

2018 Senior Long Course Time Standards

Girls				Boys		
SCY	SCM	LCM		LCM	SCM	SCY
26.21	29.09	29.89	50 FR	27.06	26.26	23.66
57.00	1:03.27	1:04.87	100 FR	58.06	56.46	50.86
2:04.80	2:18.53	2:21.73	200 FR	2:08.06	2:04.86	1:52.49
5:45.54	5:01.99	5:08.39	400/500 FR	4:40.99	4:34.59	5:14.83
12:17.47	10:45.39	10:58.19	1000/800 FR	10:16.09	10:03.29	11:30.30
20:01.95	20:01.99	20:25.99	Mile	19:35.69	19:11.69	19:12.64
1:06.49	1:13.80	1:15.00	100 Bk	1:08.51	1:07.31	1:00.64
2:26.79	2:42.94	2:45.34	200 BK	2:33.19	2:30.79	2:15.85
1:16.74	1:25.18	1:27.18	100 BR	1:19.19	1:17.19	1:09.54
2:46.77	3:05.11	3:09.11	200 BR	2:59.69	2:55.69	2:38.28
1:05.53	1:12.74	1:14.14	100 FL	1:05.97	1:04.57	58.17
2:34.95	2:51.99	2:54.79	200 FL	2:41.29	2:38.49	2:22.78
2:23.44	2:39.22	2:42.42	200 IM	2:30.49	2:27.29	2:12.69
5:20.89	5:56.19	6:02.59	400 IM	5:32.49	5:26.09	4:53.77
1:55.69	2:08.42	2:12.29	200 Fr Relay	1:58.09	1:53.99	1:42.69
4:10.29	4:37.82	4:46.09	400 Fr Relay	4:17.89	4:08.52	3:43.89
2:08.49	2:22.621	2:26.59	200 Med Relay	2:14.79	2:09.64	1:56.79
4:45.99	5:17.45	5:24.29	400 Med Relay	4:53.39	4:37.82	4:10.29

2017-2018 Short Course Championships Time Standards

Girls				Boys		
SCY	SCM	LCM		LCM	SCM	SCY
26.92	29.88	30.68	50 FR	27.48	26.68	24.04
58.31	1:04.72	1:06.32	100 FR	1:00.34	58.74	52.92
2:08.30	2:22.41	2:25.61	200 FR	2:15.09	2:11.89	1:58.82
5:50.46	5:06.46	5:12.79	500 FR	4:50.02	4:43.62	5:24.95
12:38.99	11:02.29	11:15.09	1000/800 FR	10:32.99	10:20.19	11:51.19
20:43.89	20:44.77	21:08.77	Mile	20:11.34	19:47.34	19:47.59
1:06.65	1:13.98	1:15.18	100 Bk	1:11.11	1:09.91	1:02.98
2:27.47	2:43.69	2:46.09	200 BK	2:45.58	2:43.18	2:27.01
1:18.64	1:27.29	1:29.29	100 BR	1:21.70	1:19.70	1:11.80
2:49.89	3:08.58	3:12.58	200 BR	3:04.59	3:00.59	2:42.69
1:07.94	1:15.41	1:16.81	100 FL	1:09.58	1:08.18	1:01.42
2:36.69	2:53.93	2:56.73	200 FL	2:44.07	2:41.27	2:25.29
2:26.16	2:42.24	2:45.44	200 IM	2:31.20	2:28.00	2:13.33
5:25.29	6:01.07	6:07.47	400 IM	5:38.39	5:31.99	4:59.09
1:55.69	2:08.42	2:12.29	200 Fr Relay	1:58.09	1:53.99	1:42.69
4:10.29	4:37.82	4:46.09	400 Fr Relay	4:17.89	4:08.52	3:43.89
2:08.49	2:22.621	2:26.59	200 Med Relay	2:14.79	2:09.64	1:56.79
4:45.99	5:17.45	5:24.29	400 Med Relay	4:53.39	4:37.82	4:10.29