

SSA AGE GROUP QUALIFYING TIMES 2025/2026 SEASON

JUNE 2025

LONG COURSE			Women 10 & Under	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		39.72	50 Free			36.92
		1.32.45	100 Free			1.30.85
		3.38.24	200 Free			3.35.04
			400 Free			
		49.07	50 Back			48.47
		1.49.00	100 Back			1.47.80
		4.06.28	200 Back			4.03.88
		54.88	50 Breast			53.88
		2.02.92	100 Breast			2.00.92
		4.35.10	200 Breast			4.31.10
		55.00	50 Fly			54.30
		2.15.50	100 Fly			2.14.10
		4.04.06	200 IM			4.00.86

LONG COURSE			Women 11-11	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		38.20	50 Free			37.40
	1.16:00	1.26.18	100 Free		1.14.40	1.24.58
	2.49:95	3.21.03	200 Free		2.46.75	3.17.83
	6.13:15		400 Free		6.06.75	
			800 Free			
			1500 Free			
		46.16	50 Back			45.56
	1.28:83	1.40.81	100 Back		1.27.63	1.39.61
	3.16:26	3.49.73	200 Back		3.13.86	3.47.33
		51.65	50 Breast			50.65
	1.40:22	1.54.00	100 Breast		1.38.22	1.52.00
	3.36:24	4.22.43	200 Breast		3.32.24	4.18.43
		50.09	50 Fly			49.39
	1.36:49	2.01.25	100 Fly		1.35.09	1.59.85
			200 Fly			
	3.18:89	3.40.94	200 IM		3.15.69	3.37.74
			400 IM			

LONG COURSE			Women 12-12	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		35.63	50 Free			34.83
1.07:47	1.14.45	1.21.23	100 Free	1.05.87	1.12.85	1.19.63
2.28:57	2.42.57	2.59.36	200 Free	2.25.37	2.39.37	2.56.16
5.18:14	6.01.52		400 Free	5.11.74	5.55.12	
10.37:38			800 Free	10.24.58		
20.20:46			1500 Free	19.56.46		
		43.10	50 Back			42.50
1.17:34	1.26.31	1.33.79	100 Back	1.16.14	1.25.11	1.32.59
2.47:40	3.07.56	3.36.11	200 Back	2.45.00	3.05.16	3.33.71
		48.09	50 Breast			47.09
1.27:40	1.38.03	1.46.23	100 Breast	1.25.40	1.36.03	1.44.23
3.09:24	3.32.55	4.07.33	200 Breast	3.05.24	3.28.55	4.03.33
		44.01	50 Fly			43.31
1.17:21	1.32.69	1.55.16	100 Fly	1.15.81	1.31.29	1.53.75
2.59:97			200 Fly	2.57.17		
2.49:76	3.07.16	3.30.20	200 IM	2.46.56	3.03.96	3.27.00
5.54:44			400 IM	5.48.04		

LONG COURSE			Women 13-13	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		33.99	50 Free			33.19
1.05:59	1.09.61	1.17.85	100 Free	1.03.99	1.08.01	1.16.25
2.24:24	2.33.35	2.51.14	200 Free	2.21.04	2.30.15	2.47.94
5.06:25	5.46.67		400 Free	4.59.85	5.40.27	
10.32:63			800 Free	10.19.83		
20.11:13			1500 Free	19.47.13		
		41.56	50 Back			40.96
1.14:71	1.21.54	1.29.86	100 Back	1.13.51	1.20.34	1.28.66
2.41:53	2.56.78	3.22.76	200 Back	2.39.13	2.54.38	3.20.36
		46.79	50 Breast			45.79
1.24:63	1.32.80	1.44.22	100 Breast	1.22.63	1.30.80	1.42.22
3.03:38	3.21.10	3.58.84	200 Breast	2.59.38	3.17.10	3.54.84
		40.11	50 Fly			39.41
1.14:64	1.24.85	1.38.84	100 Fly	1.13.24	1.23.45	1.37.44
2.58:08			200 Fly	2.55.28		
2.43:97	2.57.29	3.17.35	200 IM	2.40.77	2.54.09	3.14.15
5.51:64			400 IM	5.45.24		

