

2025 Western Zone Age Group Championship Time Standards: Team Colorado ONLY

Girls				10 & Under	Boys			
2025 WZ Qual*			CO Qual*		2025 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
33.69	32.69	29.59	32.58	50 Free	32.99	31.69	28.69	32.53
1:14.49	1:11.89	1:04.99	1:12.05	100 Free	1:13.19	1:10.39	1:03.79	1:12.28
2:43.49	2:38.59	2:23.59	2:37.64	200 Free	2:38.89	2:33.59	2:18.99	2:36.56
39.49	37.99	34.39	38.49	50 Back	38.99	37.59	33.99	38.47
1:25.59	1:22.29	1:14.49	1:23.12	100 Back	1:24.09	1:20.09	1:12.49	1:22.76
44.29	42.99	38.89	43.02	50 Breast	43.59	42.29	38.29	43.24
1:38.09	1:33.59	1:24.69	1:34.40	100 Breast	1:36.29	1:31.39	1:22.69	1:35.51
37.29	36.69	33.19	35.70	50 Fly	36.59	35.99	32.59	36.26
1:26.39	1:23.89	1:15.99	1:23.10	100 Fly	1:25.09	1:22.49	1:14.59	1:22.48
3:04.19	2:56.79	2:39.99	2:57.96	200 IM	3:00.79	2:55.09	2:38.39	2:57.14
Girls				11-12	Boys			
2025 WZ Qual*			CO Qual*		2025 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
30.49	29.79	26.99	29.19	50 Free	29.39	28.49	25.79	27.95
1:07.19	1:04.89	58.69	1:03.72	100 Free	1:04.49	1:02.09	56.19	1:01.98
2:26.49	2:21.09	2:07.69	2:19.67	200 Free	2:20.79	2:15.49	2:02.59	2:16.61
5:08.69	5:00.39	5:43.29	4:53.46	400/ 500 Free	4:59.49	4:48.69	5:29.99	4:51.51
35.19	33.59	30.49	33.94	50 Back	34.29	32.79	29.69	32.74
1:16.89	1:13.09	1:06.19	1:12.98	100 Back	1:14.29	1:09.39	1:02.79	1:10.56
2:43.49	2:35.79	2:20.99	2:38.21	200 Back	2:39.49	2:30.09	2:15.89	2:33.43
39.09	38.19	34.59	37.44	50 Breast	38.09	36.69	33.29	36.80
1:25.89	1:22.99	1:15.09	1:23.62	100 Breast	1:23.09	1:18.89	1:11.39	1:20.63
3:06.09	2:58.59	2:41.69	2:57.39	200 Breast	2:59.09	2:50.59	2:34.39	2:57.21
32.89	31.99	28.99	31.62	50 Fly	31.99	31.19	28.19	30.34
1:14.79	1:12.09	1:05.19	1:11.71	100 Fly	1:11.69	1:08.99	1:02.49	1:08.81
2:45.89	2:39.19	2:24.09	2:44.99	200 Fly	2:40.89	2:33.29	2:18.69	2:39.17
2:45.49	2:39.59	2:24.49	2:39.96	200 IM	2:38.29	2:33.39	2:18.79	2:35.33
5:52.69	5:40.09	5:07.79	5:47.07	400 IM	5:44.09	5:27.39	4:56.29	5:41.00
Girls				13-14	Boys			
2025 WZ Qual*			CO Qual*		2025 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
29.29	28.29	25.59	28.43	50 Free	26.89	25.89	23.49	25.98
1:03.79	1:01.69	55.79	1:01.41	100 Free	58.99	56.39	51.09	56.50
2:17.79	2:13.39	2:00.69	2:14.65	200 Free	2:08.89	2:03.69	1:51.99	2:04.49
4:49.19	4:43.39	5:23.89	4:41.67	400/ 500 Free	4:33.79	4:25.19	5:03.09	4:24.86
10:01.49	9:45.09	11:08.69	9:42.22	800/ 1000 Free	9:26.19	9:08.59	10:26.99	9:13.73
19:13.69	18:31.29	18:37.99	18:44.28	1500/ 1650 Free	18:07.89	17:28.79	17:35.19	17:38.60
1:10.49	1:06.79	1:00.49	1:09.69	100 Back	1:05.79	1:01.89	55.99	1:04.48
2:31.89	2:24.49	2:10.69	2:29.76	200 Back	2:22.79	2:14.29	2:01.59	2:19.95
1:20.39	1:16.99	1:09.69	1:18.53	100 Breast	1:13.69	1:09.89	1:03.29	1:11.45
2:53.09	2:45.89	2:30.09	2:50.79	200 Breast	2:39.39	2:31.79	2:17.39	2:37.86
1:08.59	1:06.69	1:00.39	1:07.43	100 Fly	1:03.09	1:01.19	55.39	1:01.97
2:33.79	2:28.59	2:14.49	2:32.33	200 Fly	2:21.19	2:16.19	2:03.19	2:20.27
2:34.89	2:29.09	2:14.99	2:31.85	200 IM	2:23.69	2:17.09	2:04.09	2:20.31
5:28.39	5:17.59	4:47.39	5:23.93	400 IM	5:06.99	4:53.19	4:25.39	5:00.53

*** ALL TIMES (including CO Qual) are sea level times. See Altitude Conversion Table to adjust times swam at altitude to sea level.**

Altitude Conversion Table			
Event	Elevation of Achieved Time		
	3,000-4,250 ft	4,251-6,500 ft	Above 6,500 ft
	Conversion Amount		
50 Free	n/c	n/c	n/c
100 Free	n/c	n/c	n/c
200 Free	0.5	1.2	1.6
400/ 500 Free	2.5	5.0	7.0
800/ 1000 Free	5.0	10.0	15.0
1500/ 1650 Free	11.0	23.0	32.5
100 Back	n/c	n/c	n/c
200 Back	0.5	1.2	1.6
100 Breast	n/c	n/c	n/c
200 Breast	0.5	1.2	1.6
100 Fly	n/c	n/c	n/c
200 Fly	0.5	1.2	1.6
200 IM	0.5	1.2	1.6
400 IM	2.5	5.0	7.0

Sea Level Time ⇄ Altitude Time

Sea level time + **Conversion Amount** for appropriate elevation.

Example: Achieving a time of 2:28.59 in the 200 Backstroke at sea level (or below 3,000 feet) is equivalent to achieving a 2:29.79 at an elevation of 5,280 feet.

Altitude Time ⇄ Sea Level Time

Achieved time - **Conversion Amount** for appropriate elevation of achieved time.

Example: Achieving a time of 5:28.69 in the 400 IM at an elevation of 5,280 feet is equivalent to achieving a 5:23.69 at sea level (or below 3,000 feet).