

2013 Speedo Championship Series Western Region Section Time Standards							
	Women				Men		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters	
24.80	27.59	28.14	50 Fr	22.19	24.50	25.49	
53.30	58.65	1:00.66	100 Fr	48.12	53.07	55.29	
1:55.45	2:07.19	2:11.74	200 Fr	1:45.41	1:56.69	2:01.44	
5:09.61	4:27.32	4:39.69	4/500 Fr	4:48.20	4:09.47	4:20.51	
10:46.09	9:22.55	9:42.19	8/1000 Fr	10:04.58	8:48.94	9:12.79	
18:09.88	17:58.11	18:44.59	1500/1650	17:03.26	16:44.43	17:36.59	
59.06	1:05.91	1:08.94	100 Bk	54.16	1:00.14	1:03.66	
2:07.18	2:22.23	2:28.26	200 Bk	1:57.89	2:12.17	2:19.16	
1:08.35	1:15.09	1:19.63	100 Br	1:01.32	1:07.18	1:13.12	
2:28.69	2:43.38	2:53.49	200 Br	2:14.73	2:27.41	2:40.25	
58.44	1:04.15	1:06.27	100 Fly	52.97	58.96	1:00.37	
2:11.39	2:25.59	2:31.16	200 Fly	1:59.97	2:13.23	2:19.05	
2:11.15	2:24.65	2:30.53	200 IM	1:59.36	2:11.88	2:18.35	
4:36.97	5:05.39	5:18.84	400 IM	4:18.75	4:46.44	4:57.79	
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89	
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59	
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99	
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69	
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39	

2013 Speedo Championship Series Western Region Section Bonus Time Standards							
	Women				Men		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters	
25.30	28.29	28.64	50 Fr	22.69	25.00	25.99	
54.30	59.65	1:01.66	100 Fr	49.12	54.07	56.29	
1:59.45	2:11.19	2:15.74	200 Fr	1:49.41	2:00.69	2:05.44	
5:19.61	4:35.32	4:47.69	4/500 Fr	4:58.20	4:17.47	4:28.51	
11:06.09	9:38.55	9:58.19	8/1000 Fr	10:24.58	9:04.94	9:28.79	
18:42.88	18:28.11	19:14.59	1500/1650	17:36.26	17:14.43	18:06.59	
1:00.06	1:06.91	1:09.94	100 Bk	55.16	1:01.14	1:04.66	
2:11.18	2:26.23	2:32.26	200 Bk	2:01.89	2:16.17	2:23.16	
1:09.35	1:16.09	1:20.63	100 Br	1:02.32	1:08.18	1:14.12	
2:32.69	2:47.38	2:57.49	200 Br	2:18.73	2:31.41	2:44.25	
59.44	1:05.15	1:07.27	100 Fly	53.97	59.96	1:01.37	
2:15.39	2:29.59	2:35.16	200 Fly	2:03.97	2:17.23	2:23.05	
2:15.15	2:28.65	2:34.53	200 IM	2:03.36	2:15.88	2:22.35	
4:44.97	5:13.39	5:26.84	400 IM	4:26.75	4:54.44	5:05.79	