LONG COURSE			Women 14-14	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		33.76	50 Free			32.96
1.03:30	1.08.51	1.16.08	100 Free	1.01.70	1.06.91	1.14.48
2.20:01	2.30.95	2.50.74	200 Free	2.16.81	2.27.75	2.47.54
4.55:96	5.26.70		400 Free	4.49.56	5.20.30	
10.27:55			800 Free	10.14.75		
20.01:18			1500 Free	19.37.18		
		41.11	50 Back			40.51
1.12:36	1.20.01	1.28.94	100 Back	1.11.16	1.18.81	1.27.74
2.36:40	2.53.42	3.21.86	200 Back	2.34.00	2.51.02	3.19.46
		46.48	50 Breast			45.48
1.24:18	1.31.00	1.43.34	100 Breast	1.22.18	1.29.00	1.41.34
3.01:25	3.17.27	3.51.41	200 Breast	2.57.25	3.13.27	3.47.41
		39.82	50 Fly			39.12
1.13:10	1.19.14	1.38.09	100 Fly	1.11.70	1.17.74	1.36.69
2.56.27			200 Fly	2.53.47		
2.38.90	2.54.12	3.12.78	200 IM	2.35.70	2.50.92	3.09.58
5.48:92			400 IM	5.43.52		

LONG COURSE			Women 15-15	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		33.63	50 Free			32.83
1.03:30	1.07.73	1.15.21	100 Free	1.01.70	1.06.13	1.13.61
2.19:12	2.29.27	2.50.34	200 Free	2.15.92	2.26.07	2.47.14
4.54:99	5.24.96		400 Free	4.48.59	5.18.56	
10.17:03			800 Free	10.04.23		
19.35:62			1500 Free	19.11.62		
		41.01	50 Back			40.41
1.11:88	1.19.22	1.28.72	100 Back	1.10.68	1.18.02	1.27.52
2.35:87	2.52.62	3.21.27	200 Back	2.33.47	2.50.22	3.18.87
		46.35	50 Breast			45.35
1.22:25	1.30.14	1.42.91	100 Breast	1.20.25	1.28.14	1.40.91
2.58:96	3.15.18	3.50.68	200 Breast	2.54.96	3.11.18	3.46.68
		39.31	50 Fly			38.61
1.12:22	1.17.56	1.37.73	100 Fly	1.10.82	1.16.16	1.36.33
2.46:72			200 Fly	2.43.92		
2.37:85	02:53.36	3.12.10	200 IM	2.34.65	2.50.16	3.08.90
5.40:03			400 IM	5.33.63		

LONG COURSE			Women 16-16	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		33.50	50 Free			32.70
1.02:73	1.07.23	1.14.45	100 Free	1.01.13	1.05.63	1.12.85
2.17:90	2.28.01	2.49.90	200 Free	2.14.70	2.24.81	2.46.70
4.54:03	5.22.44		400 Free	4.47.63	5.16.04	
10.12:84			800 Free	10.00.04		
19.27:56			1500 Free	19.03.56		
		40.91	50 Back			40.31
1.10:55	1.18.67	1.28.50	100 Back	1.09.35	1.17.47	1.27.30
2.35:35	2.51.84	3.20.69	200 Back	2.32.95	2.49.44	3.18.29
		46.23	50 Breast			45.23
1.21:12	1.29.33	1.42.63	100 Breast	1.19.12	1.27.33	1.40.63
2.58:31	3.13.54	3.49.96	200 Breast	2.54.31	3.09.54	3.45.96
		39.10	50 Fly			38.40
1.09:66	1.16.32	1.37.37	100 Fly	1.08.26	1.14.92	1.35.97
2.45:04			200 Fly	2.42.24		
2.35:84	2.52.62	3.11.65	200 IM	2.32.64	2.49.42	3.08.45
5.36:49			400 IM	5.30.09		

