

Western Zone Time Standards
2013

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
1:12.39	1:10.79	1:03.69	100 Free	1:12.39	1:10.79	1:03.69
2:38.89	2:35.69	2:20.29	200 Free	2:38.39	2:35.19	2:19.79
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	1:15.19	100 Back	1:25.39	1:24.19	1:15.79
0:44.19	0:43.19	0:38.99	50 Breast	0:44.89	0:43.89	0:39.59
1:36.49	1:34.49	1:25.09	100 Breast	1:37.89	1:35.89	1:26.39
0:36.69	0:35.99	0:32.49	50 Fly	0:36.79	0:36.09	0:32.59
1:24.59	1:23.19	1:14.89	100 Fly	1:24.79	1:23.39	1:15.09
2:58.39	2:55.19	2:37.89	200 IM	2:59.69	2:56.49	2:38.99

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.89	50 Free	0:29.59	0:28.79	0:25.89
1:04.89	1:03.29	0:56.99	100 Free	1:04.29	1:02.69	0:56.49
2:20.59	2:17.39	2:03.79	200 Free	2:19.49	2:16.29	2:02.79
4:56.79	4:50.39	5:32.49	400/500 Free	4:55.69	4:49.29	5:31.29
0:34.59	0:33.99	0:30.69	50 Back	0:34.89	0:34.29	0:30.89
1:14.29	1:13.09	1:05.79	100 Back	1:15.09	1:13.89	1:06.59
2:50.59	2:48.19	2:31.59	200 Back	2:46.59	2:44.19	2:27.99
0:38.59	0:37.59	0:33.89	50 Breast	0:38.09	0:37.09	0:33.39
1:24.19	1:22.19	1:13.99	100 Breast	1:24.29	1:22.29	1:14.09
3:12.69	3:08.69	2:49.99	200 Breast	3:08.89	3:04.89	2:46.59
0:32.39	0:31.69	0:28.49	50 Fly	0:32.39	0:31.69	0:28.49
1:12.49	1:11.09	1:04.09	100 Fly	1:12.59	1:11.19	1:04.19
2:51.79	2:48.99	2:32.29	200 Fly	2:46.39	2:43.59	2:27.39
2:38.79	2:35.59	2:20.19	200 IM	2:38.89	2:35.69	2:20.29
6:04.59	5:58.19	5:22.69	400 IM	5:56.09	5:49.69	5:15.09

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:27.29	0:26.49	0:23.89
1:02.69	1:01.09	0:55.09	100 Free	0:58.99	0:57.39	0:51.69
2:15.39	2:12.19	1:59.09	200 Free	2:08.09	2:04.89	1:52.49
4:44.89	4:38.49	5:19.19	400/500 Free	4:32.89	4:26.49	5:05.69
9:53.59	9:40.79	11:05.09	800/1000 Free	9:30.09	9:17.29	10:38.69
18:55.49	18:31.49	18:33.29	1500/1650 Free	18:10.89	17:46.89	17:49.49
1:11.49	1:10.29	1:03.29	100 Back	1:07.99	1:06.79	1:00.09
2:33.09	2:30.69	2:15.79	200 Back	2:25.99	2:23.59	2:09.39
1:21.19	1:19.19	1:11.29	100 Breast	1:16.09	1:14.09	1:06.69
2:54.09	2:50.09	2:33.29	200 Breast	2:45.49	2:41.49	2:25.49
1:09.39	1:07.99	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	2:26.89	2:24.09	2:09.79
2:33.89	2:30.69	2:15.79	200 IM	2:25.39	2:22.19	2:08.09
5:25.79	5:19.39	4:47.79	400 IM	5:09.49	5:03.09	4:33.09