

WOSA 2022 -2023 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	30.88	33.75	36.54	39.65	50 FR	39.08	36.25	34.55	32.49	30.92	30.47	30.27	29.90
58.78	59.68	1:01.63	1:03.12	1:07.72	1:14.20	1:20.43	1:28.35	100 FR	1:26.65	1:19.89	1:14.76	1:10.70	1:06.72	1:05.98	1:05.58	1:04.60
2:08.84	2:10.43	2:14.30	2:18.81	2:28.98	2:41.99	2:56.71	3:16.65	200 FR	3:10.90	2:53.32	2:43.12	2:33.32	2:24.83	2:23.52	2:21.65	2:19.83
4:37.95	4:41.91	4:48.72	4:56.84	5:24.50	5:49.60	6:19.50	6:50.06	400 FR	6:39.87	6:12.60	5:48.45	5:30.00	5:06.59	5:04.88	5:00.82	4:57.33
9:42.38	9:48.27	10:04.63	10:22.95	11:04.18	11:57.04	13:18.59		800 FR		12:43.47	11:47.97	11:11.77	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
33.75	34.00	34.50	35:01	36.54	41.26	44.33	46.28	50 BK	44.38	42.31	40.06	36.06	35.35	34.51	34.00	33.75
1:06.79	1:07.55	1:10.60	1:12.49	1:18.01	1:26.65	1:32.32	1:41.95	100 BK	1:39.12	1:31.18	1:25.53	1:20.72	1:15.61	1:14.53	1:13.40	1:12.20
2:25.30	2:26.87	2:33.41	2:37.05	2:50.12	3:04.07	3:19.36	3:44.28	200 BK	3:34.08	3:14.83	3:03.51	2:54.45	2:41.83	2:40.04	2:38.70	2:35.99
36.00	36.29	37.51	38.68	41.39	45.26	49.99	53.93	50 BR	51.32	48.16	44.76	43.00	41.21	40.86	39.87	39.50
1:17.12	1:17.90	1:21.52	1:22.45	1:30.48	1:38.56	1:47.62	1:56.68	100 BR	1:52.15	1:45.35	1:39.12	1:32.10	1:27.09	1:26.43	1:25.95	1:25.09
2:48.03	2:49.74	2:57.21	2:59.76	3:15.03	3:31.82	3:55.61		200 BR		3:45.42	3:31.82	3:19.36	3:07.52	3:06.96	3:05.52	3:04.58
30.30	30.80	32.50	33.82	37.94	41.32	43.83	45.02	50 FL	44.76	42.25	37.49	35.00	34.00	33.00	32.90	32.50
1:06.19	1:06.87	1:09.18	1:11.40	1:18.55	1:27.23	1:37.42	1:49.88	100 FL	1:44.78	1:34.59	1:27.79	1:21.81	1:15.54	1:14.38	1:13.41	1:12.67
2:28.89	2:30.40	2:40.31	2:44.77	3:04.19	3:22.77	4:03.55		200 FL		3:37.49	3:19.36	3:06.36	2:51.20	2:49.87	2:44.47	2:42.02
								1:45.35	100 IM	1:43.09						
2:26.17	2:28.83	2:33.48	2:37.49	2:48.49	3:07.45	3:21.25	3:40.80	200 IM	3:37.35	3:18.95	3:07.45	2:56.00	2:45.07	2:43.37	2:40.96	2:39.47
5:22.05	5:25.30	5:33.28	5:38.60	6:07.40	6:42.50	7:27.44		400 IM		6:59.12	6:34.45	6:15.10	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	31.49	34.43	37.27	40.43	50 FR	39.86	36.97	35.24	33.14	31.54	31.08	30.88	30.49
59.96	1:00.87	1:02.87	1:04.38	1:09.07	1:15.68	1:22.03	1:30.13	100 FR	1:28.39	1:20.88	1:16.26	1:12.12	1:08.05	1:07.30	1:06.89	1:05.89
2:11.42	2:13.03	2:16.98	2:21.58	2:31.97	2:45.22	3:00.24	3:20.58	200 FR	3:14.72	2:56.78	2:46.38	2:36.39	2:27.72	2:27.29	2:24.49	2:22.63
4:43.51	4:47.55	4:54.49	5:02.78	5:30.99	5:56.59	6:27.09	6:58.26	400 FR	6:47.86	6:20.05	5:55.42	5:36.60	5:12.72	5:10.97	5:06.83	5:03.28
9:54.04	10:00.04	10:16.72	10:35.42	11:17.47	12:11.38	13:34.56		800 FR		12:58.75	12:02.13	11:25.20	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
35.25	35.75	36.50	36.97	39.99	42.28	46.29	47.99	50 BK	46.28	43.20	40.20	39.11	37.22	36.91	36.00	35.50
1:08.13	1:08.90	1:12.02	1:13.94	1:19.57	1:28.39	1:34.16	1:43.98	100 BK	1:41.10	1:33.00	1:27.23	1:22.34	1:17.13	1:16.02	1:14.87	1:13.65
2:28.21	2:29.81	2:36.48	2:40.19	2:53.51	3:07.75	3:23.35	3:48.77	200 BK	3:38.37	3:18.73	3:07.17	2:57.94	2:45.07	2:43.24	2:41.88	2:39.12
38.50	38.99	41.86	42.76	43.69	48.82	50.04	54.99	50 BR	53.93	48.53	45.01	44.01	43.18	42.65	41.50	41.00
1:18.66	1:19.46	1:23.16	1:24.10	1:32.28	1:40.52	1:49.77	1:59.00	100 BR	1:54.39	1:47.46	1:41.10	1:33.94	1:28.84	1:28.15	1:27.67	1:26.79
2:51.39	2:53.14	3:00.75	3:03.36	3:18.94	3:36.06	4:00.33		200 BR		3:49.93	3:36.06	3:23.35	3:11.27	3:10.70	3:09.22	3:08.28
32.00	32.50	33.08	36.86	38.37	40.15	43.15	48.47	50 FL	45.02	41.02	39.85	37.24	34.49	34.00	33.50	33.25
1:07.52	1:08.21	1:10.57	1:12.83	1:20.12	1:28.96	1:39.36	1:52.08	100 FL	1:46.87	1:36.47	1:29.54	1:23.44	1:17.04	1:15.87	1:14.88	1:14.12
2:31.87	2:33.41	2:43.52	2:48.07	3:07.88	3:26.82	4:08.41		200 FL		3:41.84	3:23.35	3:10.09	2:54.63	2:53.27	2:47.76	2:45.26
2:29.09	2:31.81	2:36.55	2:40.63	2:54.47	3:11.20	3:25.28	3:45.22	200 IM	3:41.70	3:22.93	3:11.20	2:59.52	2:48.38	2:46.64	2:44.19	2:42.66
5:28.49	5:31.80	5:39.94	5:45.38	6:14.75	6:50.55	7:36.39		400 IM		7:07.50	6:42.34	6:22.60	6:02.80	5:52.70	5:50.44	5:46.24