



# SHAKER SWIMMING

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## SIMPLIFIED NAG STANDARDS - SHORT COUSE YARDS

| NAG B TIME                  | NAG A TIME | EVENT      | NAG A TIME                 | NAG B TIME |
|-----------------------------|------------|------------|----------------------------|------------|
| <i>10 &amp; Under Girls</i> |            |            | <i>10 &amp; Under Boys</i> |            |
| 40.09                       | 32.39      | 50 Free    | 31.89                      | 39.19      |
| 1:31.89                     | 1:12.29    | 100 Free   | 1:10.79                    | 1:29.19    |
| 3:20.19                     | 2:36.39    | 200 Free   | 2:31.89                    | 3:09.89    |
| 8:30.49                     | 6:48.39    | 500 Free   | 6:44.59                    | 8:25.79    |
| 48.89                       | 38.19      | 50 Back    | 38.39                      | 49.29      |
| 1:45.69                     | 1:22.19    | 100 Back   | 1:21.69                    | 1:43.29    |
| 53.59                       | 41.99      | 50 Breast  | 42.49                      | 53.89      |
| 1:59.99                     | 1:33.39    | 100 Breast | 1:32.69                    | 1:56.79    |
| 48.79                       | 37.29      | 50 Fly     | 36.69                      | 47.29      |
| 1:57.49                     | 1:26.69    | 100 Fly    | 1:25.69                    | 1:55.39    |
| 1:45.69                     | 1:23.19    | 100 IM     | 1:21.29                    | 1:41.59    |
| 3:42.69                     | 2:55.99    | 200 IM     | 2:55.29                    | 3:40.89    |
| <i>11 - 12 Girls</i>        |            |            | <i>11 - 12 Boys</i>        |            |
| 34.59                       | 29.79      | 50 Free    | 28.59                      | 33.39      |
| 1:13.59                     | 1:03.09    | 100 Free   | 1:02.89                    | 1:13.29    |
| 2:43.49                     | 2:20.19    | 200 Free   | 2:16.59                    | 2:39.39    |
| 7:10.79                     | 6:09.29    | 500 Free   | 6:04.69                    | 7:05.49    |
| 15:01.79                    | 12:52.99   | 1000 Free  | 12:48.89                   | 14:57.09   |
| 25:18.59                    | 21:41.69   | 1650 Free  | 21:35.89                   | 25:11.89   |
| 39.99                       | 34.29      | 50 Back    | 33.69                      | 39.79      |
| 1:28.89                     | 1:14.89    | 100 Back   | 1:12.29                    | 1:25.79    |
| 3:03.29                     | 2:37.09    | 200 Back   | 2:33.79                    | 2:59.39    |
| 44.29                       | 37.99      | 50 Breast  | 37.59                      | 44.59      |
| 1:36.39                     | 1:22.19    | 100 Breast | 1:21.09                    | 1:35.69    |
| 3:27.29                     | 2:57.69    | 200 Breast | 2:52.99                    | 3:21.79    |
| 38.09                       | 32.69      | 50 Fly     | 32.39                      | 38.59      |
| 1:27.59                     | 1:13.59    | 100 Fly    | 1:12.19                    | 1:26.39    |
| 3:06.29                     | 2:39.69    | 200 Fly    | 2:38.29                    | 3:04.69    |
| 1:26.49                     | 1:14.09    | 100 IM     | 1:12.19                    | 1:24.39    |
| 3:04.99                     | 2:38.59    | 200 IM     | 2:35.89                    | 3:03.49    |
| 6:34.39                     | 5:38.09    | 400 IM     | 5:31.99                    | 6:27.29    |
| <i>13 - 14 Girls</i>        |            |            | <i>13 - 14 Boys</i>        |            |
| 33.39                       | 28.69      | 50 Free    | 26.59                      | 31.09      |
| 1:12.59                     | 1:02.19    | 100 Free   | 57.99                      | 1:07.69    |
| 2:36.59                     | 2:14.19    | 200 Free   | 2:05.79                    | 2:26.79    |
| 6:51.79                     | 5:52.99    | 500 Free   | 5:39.39                    | 6:35.99    |
| 14:08.89                    | 12:07.59   | 1000 Free  | 11:41.49                   | 13:38.39   |
| 23:34.19                    | 20:12.19   | 1650 Free  | 19:29.49                   | 22:44.39   |
| 1:20.19                     | 1:08.69    | 100 Back   | 1:04.89                    | 1:15.69    |
| 2:51.79                     | 2:27.29    | 200 Back   | 2:19.49                    | 2:42.79    |
| 1:30.99                     | 1:17.99    | 100 Breast | 1:12.29                    | 1:24.39    |
| 3:15.99                     | 2:47.99    | 200 Breast | 2:36.29                    | 3:02.39    |
| 1:19.39                     | 1:08.09    | 100 Fly    | 1:03.39                    | 1:13.99    |
| 2:53.39                     | 2:28.59    | 200 Fly    | 2:20.79                    | 2:44.29    |
| 2:56.49                     | 2:31.29    | 200 IM     | 2:21.89                    | 2:45.49    |
| 6:12.89                     | 5:19.59    | 400 IM     | 5:02.39                    | 5:52.79    |