

2023 Spring Far Western Time Standards (SCY - LCM - SCM)

Published 7/26/22

Girls

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	29.89	34.69	33.09	26.79	30.99	29.79	25.69	29.59	28.79	25.59	29.19	28.69	25.59	29.19	28.69
100 FR	1:06.19	1:15.69	1:14.79	58.19	1:07.69	1:04.69	55.79	1:03.79	1:01.99	55.59	1:03.59	1:01.79	55.59	1:03.59	1:01.79
200 FR	2:26.29	2:49.59	2:42.39	2:06.89	2:25.79	2:21.79	2:00.99	2:19.19	2:13.39	2:00.69	2:18.39	2:13.19	2:00.69	2:18.39	2:13.19
400/500 FR	6:25.69	5:44.59	5:35.09	5:38.09	5:01.99	5:02.89	5:23.09	4:51.39	4:39.89	5:22.69	4:48.39	4:39.89	5:22.69	4:48.39	4:39.89
800/1000 FR				11:42.69	10:38.89	10:27.19	11:11.19	10:01.69	9:41.39	10:59.89	9:55.59	9:32.29	10:59.89	9:55.59	9:32.29
1500/1650 FR				20:14.59	20:23.99	19:59.59	18:43.59	19:04.99	18:27.59	18:37.89	19:01.69	18:23.49	18:37.89	19:01.69	18:23.49
50 BK	35.49	40.49	38.99	31.09	36.39	34.79									
100 BK	1:15.39	1:29.19	1:23.69	1:06.49	1:18.29	1:14.59	1:02.49	1:12.39	1:10.29	1:01.29	1:11.29	1:07.69	1:01.29	1:11.29	1:07.69
200 BK				2:24.09	2:49.39	2:41.29	2:16.79	2:35.29	2:31.89	2:13.39	2:32.29	2:27.49	2:13.39	2:32.29	2:27.49
50 BR	39.19	44.79	43.29	34.99	39.49	38.99									
100 BR	1:26.79	1:38.99	1:36.39	1:15.89	1:27.39	1:24.19	1:11.39	1:22.69	1:20.59	1:10.99	1:21.29	1:18.39	1:10.99	1:21.29	1:18.39
200 BR				2:45.89	3:10.29	3:03.89	2:35.39	3:02.49	2:52.79	2:32.69	2:59.49	2:48.69	2:32.69	2:59.49	2:48.69
50 FL	33.09	39.29	36.69	29.49	33.69	32.79									
100 FL	1:18.09	1:28.29	1:26.69	1:05.89	1:17.09	1:13.19	1:01.79	1:11.09	1:09.29	1:01.29	1:09.29	1:06.09	1:01.29	1:09.29	1:06.09
200 FL				2:28.09	2:49.59	2:43.49	2:21.39	2:35.39	2:33.09	2:15.79	2:32.19	2:30.79	2:15.79	2:32.19	2:30.79
100 IM	1:15.59		1:23.89	1:06.99		1:14.29									
200 IM	2:42.69	2:59.79	3:00.59	2:24.09	2:47.79	2:40.99	2:15.89	2:38.69	2:32.39	2:15.69	2:37.49	2:29.99	2:15.69	2:37.49	2:29.99
400 IM				5:10.29	5:56.69	5:44.39	4:50.99	5:34.49	5:23.19	4:48.49	5:27.89	5:20.19	4:48.49	5:27.89	5:20.19