LONG COURSE			Men 10 & Under	SHORT COURSE		
	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		38.93	50 Free			38.13
		1.31.13	100 Free			1.29.53
		3.39.00	200 Free			3.35.80
			400 Free			
		48.57	50 Back			47.97
		1.48.69	100 Back			1.47.49
		3.59.54	200 Back			3.57.14
		55.36	50 Breast			54.36
		2.04.72	100 Breast			2.02.72
		4.49.31	200 Breast			4.45.31
		53.01	50 Fly			50.31
		2.15.94	100 Fly			2.14.54
		3.55.80	200 IM			3.52.60

LONG COURSE			Men 11-11	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		37.05	50 Free			36.25
	1.16.06	1.26.57	100 Free		1.14.46	1.24.97
	2.48.96	3.35.53	200 Free		2.43.76	3.32.33
	6.16.31		400 Free		6.09.91	
			800 Free			
			1500 Free			
		47.23	50 Back			46.63
	1.30.23	1.47.05	100 Back		1.29.03	1.45.85
	3.14.68	3.54.30	200 Back		3.12.28	3.51.90
		54.00	50 Breast			53.00
	1.42.68	2.01.74	100 Breast		1.40.68	1.59.74
	3.46.07	4.35.50	200 Breast		3.42.07	4.31.50
		50.00	50 Fly			49.30
	1.29.27	1.58.00	100 Fly		1.27.87	1.56.60
			200 Fly			
	3.13.34	3.45.04	200 IM		3.10.14	3.41.84
			400 IM			

LONG COURSE			Men 12-12	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		35.12	50 Free			34.32
1.04:74	1.12.15	1.18.95	100 Free	1.03.14	1.10.55	1.17.35
2.22:72	2.45.29	3.08.68	200 Free	2.19.52	2.42.09	3.05.48
5.07:93	5.40.91		400 Free	5.01.53	5.34.51	
10.24:19			800 Free	10.11.39		
19.18:04			1500 Free	18.54.04		
		43.29	50 Back			42.69
1.14:67	1.24.71	1.35.45	100 Back	1.13.47	1.23.51	1.34.25
2.41:14	3.02.67	3.41.50	200 Back	2.38.74	3.00.27	3.39.10
		49.51	50 Breast			48.51
1.23:59	1.35.69	1.50.34	100 Breast	1.21.59	1.33.69	1.48.34
3.05:40	3.27.54	4.13.00	200 Breast	3.01.40	3.23.54	4.09.00
		45.28	50 Fly			44.58
1.13:83	1.26.78	1.51.25	100 Fly	1.12.43	1.25.38	1.49.85
2.39:67			200 Fly	2.36.87		
2.41:76	3.02.19	3.23.04	200 IM	2.38.56	2.58.99	3.19.84
5.36:28			400 IM	5.29.88		
LONG COURSE			Men 13-13	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		32.35	50 Free			31.55
1.02:14	1.07.56	1.12.51	100 Free	1.00.54	1.05.96	1.10.91
2.17:35	2.32.37	2.47.45	200 Free	2.14.15	2.29.17	2.44.25
4.52:41	5.38.42		400 Free	4.46.01	5.32.02	
10.18:82			800 Free	10.06.02		
19.09:09			1500 Free	18.45.09		
		41.11	50 Back			40.51
1.11:55	1.19.74	1.30.72	100 Back	1.10.35	1.18.54	1.29.52
2.36:60	2.55.35	3.31.11	200 Back	2.34.20	2.52.95	3.28.71
		45.79	50 Breast			44.79
1.21:49	1.32.17	1.42.28	100 Breast	1.19.49	1.30.17	1.40.28
2.58:39	3.24.50	3.56.69	200 Breast	2.54.39	3.20.50	3.52.69
		39.52	50 Fly			38.82
1.09:83	1.18.50	1.42.28	100 Fly	1.08.43	1.17.10	1.40.88
2.38:09			200 Fly	2.35.29		
2.36:03	2.48.44	3.03.96	200 IM	2.32.83	2.45.24	3.00.74
5.33:34			400 IM	5.26.94		

