

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

8 and under				
	B	A		
50 Free	54.70	45.60		
100 Free	1:59.20	1:39.30		
50 Back	1:05.30	54.40		
50 Breast	1:10.30	58.60		
50 Fly	1:02.40	52.00		
9 and 10				
	B	A	JO- LCM	June Invite
50 Free	41.90	38.40	36.99	36.6
100 Free	1:32.00	1:24.40	1:22.29	1:20.4
200 Free	3:19.30	3:02.70	2:59.49	2:54.4
400M Free				
50 Back	50.60	46.40	45.39	44.3
100 Back	1:50.30	1:41.00	1:38.39	1:35.6
50 Breast	56.00	51.40	50.29	49.7
100 Breast	2:02.40	1:52.20	1:50.59	1:46.5
50 Fly	47.20	43.20	43.79	41.9
100 Fly	1:49.70	1:40.50	1:44.49	1:37.5
200 IM	3:49.30	3:30.20	3:24.69	3:19.5

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11 and 12				
	B	A	JO- LCM	June Invite
50 Free	38.00	34.90	32.29	32.7
100 Free	1:22.40	1:15.60	1:11.09	1:10.8
200 Free	2:57.70	2:42.90	2:35.19	2:32.9
400M Free	6:18.80	5:47.30	5:24.69	5:24.4
1000 Free	12:34.49	11:44.20		
1650 Free	24:15.79	22:11.60		
50 Back	45.40	41.60	39.39	39.1
100 Back	1:37.60	1:29.40	1:24.79	1:23.6
200 Back	3:26.50	3:09.20		
50 Breast	50.20	46.00	43.29	43.7
100 Breast	1:49.10	1:40.00	1:36.19	1:34.3
200 Breast	3:22.60	3:31.00		
50 Fly	41.90	38.40	36.09	37.3
100 Fly	1:35.30	1:27.30	1:24.09	1:23.0
200 Fly	3:22.60	3:05.70		
200 IM	3:25.00	3:07.90	2:55.89	2:53.9
400 IM		6:31.20		
13-14				
	B	A	JO- LCM	June Invite
50 Free	36.40	33.30	31.09	31.0
100 Free	1:18.50	1:11.90	1:07.39	1:06.6
200 Free	2:48.10	2:34.10	2:26.99	2:24.7
400M Free	5:55.80	5:26.10	5:12.39	5:01.9
800M Free	12:31.70	11:29.00	10:39.89	10:57.7
1500M Free	23:13.30	21:17.20	20:35.89	20:19.2
100 Back	1:32.90	1:25.10	1:19.99	1:18.6
200 Back	3:19.60	3:02.80	2:51.29	2:51.5
100 Breast	1:33.90	1:33.90	1:30.19	1:27.9
200 Breast	3:43.00	3:24.40	3:13.39	3:11.3
100 Fly	1:27.60	1:20.30	1:17.39	1:15.4
200 Fly	3:17.40	3:00.90	3:02.99	2:52.7
200 IM	3:13.40	2:57.30	2:46.79	2:45.9
400 IM	6:55.10	6:20.40	6:02.39	5:55.3

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15-16					
	B	A	JO- LCM	Sectionals	Sectionals- Bonus
50 Free	35.80	32.80	29.99	28.99	29.59
100 Free	1:17.80	1:11.30	1:04.69	1:02.59	1:03.89
200 Free	2:46.20	2:32.30	2:20.59	2:14.89	2:17.59
500Y/400M Free	5:47.60	5:18.70	4:58.29	4:41.99	4:47.69
1000Y/800M Free	12:04.70	11:04.30	10:32.99	9:35.99	9:47.51
1650Y/1500M Free	22:54.80	21:00.30	20:19.99	18:20.99	18:43.09
100 Back	1:32.20	1:24.40	1:16.19	1:10.89	1:12.39
200 Back	3:12.70	2:56.50	2:45.99	2:31.19	2:34.29
100 Breast	1:43.20	1:34.60	1:26.29	1:19.19	1:20.79
200 Breast	3:41.90	3:23.40	3:07.79	2:50.79	2:54.29
100 Fly	1:26.40	1:19.20	1:13.39	1:08.19	1:09.59
200 Fly	3:13.00	2:56.90	2:50.99	2:28.29	2:31.29
200 IM	3:12.00	2:56.00	2:40.0	2:32.89	2:35.99
400 IM	6:37.70	6:04.50	5:50.49	5:19.99	5:26.39
17-18					
	B	A	JO- LCM	Sectionals	Sectionals- Bonus
50 Free	37.00	32.90	29.99	28.99	29.59
100 Free	1:19.00	1:12.40	1:04.69	1:02.59	1:03.89
200 Free	2:48.70	2:34.70	2:20.59	2:14.89	2:17.59
500Y/400M Free	5:52.80	5:23.40	4:58.29	4:41.99	4:47.69
1000Y/800M Free	12:06.20	11:05.70	10:32.99	9:35.99	9:47.51
1650Y/1500M Free	22:54.80	21:00.30	20:19.99	18:20.99	18:43.09
100 Back	1:33.60	1:25.70	1:16.19	1:10.89	1:12.39
200 Back	3:12.70	2:56.50	2:45.99	2:31.19	2:34.29
100 Breast	1:44.80	1:36.00	1:26.29	1:19.19	1:20.79
200 Breast	3:41.90	3:23.40	3:07.79	2:50.79	2:54.29
100 Fly	1:27.70	1:20.40	1:13.39	1:08.19	1:09.59
200 Fly	3:13.00	2:56.90	2:50.99	2:28.29	2:31.29
200 IM	3:14.90	2:58.60	2:40.0	2:32.89	2:35.99
400 IM	6:37.70	6:04.50	5:50.49	5:19.99	5:26.39