
LEVELONE STANDARDS Level 1 Long Course Meters**Women 13 & Under**

	Lev1
50 Free	31.20
100 Free	1:08.00
200 Free	2:29.00
400 Free	5:11.00
800 Free	10:30.00
1500 Free	21:12.00
50 Back	36.30
100 Back	1:19.00
200 Back	2:50.00
50 Breast	40.70
100 Breast	1:28.50
200 Breast	3:10.00
50 Fly	35.90
100 Fly	1:18.00
200 Fly	2:58.00
200 IM	2:49.00
400 IM	6:10.00

Women 14-14

	Lev1
50 Free	31.00
100 Free	1:07.50
200 Free	2:28.60
400 Free	5:10.00
800 Free	10:25.00
1500 Free	20:40.00
50 Back	35.90
100 Back	1:18.00
200 Back	2:49.60
50 Breast	40.50
100 Breast	1:28.00
200 Breast	3:09.00
50 Fly	35.80
100 Fly	1:17.80
200 Fly	2:57.00
200 IM	2:48.50
400 IM	6:09.40

Women 15-18

	Lev1
50 Free	30.90
100 Free	1:07.30
200 Free	2:28.20
400 Free	5:09.40
800 Free	10:24.00
1500 Free	20:25.00
50 Back	35.80
100 Back	1:17.80
200 Back	2:49.20
50 Breast	40.40
100 Breast	1:27.80
200 Breast	3:08.60

LEVELONE STANDARDS Level 1 Long Course Meters**Women 15-18**

	Lev1
50 Fly	35.70
100 Fly	1:17.60
200 Fly	2:56.60
200 IM	2:48.10
400 IM	6:08.80

Men 13 & Under

	Lev1
50 Free	30.30
100 Free	1:06.00
200 Free	2:24.50
400 Free	5:03.00
800 Free	10:00.00
1500 Free	20:12.00
50 Back	34.80
100 Back	1:15.70
200 Back	2:41.00
50 Breast	39.60
100 Breast	1:26.00
200 Breast	3:03.00
50 Fly	35.40
100 Fly	1:17.00
200 Fly	2:54.00
200 IM	2:44.00
400 IM	6:00.00

Men 14-14

	Lev1
50 Free	29.20
100 Free	1:03.50
200 Free	2:19.00
400 Free	4:54.00
800 Free	9:45.00
1500 Free	19:40.00
50 Back	34.50
100 Back	1:15.00
200 Back	2:40.00
50 Breast	39.10
100 Breast	1:25.00
200 Breast	3:02.50
50 Fly	34.90
100 Fly	1:16.00
200 Fly	2:54.00
200 IM	2:43.00
400 IM	5:55.00

Men 15-18

	Lev1
50 Free	28.00
100 Free	1:01.00
200 Free	2:16.00
400 Free	4:50.00

LEVELONE STANDARDS Level 1 Long Course Meters**Men 15-18**

	Lev1
800 Free	9:44.00
1500 Free	19:25.00
50 Back	34.40
100 Back	1:14.80
200 Back	2:39.60
50 Breast	39.00
100 Breast	1:24.80
200 Breast	3:00.00
50 Fly	34.80
100 Fly	1:15.80
200 Fly	2:53.60
200 IM	2:42.60
400 IM	5:54.40
