

WOSA 2023 -2024 Standards

Male								SC	Female							
17&O	16	15	14	13	12	11	10 & U		10&U	11	12	13	14	15	16	17&O
27.05	27.39	28.45	28.97	29.87	33.90	36.70	40.35	50 FR	41.12	36.41	34.69	31.47	30.92	30.47	30.27	29.90
58.78	59.68	1:01.63	1:03.12	1:05.36	1:14.53	1:20.78	1:32.96	100 FR	1:31.18	1:19.64	1:15.09	1:08.17	1:06.72	1:05.98	1:05.58	1:04.60
2:08.84	2:10.43	2:14.30	2:18.81	2:23.15	2:42.69	2:57.47	3:26.91	200 FR	3:20.86	2:54.08	2:43.82	2:28.07	2:24.83	2:23.52	2:21.65	2:19.83
4:37.95	4:41.91	4:48.72	4:56.84	5:06.38	5:51.12	6:21.15	7:11.45	400 FR	7:00.73	6:14.22	5:49.97	5:14.90	5:06.59	5:04.88	5:00.82	4:57.33
9:42.38	9:48.27	10:04.63	10:22.95	10:39.78	12:00.16	13:22.06		800 FR		12:46.79	11:51.05	10:50.51	10:40.95	10:33.68	10:21.72	10:15.51
18:36.53	18:47.81	19:19.16	19:54.30	20:34.15				1500 FR				20:46.77	20:28.44	20:14.55	19:51.60	19:39.68
1:06.79	1:07.55	1:10.60	1:12.49	1:14.53	1:27.03	1:32.72	1:47.27	100 BK	1:44.29	1:31.58	1:25.90	1:16.93	1:15.61	1:14.53	1:13.40	1:12.20
2:25.30	2:26.87	2:33.41	2:37.05	2:41.06	3:04.87	3:20.23	3:55.98	200 BK	3:45.26	3:15.68	3:04.31	2:46.05	2:41.83	2:40.04	2:38.70	2:35.99
1:17.12	1:17.90	1:21.52	1:22.45	1:25.58	1:38.99	1:48.08	2:02.77	100 BR	1:58.00	1:45.81	1:39.55	1:28.15	1:27.09	1:26.43	1:25.95	1:25.09
2:48.03	2:49.74	2:57.21	2:59.76	3:04.76	3:33.74	3:56.63		200 BR		3:46.40	3:32.74	3:09.89	3:07.52	3:06.96	3:05.52	3:04.58
1:06.19	1:06.87	1:09.18	1:11.40	1:14.50	1:27.60	1:37.85	1:55.62	100 FL	1:50.24	1:35.00	1:28.18	1:16.73	1:15.54	1:14.38	1:13.41	1:12.67
2:28.89	2:30.40	2:40.31	2:44.77	2:48.09	3:23.65	4:04.61		200 FL		3:38.44	3:20.23	2:54.27	2:51.20	2:49.87	2:44.47	2:42.02
							1:45.81	100 IM	1:43.53							
2:26.17	2:28.83	2:33.48	2:37.49	2:51.05	3:08.27	3:22.13	3:52.32	200 IM	3:48.69	3:19.82	3:08.27	2:49.77	2:45.07	2:43.37	2:40.96	2:39.47
5:22.05	5:25.30	5:33.28	5:38.60	5:47.80	6:44.25	7:29.38		400 IM		7:00.94	6:36.17	5:58.74	5:55.69	5:45.79	5:43.56	5:39.45
17&O	16	15	14	13	12	11	10 & U	LC	10&U	11	12	13	14	15	16	17&O
27.59	27.94	29.02	29.56	30.46	34.58	37.43	41.72	50 FR	41.94	37.14	35.39	32.11	31.54	31.08	30.88	30.49
59.96	1:00.87	1:02.87	1:04.38	1:06.67	1:16.01	1:22.39	1:34.83	100 FR	1:33.01	1:21.24	1:16.59	1:09.53	1:08.05	1:07.30	1:06.89	1:05.89
2:11.42	2:13.03	2:16.98	2:21.58	2:26.01	2:45.94	3:01.03	3:31.05	200 FR	3:24.88	2:57.55	2:47.10	2:31.03	2:27.72	2:27.29	2:24.49	2:22.63
4:43.51	4:47.55	4:54.49	5:02.78	5:12.51	5:58.14	6:28.77	7:20.08	400 FR	7:09.14	6:21.70	5:56.96	5:21.20	5:12.72	5:10.97	5:06.83	5:03.28
9:54.04	10:00.04	10:16.72	10:35.42	10:52.58	12:14.56	13:38.10		800 FR		13:02.13	12:05.27	11:03.52	10:53.76	10:47.46	10:34.15	10:27.81
18:58.86	19:10.37	19:42.35	20:18.18	20:58.83				1500 FR				21:11.71	20:53.01	20:38.84	20:15.43	20:03.28
1:08.13	1:08.90	1:12.02	1:13.94	1:16.02	1:28.77	1:34.57	1:49.41	100 BK	1:46.37	1:33.41	1:27.60	1:18.47	1:17.13	1:16.02	1:14.87	1:13.65
2:28.21	2:29.81	2:36.48	2:40.19	2:44.29	3:08.56	3:24.24	4:00.70	200 BK	3:49.77	3:19.60	3:07.99	2:49.37	2:45.07	2:43.24	2:41.88	2:39.12
1:18.66	1:19.46	1:23.16	1:24.10	1:27.30	1:40.96	1:50.24	2:05.21	100 BR	2:00.36	1:47.92	1:41.54	1:29.91	1:28.84	1:28.15	1:27.67	1:26.79
2:51.39	2:53.14	3:00.75	3:03.36	3:08.45	3:37.00	4:01.37		200 BR		3:50.93	3:37.00	3:13.69	3:11.27	3:10.70	3:09.22	3:08.28
1:07.52	1:08.21	1:10.57	1:12.83	1:16.00	1:29.35	1:39.79	1:57.93	100 FL	1:52.44	1:36.89	1:29.93	1:18.27	1:17.04	1:15.87	1:14.88	1:14.12
2:31.87	2:33.41	2:43.52	2:48.07	2:51.46	3:27.71	4:09.49		200 FL		3:42.81	3:24.24	2:57.76	2:54.63	2:53.27	2:47.76	2:45.26
2:29.09	2:31.81	2:36.55	2:40.63	2:46.65	3:12.03	3:26.17	3:56.96	200 IM	3:53.27	3:23.81	3:12.03	2:53.17	2:48.38	2:46.64	2:44.19	2:42.66
5:28.49	5:31.80	5:39.94	5:45.38	5:54.75	6:52.34	7:38.37		400 IM		7:09.36	6:44.09	6:05.92	6:02.80	5:52.70	5:50.44	5:46.24