
KSFCANA3 STANDARDS KSF CANA ZONE 3 STD Long Course Meters**Women 12 & Under**

	AAAA
50 Free	34.09
100 Free	1:24.58
50 Back	42.83
100 Back	1:36.10
50 Breast	44.30
100 Breast	1:48.21
50 Fly	41.36
100 Fly	1:32.75

Women 13-14

	AAAA
50 Free	33.74
100 Free	1:17.49
50 Back	41.12
100 Back	1:28.19
50 Breast	44.00
100 Breast	1:39.31
50 Fly	37.96
100 Fly	1:25.11

Women 14 & Under

	AAAA
200 Free	2:48.03
400 Free	5:31.60
800 Free	11:17.80
200 Back	3:09.72
200 Breast	3:32.99
200 Fly	2:59.60
200 IM	3:13.37
400 IM	6:41.62

Women 15-16

	AAAA
50 Free	32.58
100 Free	1:14.76
50 Back	39.70
100 Back	1:25.15
50 Breast	43.89
100 Breast	1:35.89
50 Fly	36.65
100 Fly	1:22.18

Women 15 & Over

	AAAA
200 Free	2:42.11
400 Free	5:24.50
800 Free	11:03.30

KSFCANA3 STANDARDS KSF CANA ZONE 3 STD Long Course Meters

200 Back	3:03.18
200 Breast	3:25.65
200 Fly	2:53.40
200 IM	3:06.70
400 IM	6:31.64

Women 17 & Over

AAAA	
50 Free	32.58
100 Free	1:14.76
50 Back	39.70
100 Back	1:25.15
50 Breast	43.89
100 Breast	1:35.89
50 Fly	36.65
100 Fly	1:22.18

Men 12 & Under

AAAA	
50 Free	33.13
100 Free	1:19.09
50 Back	41.48
100 Back	1:29.76
50 Breast	43.00
100 Breast	1:40.30
50 Fly	38.82
100 Fly	1:26.39

Men 13-14

AAAA	
50 Free	30.71
100 Free	1:09.32
50 Back	36.45
100 Back	1:18.88
50 Breast	39.92
100 Breast	1:28.15
50 Fly	34.12
100 Fly	1:15.92

Men 14 & Under

AAAA	
200 Free	2:33.10
400 Free	5:10.60
800 Free	10:48.80
200 Back	2:51.80
200 Breast	3:11.02
200 Fly	2:47.70
200 IM	2:54.25
400 IM	6:26.64

KSFCANA3 STANDARDS KSF CANA ZONE 3 STD Long Course Meters

Men 15-16

	AAAA
50 Free	28.78
100 Free	1:06.88
50 Back	34.69
100 Back	1:16.16
50 Breast	37.99
100 Breast	1:25.11
50 Fly	32.47
100 Fly	1:13.30

Men 15 & Over

	AAAA
200 Free	2:29.87
400 Free	5:02.70
800 Free	10:32.30
200 Back	2:45.87
200 Breast	3:04.44
200 Fly	2:41.60
200 IM	2:48.24
400 IM	5:58.32

Men 17 & Over

	AAAA
50 Free	28.78
100 Free	1:06.88
50 Back	34.69
100 Back	1:16.16
50 Breast	37.99
100 Breast	1:25.11
50 Fly	32.47
100 Fly	1:13.30
