

---

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

	<b>AAAA</b>
50 Free	33.29
100 Free	1:23.00
50 Back	42.23
100 Back	1:34.90
50 Breast	43.30
100 Breast	1:46.20
50 Fly	40.66
100 Fly	1:31.40

**Women 13-14**

	<b>AAAA</b>
50 Free	32.94
100 Free	1:15.90
50 Back	40.52
100 Back	1:27.00
50 Breast	43.00
100 Breast	1:37.30
50 Fly	37.26
100 Fly	1:23.70

**Women 14 & Under**

	<b>AAAA</b>
200 Free	2:44.80
400 Free	5:25.10
800 Free	11:04.50
200 Back	3:07.30
200 Breast	3:29.00
200 Fly	2:56.10
200 IM	3:10.20
400 IM	6:31.26

**Women 15-16**

	<b>AAAA</b>
50 Free	31.78
100 Free	1:13.20
50 Back	39.10
100 Back	1:23.90
50 Breast	42.89
100 Breast	1:33.90
50 Fly	35.95
100 Fly	1:20.80

**Women 15 & Over**

	<b>AAAA</b>
200 Free	2:38.90
400 Free	5:18.20
800 Free	10:50.30

---

---

**KSF CANA3 STANDARDS KSF CANA ZONE 3 STD Short Course Meters**

200 Back	3:00.80
200 Breast	3:21.60
200 Fly	2:50.00
200 IM	3:03.50
400 IM	6:21.54

**Women 17 & Over**

	<b>AAAA</b>
50 Free	31.78
100 Free	1:13.20
50 Back	39.10
100 Back	1:23.90
50 Breast	42.89
100 Breast	1:33.90
50 Fly	35.95
100 Fly	1:20.80

**Men 12 & Under**

	<b>AAAA</b>
50 Free	32.33
100 Free	1:17.50
50 Back	40.88
100 Back	1:28.60
50 Breast	42.00
100 Breast	1:38.30
50 Fly	38.12
100 Fly	1:25.00

**Men 13-14**

	<b>AAAA</b>
50 Free	29.91
100 Free	1:07.70
50 Back	35.85
100 Back	1:17.70
50 Breast	38.92
100 Breast	1:26.20
50 Fly	33.42
100 Fly	1:14.50

**Men 14 & Under**

	<b>AAAA</b>
200 Free	2:29.90
400 Free	5:04.50
800 Free	10:36.10
200 Back	2:49.40
200 Breast	3:07.00
200 Fly	2:44.40
200 IM	2:51.00
400 IM	6:14.27

---

---

**KSF CANA3 STANDARDS KSF CANA ZONE 3 STD Short Course Meters****Men 15-16**

	<b>AAAA</b>
50 Free	27.98
100 Free	1:05.30
50 Back	34.09
100 Back	1:15.00
50 Breast	36.99
100 Breast	1:23.10
50 Fly	31.77
100 Fly	1:11.90

**Men 15 & Over**

	<b>AAAA</b>
200 Free	2:26.70
400 Free	4:56.70
800 Free	10:19.90
200 Back	2:43.50
200 Breast	3:00.40
200 Fly	2:38.40
200 IM	2:45.00
400 IM	5:46.86

**Men 17 & Over**

	<b>AAAA</b>
50 Free	27.98
100 Free	1:05.30
50 Back	34.09
100 Back	1:15.00
50 Breast	36.99
100 Breast	1:23.10
50 Fly	31.77
100 Fly	1:11.90

---