LONG COURSE			Men 14-14	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		30.26	50 Free			29.46
58:69	1.03.40	1.08.27	100 Free	55.09	1.01.80	1.06.67
2.10:72	2.22.08	2.37.43	200 Free	2.07.52	2.18.88	2.34.23
4.41:48	5.21.74		400 Free	4.35.08	5.15.34	
10.13:62			800 Free	10.00.82		
19.00:42			1500 Free	18.36.42		
		38.22	50 Back			37.62
1.07:13	1.15.05	1.27.37	100 Back	1.05.93	1.13.85	1.26.17
2.27:71	2.46.27	3.22.03	200 Back	2.25.31	2.43.87	3.19.63
		44.15	50 Breast			43.15
1.16:56	1.26.94	1.39.82	100 Breast	1.14.56	1.24.94	1.37.82
2.49:73	3.12.96	3.48.78	200 Breast	2.45.73	3.08.96	3.44.78
		36.19	50 Fly			35.49
1.05:26	1.13.46	1.33.70	100 Fly	1.03.86	1.12.06	1.32.30
2.36:57			200 Fly	2.33.77		
2.27:67	2.41.00	2.55.30	200 IM	2.24.47	2.37.80	2.52.10
5.30:50			400 IM	5.24.10		

LONG COURSE			Men 15-15	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		28.92	50 Free			28.12
56:91	59.46	1.06.16	100 Free	55.31	57.86	1.04.56
2.05:64	2.11.65	2.33.22	200 Free	2.02.44	2.08.45	2.30.02
4.31:08	5.09.35		400 Free	4.24.68	5.02.95	
9.16:93			800 Free	9.04.13		
17.59:27			1500 Free	17.35.27		
		36.21	50 Back			35.61
1.03:84	1.08.36	1.23.62	100 Back	1.02.64	1.07.16	1.22.42
2.20:82	2.40.35	3.04.04	200 Back	2.18.42	2.37.95	3.01.64
		40.04	50 Breast			39.04
1.13:84	1.21.58	1.31.25	100 Breast	1.11.84	1.19.58	1.29.25
2.40:48	2.57.21	3.38.27	200 Breast	2.36.48	2.53.21	3.34.27
		33.45	50 Fly			32.75
1.01:99	1.13.06	1.21.91	100 Fly	1.00.59	1.11.66	1.20.51
2.23:98			200 Fly	2.21.18		
2.21:76	2.28.76	2.47.55	200 IM	2.18.56	2.25.56	2.44.35
5.05:53			400 IM	4.59.13		

LONG COURSE			Men 16-16	SHORT COURSE		
SANJ	LEVEL 3	LEVEL 2		SANJ	LEVEL 3	LEVEL 2
		28.26	50 Free			27.46
56:22	58.90	1.05.47	100 Free	54.62	57.30	1.03.87
2.02:66	2.10.27	2.31.20	200 Free	1.59.46	2.07.07	2.28.00
4.24:65	5.04.64		400 Free	4.18.25	4.58.24	
9.11:82			800 Free	8.59.02		
17.49:19			1500 Free	17.25.19		
		35.58	50 Back			34.98
1.03:72	1.07.44	1.22.58	100 Back	1.02.52	1.06.24	1.21.38
2.20:08	2.38.06	3.03.74	200 Back	2.17.68	2.35.66	3.01.34
		39.95	50 Breast			38.95
1.13:10	1.19.74	1.31.03	100 Breast	1.11.10	1.17.74	1.29.03
2.38:30	2.54.16	3.34.57	200 Breast	2.34.30	2.50.16	3.30.57
		33.16	50 Fly			32.46
1.00:72	1.12.67	1.20.48	100 Fly	59.32	1.11.27	1.19.08
2.20:92			200 Fly	2.18.12		
2.18:30	2.25.60	2.45.64	200 IM	2.15.10	2.22.40	2.42.44
4.58:53			400 IM	4.52.12		
E & O EXCL						