Boys

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	29.59	33.59	32.69	26.69	30.69	29.89	23.89	27.69	27.19	23.59	26.29	26.69	23.59	26.29	26.69
100 FR	1:05.69	1:15.19	1:12.59	57.29	1:06.79	1:03.69	51.99	1:00.09	58.29	50.89	58.09	56.49	50.89	58.09	56.49
200 FR	2:21.89	2:41.09	2:36.69	2:08.09	2:23.79	2:21.89	1:54.19	2:11.59	2:06.49	1:51.99	2:08.59	2:04.09	1:51.99	2:08.59	2:04.09
400/500 FR	6:23.19	5:37.19	5:30.09	5:41.69	5:01.79	4:59.99	5:07.89	4:40.89	4:31.89	4:58.29	4:28.69	4:21.09	4:58.29	4:28.69	4:21.09
800/1000 FR				11:39.09	10:27.69	10:06.39	10:39.49	9:40.49	9:14.69	10:17.39	9:27.39	8:55.49	10:17.39	9:27.39	8:55.49
1500/1650 FR				19:30.69	20:10.89	19:15.59	17:47.29	18:24.39	17:33.59	17:27.39	17:41.69	17:13.89	17:27.39	17:41.69	17:13.89
50 BK	35.09	40.29	38.79	30.99	35.59	34.19									
100 BK	1:14.89	1:25.69	1:22.69	1:05.89	1:16.59	1:12.79	59.09	1:08.39	1:05.39	56.09	1:05.39	1:01.89	56.09	1:05.39	1:01.89
200 BK				2:20.79	2:46.09	2:36.29	2:07.29	2:27.09	2:20.69	2:01.79	2:19.59	2:14.59	2:01.79	2:19.59	2:14.59
50 BR	39.09	44.99	43.19	34.99	39.09	37.79									
100 BR	1:24.39	1:37.89	1:33.29	1:15.69	1:27.09	1:21.79	1:06.29	1:16.29	1:12.09	1:05.59	1:13.99	1:10.39	1:05.59	1:13.99	1:10.39
200 BR				2:39.89	3:06.79	2:56.89	2:25.09	2:51.79	2:40.29	2:22.29	2:48.09	2:37.89	2:22.29	2:48.09	2:37.89
50 FL	33.69	37.89	37.39	29.49	33.79	33.39									
100 FL	1:18.99	1:27.89	1:27.69	1:05.39	1:15.69	1:12.29	58.49	1:06.09	1:04.19	56.69	1:04.09	1:03.09	56.69	1:04.09	1:03.09
200 FL				2:27.19	2:46.49	2:43.49	2:08.89	2:26.79	2:22.39	2:04.59	2:19.79	2:18.79	2:04.59	2:19.79	2:18.79
100 IM	1:16.89		1:23.29	1:06.49		1:13.89									
200 IM	2:45.29	3:04.09	3:03.49	2:24.09	2:44.69	2:40.09	2:08.89	2:28.09	2:24.59	2:05.29	2:25.39	2:19.19	2:05.29	2:25.39	2:19.19
400 IM				5:06.29	5:45.79	5:40.29	4:35.79	5:23.39	5:11.29	4:31.09	5:15.29	5:01.09	4:31.09	5:15.29	5:01.09

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Girls									
Event	10/Under			11 - 12			13 - 14		
	SCY	LCM		SCY	LCM		SCY	LCM	
200 Free Relay	2:02.19	2:22.19		1:50.19	2:07.39		1:45.79	2:00.99	
400 Free Relay	-	-		3:59.79	4:38.69		3:48.49	4:21.49	
800 Free Relay	-	-		-	-		8:15.89	9:30.69	
200 Medley Relay	2:21.59	2:43.19		2:06.39	2:24.39		2:01.59	2:12.89	
400 Medley Relay	-	-		4:34.99	5:19.49		4:20.29	4:47.79	

Boys									
Event	10/Under			11 - 12			13 - 14		
	SCY	LCM		SCY	LCM		SCY	LCM	
200 Free Relay	2:01.39	2:17.79		1:49.49	2:05.79		1:39.49	1:53.39	
400 Free Relay		-		3:54.79	4:33.89		3:34.89	4:06.29	
800 Free Relay	-	-		-	-		7:47.99	8:59.29	
200 Medley Relay	2:20.89	2:40.59		2:05.49	2:22.39		1:54.79	2:07.99	
400 Medley Relay	-	-		4:30.79	5:13.79		4:04.49	4:37.49	