

WESTERN ZONE
2012 AGE GROUP TIME STANDARDS

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.29	0:32.49	0:29.29	50 Free	0:33.09	0:32.29	0:29.09
1:12.49	1:10.89	1:03.79	100 Free	1:12.99	1:11.39	1:04.29
2:38.79	2:35.59	2:20.19	200 Free	2:38.29	2:35.09	2:19.69
0:39.29	0:38.69	0:34.89	50 Back	0:39.49	0:38.89	0:35.09
1:24.69	1:23.49	1:15.29	100 Back	1:25.29	1:24.09	1:15.69
0:44.19	0:43.19	0:38.99	50 Breast	0:44.89	0:43.89	0:39.59
1:36.19	1:34.19	1:24.89	100 Breast	1:37.79	1:35.79	1:26.29
0:36.69	0:35.99	0:32.39	50 Fly	0:36.79	0:36.09	0:32.59
1:24.19	1:22.79	1:14.59	100 Fly	1:24.69	1:23.29	1:14.99
2:58.29	2:55.09	2:37.79	200 IM	2:59.59	2:56.39	2:38.89

Women			11-12	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.99	50 Free	0:29.59	0:28.79	0:25.99
1:04.79	1:03.19	0:56.89	100 Free	1:04.29	1:02.69	0:56.49
2:20.49	2:17.29	2:03.69	200 Free	2:19.39	2:16.19	2:02.69
4:56.49	4:50.09	5:32.19	400/500 Free	4:55.79	4:49.39	5:31.39
0:34.59	0:33.99	0:30.59	50 Back	0:34.89	0:34.29	0:30.89
1:14.29	1:13.09	1:05.89	100 Back	1:15.09	1:13.89	1:06.59
0:38.59	0:37.59	0:33.89	50 Breast	0:38.29	0:37.29	0:33.59
1:24.09	1:22.09	1:13.89	100 Breast	1:24.69	1:22.69	1:14.49
0:32.39	0:31.69	0:28.49	50 Fly	0:32.49	0:31.79	0:28.69
1:12.39	1:10.99	1:03.99	100 Fly	1:12.89	1:11.49	1:04.39
2:38.79	2:35.59	2:20.19	200 IM	2:38.89	2:35.69	2:20.29

Women			13-14	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.29	50 Free	0:27.29	0:26.49	0:23.79
1:02.69	1:01.09	0:54.99	100 Free	0:58.89	0:57.29	0:51.59
2:15.29	2:12.09	1:58.99	200 Free	2:07.99	2:04.79	1:52.39
4:44.59	4:38.19	5:18.79	400/500 Free	4:32.59	4:26.19	5:05.39
9:52.59	9:39.79	11:03.99	800/1000 Free	9:29.09	9:16.29	10:37.59
18:52.09	18:28.09	18:29.89	1500/1650 Free	18:07.59	17:43.59	17:46.29
1:11.39	1:10.19	1:03.29	100 Back	1:07.89	1:06.69	1:00.09
2:32.79	2:30.39	2:15.49	200 Back	2:25.89	2:23.49	2:09.29
1:21.09	1:19.09	1:11.19	100 Breast	1:15.99	1:13.99	1:06.59
2:53.99	2:49.99	2:33.19	200 Breast	2:45.39	2:41.39	2:25.39
1:09.49	1:08.09	1:01.29	100 Fly	1:05.09	1:03.69	0:57.39
2:35.29	2:32.49	2:17.39	200 Fly	2:26.79	2:23.99	2:09.79
2:33.79	2:30.59	2:15.69	200 IM	2:25.29	2:22.09	2:07.99
5:25.89	5:19.49	4:47.79	400 IM	5:09.19	5:02.79	4:32.79

APPROVED

WESTERN ZONE
2012 AGE GROUP TIME STANDARDS

Women			15-16	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.99	0:28.19	0:25.39	50 Free	0:26.29	0:25.49	0:22.99
1:02.89	1:01.29	0:55.19	100 Free	0:57.69	0:56.09	0:50.49
2:15.59	2:12.39	1:59.29	200 Free	2:05.99	2:02.79	1:50.59
4:44.79	4:38.39	5:19.09	400/500 Free	4:26.99	4:20.59	4:59.09
9:55.69	9:42.89	11:07.39	800/1000 Free	9:22.69	9:09.89	10:30.49
18:58.89	18:34.89	18:36.59	1500/1650 Free	17:51.59	17:27.59	17:30.59
1:11.79	1:10.59	1:03.59	100 Back	1:06.09	1:04.89	0:58.49
2:34.69	2:32.29	2:17.19	200 Back	2:23.89	2:21.49	2:07.49
1:19.79	1:17.79	1:10.09	100 Breast	1:14.39	1:12.39	1:05.19
2:56.09	2:52.09	2:35.09	200 Breast	2:42.99	2:38.99	2:23.29
1:09.99	1:08.59	1:01.79	100 Fly	1:03.49	1:02.09	0:55.89
2:37.29	2:34.49	2:19.19	200 Fly	2:26.99	2:24.19	2:09.89
2:34.99	2:31.79	2:16.79	200 IM	2:22.49	2:19.29	2:05.49
5:27.59	5:21.19	4:49.39	400 IM	5:04.89	4:58.49	4:28.89

Women			17-18	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.89	0:29.09	0:26.29	50 Free	0:26.59	0:25.79	0:23.29
1:05.09	1:03.49	0:57.19	100 Free	0:58.39	0:56.79	0:51.19
2:21.39	2:18.19	2:04.49	200 Free	2:07.79	2:04.59	1:52.29
5:00.79	4:54.39	5:36.99	400/500 Free	4:36.09	4:29.69	5:09.29
10:28.09	10:15.29	11:43.79	800/1000 Free	9:40.69	9:27.89	10:50.59
20:26.19	20:02.19	20:02.19	1500/1650 Free	18:45.39	18:21.39	18:23.29
1:16.69	1:15.49	1:07.99	100 Back	1:09.29	1:08.09	1:01.29
2:44.69	2:42.29	2:26.19	200 Back	2:31.39	2:28.99	2:14.19
1:25.89	1:23.89	1:15.59	100 Breast	1:17.59	1:15.59	1:08.09
3:07.69	3:03.69	2:45.49	200 Breast	2:51.29	2:47.29	2:30.69
1:13.59	1:12.19	1:04.99	100 Fly	1:05.19	1:03.79	0:57.39
2:51.79	2:48.99	2:32.29	200 Fly	2:33.89	2:31.09	2:16.09
2:40.69	2:37.49	2:21.89	200 IM	2:26.69	2:23.49	2:09.29
5:52.29	5:45.89	5:11.59	400 IM	5:22.69	5:16.29	4:44.99