

Age Group Western Zone Time Standards
2016

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.99	0:32.19	0:29.09	50 Free	0:32.99	0:32.19	0:28.99
1:12.29	1:10.69	1:03.69	100 Free	1:12.19	1:10.59	1:03.69
2:37.89	2:34.69	2:19.29	200 Free	2:37.49	2:34.29	2:18.99
0:39.09	0:38.49	0:34.69	50 Back	0:39.29	0:38.69	0:34.89
1:24.29	1:23.09	1:14.89	100 Back	1:24.99	1:23.79	1:15.49
0:44.19	0:43.19	0:38.89	50 Breast	0:44.39	0:43.39	0:39.09
1:35.99	1:33.99	1:24.69	100 Breast	1:37.09	1:35.09	1:25.69
0:36.39	0:35.69	0:32.19	50 Fly	0:36.49	0:35.79	0:32.29
1:23.69	1:22.29	1:14.09	100 Fly	1:23.99	1:22.59	1:14.39
2:58.19	2:54.99	2:37.69	200 IM	2:58.19	2:54.99	2:37.69

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.49	0:28.69	0:25.79	50 Free	0:29.39	0:28.59	0:25.79
1:04.89	1:03.29	0:56.99	100 Free	1:04.09	1:02.49	0:56.29
2:20.19	2:16.99	2:03.49	200 Free	2:20.09	2:16.89	2:03.29
4:55.39	4:48.99	5:30.99	400/500 Free	4:55.39	4:48.99	5:30.89
0:34.59	0:33.99	0:30.69	50 Back	0:34.59	0:33.99	0:30.59
1:14.19	1:12.99	1:05.69	100 Back	1:14.39	1:13.19	1:05.99
2:45.79	2:43.39	2:27.19	200 Back	2:42.69	2:40.29	2:24.39
0:38.49	0:37.49	0:33.79	50 Breast	0:38.09	0:37.09	0:33.39
1:23.89	1:21.89	1:13.79	100 Breast	1:23.99	1:21.99	1:13.89
3:06.89	3:02.89	2:44.79	200 Breast	3:04.69	3:00.69	2:42.79
0:32.39	0:31.69	0:28.49	50 Fly	0:32.19	0:31.49	0:28.29
1:12.39	1:10.99	1:03.89	100 Fly	1:12.39	1:10.99	1:03.89
2:48.79	2:45.99	2:29.59	200 Fly	2:45.79	2:42.99	2:26.89
2:38.79	2:35.59	2:20.19	200 IM	2:38.59	2:35.39	2:19.99
5:51.89	5:45.49	5:11.19	400 IM	5:47.69	5:41.29	5:07.49

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.79	0:27.99	0:25.29	50 Free	0:27.09	0:26.29	0:23.69
1:02.39	1:00.79	0:54.79	100 Free	0:58.59	0:56.99	0:51.29
2:14.79	2:11.59	1:58.59	200 Free	2:07.29	2:04.09	1:51.79
4:43.59	4:37.19	5:17.69	400/500 Free	4:31.29	4:24.89	5:03.99
9:49.69	9:36.89	11:00.69	800/1000 Free	9:27.79	9:14.99	10:36.09
18:49.09	18:25.09	18:26.89	1500/1650 Free	18:08.79	17:44.79	17:47.39
1:10.99	1:09.79	1:02.89	100 Back	1:07.59	1:06.39	0:59.79
2:32.29	2:29.89	2:14.99	200 Back	2:25.19	2:22.79	2:08.69
1:20.69	1:18.69	1:10.89	100 Breast	1:15.39	1:13.39	1:06.09
2:53.69	2:49.69	2:32.79	200 Breast	2:44.29	2:40.29	2:24.39
1:08.99	1:07.59	1:00.89	100 Fly	1:04.49	1:03.09	0:56.89
2:34.49	2:31.69	2:16.69	200 Fly	2:25.79	2:22.99	2:08.79
2:32.99	2:29.79	2:14.99	200 IM	2:24.59	2:21.39	2:07.39
5:23.99	5:17.59	4:46.19	400 IM	5:08.19	5:01.79	4:31.89