AMATEUR SWIMMING ASSOCIATION OF JAMAICA

NATTEAM STANDARDS   Long Course Meters

Female Senior

	800	750	700	650	600	500
50 Free	28.42	29.33	30.28	31.28	32.35	34.44
100 Free	1:02.14	1:04.14	1:06.22	1:08.41	1:10.75	1:15.71
200 Free	2:13.94	2:18.26	2:22.74	2:27.46	2:32.50	2:43.92
400 Free	4:40.68	4:49.72	4:59.10	5:09.00	5:19.57	5:43.33
800 Free	9:33.31	9:51.77	10:10.94	10:13.14	10:52.75	11:40.61
1500 Free	18:22.24	18:57.72	19:34.59	20:13.43	20:54.96	22:21.31
50 Back	33.20	34.29	35.28	36.55	37.80	39.96
100 Back	1:09.12	1:11.39	1:13.66	1:16.10	1:18.70	1:24.46
200 Back	2:26.90	2:31.72	2:36.54	2:41.72	2:47.25	2:59.43
50 Breast	36.20	37.39	38.58	39.85	41.21	43.55
100 Breast	1:17.43	1:19.97	1:22.51	1:25.24	1:28.16	1:34.14
200 Breast	2:45.97	2:51.42	2:56.86	3:02.71	3:08.96	3:21.80
50 Fly	30.87	31.86	32.90	33.98	35.15	36.37
100 Fly	1:06.78	1:08.93	1:11.17	1:13.52	1:16.04	1:20.81
200 Fly	2:25.45	2:30.13	2:34.99	2:40.12	2:45.60	2:57.19
200 IM	2:30.19	2:35.03	2:40.05	2:45.35	2:51.01	3:03.56
400 IM	5:15.68	5:25.84	5:36.40	5:47.53	5:59.42	6:25.47

Male Senior

	800	750	700	650	600	500
50 Free	25.18	25.99	26.83	27.71	28.66	30.56
100 Free	55.70	57.50	59.36	1:01.32	1:03.42	1:07.67
200 Free	2:02.10	2:06.03	2:10.11	2:14.42	2:19.02	2:28.61
400 Free	4:17.46	4:25.75	4:34.36	4:43.43	4:53.13	5:13.80
800 Free	8:57.83	9:15.14	9:33.13	9:52.08	10:12.35	10:54.44
1500 Free	16:58.91	17:31.71	18:05.79	18:41.69	19:20.08	20:45.79
50 Back	29.29	30.24	31.22	32.25	33.35	35.53
100 Back	1:02.12	1:04.12	1:06.19	1:08.38	1:10.72	1:15.74
200 Back	2:14.39	2:18.72	2:23.21	2:27.95	2:33.01	2:43.92
50 Breast	32.03	33.07	34.14	35.27	36.47	38.72
100 Breast	1:09.73	1:11.97	1:14.30	1:16.76	1:19.39	1:24.85
200 Breast	2:30.33	2:35.17	2:40.20	2:45.50	2:51.16	3:03.79
50 Fly	27.45	28.33	29.25	30.21	31.25	33.24
100 Fly	1:00.00	1:01.94	1:03.94	1:06.06	1:08.32	1:13.02
200 Fly	2:12.65	2:16.92	2:21.36	2:26.04	2:31.03	2:41.77
200 IM	2:16.82	2:21.22	2:25.80	2:30.62	2:35.78	2:47.13
400 IM	4:50.31	4:59.66	5:09.37	5:19.60	5:30.54	5:54.26