast	2:21,59	2:27,66	3:03,35	3:45,93	4:45,31
50 Fly	25,00	26,07			52,31
100 Fly	55,68	58,06	1:12,05	1:28,75	2:14,54
200 Fly	2:08,47	2:14,45	2:46,45		
200 IM	2:08,40	2:13,88	2:40,12	3:11,73	3:53,72
400 IM	4:38,79	4:51,20	5:46,45		

Men 11-11

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	23,33	24,34			37,03
100 Free	52,54	54,80	1:03,73	1:14,95	1:25,32
200 Free	1:54,54	1:59,45	2:20,84	2:47,05	3:33,05
400 Free	4:07,64	4:18,24	5:04,39	6:23,36	
800 Free	8:35,99	8:59,01	10:48,19		
1500 Free	16:48,70	17:35,70	20:23,95		
50 Back	26,87	28,01			46,81
100 Back	58,65	1:01,14	1:14,20	1:29,79	1:46,20
200 Back	2:08,49	2:14,19	2:40,37	3:14,01	3:52,81
50 Breast	28,95	30,20			53,32
100 Breast	1:03,65	1:06,39	1:22,49	1:41,69	1:59,94
200 Breast	2:21,59	2:27,66	3:03,35	3:45,93	4:35,49
50 Fly	25,00	26,07			50,37
100 Fly	55,68	58,06	1:12,05	1:28,75	1:59,01
200 Fly	2:08,47	2:14,45	2:46,45		
200 IM	2:08,40	2:13,88	2:40,12	3:11,73	3:42,53
400 IM	4:38,79	4:51,20	5:46,45		

Men 12-12

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	23,33	24,34			34,40
100 Free	52,54	54,80	1:03,73	1:10,96	1:17,51
200 Free	1:54,54	1:59,45	2:20,84	2:43,27	3:05,99
400 Free	4:07,64	4:18,24	5:04,39	6:06,82	
800 Free	8:35,99	8:59,01	10:48,19		
1500 Free	16:48,70	17:35,70	20:23,95		

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50 Back	26,87	28,01			42,87
100 Back	58,65	1:01,14	1:14,20	1:24,04	1:34,48
200 Back	2:08,49	2:14,19	2:40,37	3:01,60	3:39,69
50 Breast	28,95	30,20			48,68
100 Breast	1:03,65	1:06,39	1:22,49	1:34,46	1:48,64
200 Breast	2:21,59	2:27,66	3:03,35	3:29,88	4:10,00
50 Fly	25,00	26,07			44,74
100 Fly	55,68	58,06	1:12,05	1:26,17	2:21,04
200 Fly	2:08,47	2:14,45	2:46,45		
200 IM	2:08,40	2:13,88	2:40,12	3:00,23	3:20,50
400 IM	4:38,79	4:51,20	5:46,45		

Men 13-13

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	23,33	24,34			31,60
100 Free	52,54	54,80	1:00,54	1:06,27	1:11,02
200 Free	1:54,54	1:59,45	2:15,81	2:30,01	2:44,74
400 Free	4:07,64	4:18,24	4:53,53	5:34,08	
800 Free	8:35,99	8:59,01	10:11,39		
1500 Free	16:48,70	17:35,70	19:08,45		
50 Back	26,87	28,01			40,65
100 Back	58,65	1:01,14	1:11,01	1:19,01	1:29,72
200 Back	2:08,49	2:14,19	2:35,65	2:54,08	3:29,57
50 Breast	28,95	30,20			44,92
100 Breast	1:03,65	1:06,39	1:20,30	1:30,83	1:40,60
200 Breast	2:21,59	2:27,66	2:58,50	3:21,84	3:53,41
50 Fly	25,00	26,07			38,94
100 Fly	55,68	58,06	1:09,10	1:17,62	1:41,27
200 Fly	2:08,47	2:14,45	2:39,08		
200 IM	2:08,40	2:13,88	2:34,18	2:46,15	3:01,20
400 IM	4:38,79	4:51,20	5:30,24		

