

Boys
Long Course Time Standards
Rev. 10/19/09

8 and under				
	B	A		
50 Free	53.3	44.4		
100 Free	1:54.6	1:35.5		
50 Back	1:03.8	53.2		
50 Breast	1:08.5	57.1		
50 Fly	1:03.2	52.7		
9 and 10				
	B	A	JO- LCM	June Invite
50 Free	41.5	38.1	37.89	37.5
100 Free	1:31.6	1:23.9	1:25.29	1:21.5
200 Free	3:19.0	3:02.4	3:02.49	2:57.0
400 Free				
50 Back	50.5	46.3	47.59	44.2
100 Back	1:50.5	1:41.3	1:42.69	1:36.2
50 Breast	56.0	51.4	52.59	50.3
100 Breast	2:03.1	1:52.9	1:54.19	1:50.2
50 Fly	47.0	43.1	44.69	42.0
100 Fly	1:49.8	1:40.7	1:53.19	1:38.6
200 IM	3:50.4	3:31.2	3:29.19	3:20.5

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11 and 12				
	B	A	JO- LCM	June Invite
50 Free	37.6	34.4	33.39	32.9
100 Free	1:22.0	1:15.1	1:12.99	1:10.8
200 Free	2:58.4	2:43.6	2:40.49	2:34.9
400M Free	6:18.1	5:46.6	5:45.79	5:30.9
800M Free		11:43.7		
1500M Free		22:10.9		
50 Back	45.8	42.0	40.89	39.9
100 Back	1:39.0	1:30.7	1:27.99	1:24.90
200 Back	3:29.4	3:11.8		
50 Breast	49.8	45.6	45.99	43.9
100 Breast	1:49.2	1:40.1	1:40.89	1:35.6
200 Breast	3:50.4	3:31.2		
50 Fly	42.7	39.2	38.19	37.2
100 Fly	1:36.1	1:28.1	1:29.09	1:24.1
200 Fly	3:24.2	3:07.2		
200 IM	3:25.3	3:08.2	3:03.19	2:55.3
400 IM		6:32.3		
13-14				
	B	A	JO- LCM	June Invite
50 Free	33.0	30.2	29.99	29.1
100 Free	1:14.0	1:07.9	1:05.49	1:03.8
200 Free	2:42.0	2:28.5	2:23.89	2:20.4
400M Free	5:44.3	5:15.6	5:10.79	4:55.2
800M Free	12:01.3	11:01.2	10:44.99	10:31.2
1500M Free	22:51.7	20:57.4	20:24.99	20:00.3
100 Back	1:31.6	1:22.1	1:18.79	1:16.5
200 Back	3:09.2	2:53.3	2:51.49	2:46.3
100 Breast	1:37.3	1:29.2	1:29.69	1:25.2
200 Breast	3:33.0	3:15.2	3:15.39	3:05.2
100 Fly	1:23.6	1:16.7	1:15.59	1:13.4
200 Fly	3:08.9	2:53.1	2:51.99	2:46.2
200 IM	3:04.3	2:49.0	2:44.99	2:40.8
400 IM	6:33.0	6:00.2	6:07.49	5:42.1

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15-16					
	B	A	JO- LCM	Sectionals	Sectionals- Bonus
50 Free	32.5	29.8	27.29	26.09	26.69
100 Free	1:10.3	1:04.5	59.19	57.19	58.39
200 Free	2:34.7	2:21.8	2:11.49	2:05.09	2:07.59
400M Free	5:26.4	4:59.2	4:46.99	4:26.49	4:31.89
800M Free	11:28.0	10:30.6	10:02.99	9:08.99	9:19.99
1500M Free	21:49.0	19:59.3	19:19.99	17:29.99	17:50.99
100 Back	1:25.8	1:18.6	1:13.09	1:04.39	1:05.69
200 Back	3:00.7	2:45.5	2:37.99	2:19.49	2:22.29
100 Breast	1:33.4	1:25.6	1:20.99	1:11.99	1:13.49
200 Breast	3:20.4	3:03.7	2:58.19	2:36.69	2:39.89
100 Fly	1:20.6	1:13.9	1:07.69	1:01.59	1:02.89
200 Fly	2:54.8	2:40.3	2:41.59	2:17.19	2:19.99
200 IM	2:55.7	2:41.0	2:30.19	2:21.29	2:24.19
400 IM	6:12.8	5:41.7	5:42.99	5:00.89	5:06.99
17-18					
	B	A	JO- LCM	Sectionals	Sectionals- Bonus
50 Free	33.0	30.2	27.29	26.09	26.69
100 Free	1:11.4	1:05.4	59.49	57.19	58.39
200 Free	2:34.7	2:21.8	2:11.99	2:05.09	2:07.59
400M Free	5:31.3	5:03.7	4:47.99	4:26.49	4:31.89
800M Free	11:38.0	10:39.9	10:02.99	9:08.99	9:19.99
1500M Free	22:08.6	20:17.9	19:09.99	17:29.99	17:50.99
100 Back	1:27.1	1:19.8	1:13.29	1:04.39	1:05.69
200 Back	3:00.7	2:45.5	2:39.89	2:19.49	2:22.29
100 Breast	1:33.4	1:25.6	1:20.99	1:11.99	1:13.49
200 Breast	3:20.4	3:03.7	2:58.19	2:36.69	2:39.89
100 Fly	1:20.6	1:13.9	1:07.99	1:01.59	1:02.89
200 Fly	2:54.8	2:40.3	2:41.59	2:17.19	2:19.99
200 IM	2:55.7	2:41.0	2:30.19	2:21.29	2:24.19
400 IM	6:12.8	5:41.7	5:42.99	5:00.89	5:06.99