Men 14-14

	A-QT	B-QT	SANJ	LEV3	LEV2
50 Free	23,33	24,34			29,50
100 Free	52,54	54,80	57,49	1:02,06	1:06,84
200 Free	1:54,54	1:59,45	2:08,45	2:19,52	2:34,44
400 Free	4:07,64	4:18,24	4:37,65	5:17,03	
800 Free	8:35,99	8:59,01	9:37,19		
1500 Free	16:48,70	17:35,70	18:32,63		
50 Back	26,87	28,01			37,68
100 Back	58,65	1:01,14	1:06,45	1:14,20	1:26,44
200 Back	2:08,49	2:14,19	2:26,45	2:44,78	3:20,39
50 Breast	28,95	30,20			43,30
100 Breast	1:03,65	1:06,39	1:15,19	1:25,46	1:38,07
200 Breast	2:21,59	2:27,66	2:44,27	3:09,93	3:45,64
50 Fly	25,00	26,07			35,58
100 Fly	55,68	58,06	1:04,36	1:12,46	1:02,60
200 Fly	2:08,47	2:14,45	2:27,47		
200 IM	2:08,40	2:13,88	2:25,55	2:38,55	2:52,52
400 IM	4:38,79	4:51,20	5:27,33		

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Men 15-15						
	A-QT	B-QT	SANJ	LEV3	LEV2	
50 Free	23,33	24,34				28,16
100 Free	52,54	54,80	55,64	57,49		1:03,94
200 Free	1:54,54	1:59,45	2:03,23	2:07,52		2:28,18
400 Free	4:07,64	4:18,24	4:26,39	4:46,30		
800 Free	8:35,99	8:59,01	9:16,83			
1500 Free	16:48,70	17:35,70	18:12,33			
50 Back	26,87	28,01				35,02
100 Back	58,65	1:01,14	1:03,06	1:06,45		1:21,57
200 Back	2:08,49	2:14,19	2:18,60	2:36,40		3:01,64
50 Breast	28,95	30,20				39,04
100 Breast	1:03,65	1:06,39	1:10,89	1:12,22		1:29,25
200 Breast	2:21,59	2:27,66	2:37,63	2:50,88		3:31,27
50 Fly	25,00	26,07				32,50
100 Fly	55,68	58,06	1:00,89	1:01,97		1:19,27
200 Fly	2:08,47	2:14,45	2:19,11			
200 IM	2:08,40	2:13,88	2:19,48	2:22,90		2:42,62
400 IM	4:38,79	4:51,20	5:00,80			

Men 16-16						
	A-QT	B-QT	SANJ	LEV3	LEV2	
50 Free	23,33	24,34				28,16
100 Free	52,54	54,80	54,97	57,49		1:03,94
200 Free	1:54,54	1:59,45	2:00,17	2:07,52		2:28,18
400 Free	4:07,64	4:18,24	4:19,79	4:46,30		
800 Free	8:35,99	8:59,01	9:02,40			
1500 Free	16:48,70	17:35,70	17:42,65			
50 Back	26,87	28,01				35,02
100 Back	58,65	1:01,14	1:01,70	1:06,45		1:01,57
200 Back	2:08,49	2:14,19	2:15,89	2:36,40		3:01,64
50 Breast	28,95	30,20				39,04
100 Breast	1:03,65	1:06,39	1:08,50	1:12,22		1:28,25
200 Breast	2:21,59	2:27,66	2:32,33	2:50,88		3:31,27
50 Fly	25,00	26,07				32,50
100 Fly	55,68	58,06	59,32	1:01,97		1:19,27
200 Fly	2:08,47	2:14,45	2:15,33			
200 IM	2:08,40	2:13,88	2:15,93	2:22,90		2:42,62
400 IM	4:38,79	4:51,20	4:56,82			

Men 17 & Over						
	A-QT	B-QT	SANJ	LEV3	LEV2	
50 Free	23,33	24,34				28,16
100 Free	52,54	54,80		57,49		1:03,94
200 Free	1:54,54	1:59,45		2:07,52		2:28,18
400 Free	4:07,64	4:18,24		4:46,20		
800 Free	8:35,99	8:59,01				
1500 Free	16:48,70	17:35,70				
50 Back	26,87	28,01				34,61
100 Back	58,65	1:01,14		1:06,45		1:21,57
200 Back	2:08,49	2:14,19		2:36,40		3:01,64
50 Breast	28,95	30,20				39,04

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100 Breast	1:03,65	1:06,39	1:12,22	1:29,25
200 Breast	2:21,59	2:27,66	2:50,88	3:31,27
50 Fly	25,00	26,07		32,50
100 Fly	55,68	58,06	1:01,97	1:19,27
200 Fly	2:08,47	2:14,45		
200 IM	2:08,40	2:13,88	2:22,90	2:42,62
400 IM	4:38,79	4:51,20		
