



"A" Time Standards						
Women			Men			
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:29.69	4:48.49	4:55.99	400/500 Free	4:36.69	4:29.39	5:07.79
11:22.69	9:57.49	10:10.59	800/1000 Free	9:35.69	9:18.59	10:38.29
18:59.69	18:52.09	19:36.29	1500/1650 Free	18:19.89	17:49.09	17:52.29
1:02.69	1:09.19	1:12.79	100 Back	1:06.79	1:03.29	57.29
2:15.29	2:29.59	2:35.49	200 Back	2:22.69	2:17.59	2:04.49
1:12.49	1:20.09	1:23.09	100 Breast	1:15.59	1:11.89	1:05.09
2:35.99	2:52.39	2:57.99	200 Breast	2:42.89	2:36.89	2:21.99
1:02.59	1:09.09	1:10.79	100 Fly	1:04.29	1:02.39	56.49
2:16.99	2:31.39	2:35.59	200 Fly	2:22.89	2:19.09	2:05.89
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:54.49	5:25.39	5:35.09	400 IM	5:10.99	5:00.79	4:32.19
3:49.96	4:13.96	4:21.96	400 Free Relay	3:58.36	3:49.56	3:27.96
8:15.56	9:07.16	9:24.36	800 Free Relay	8:43.16	8:21.96	7:34.36
4:12.46	4:41.86	4:52.16	400 Medley Relay	4:26.26	4:14.96	3:50.89



Bonus Time Standards						
Women			Men			
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.59	29.29	30.39	50 Free	26.79	26.29	23.79
57.49	1:03.49	1:05.49	100 Free	59.59	57.39	51.99
2:03.89	2:16.89	2:21.09	200 Free	2:10.79	2:05.49	1:53.59
NA	NA	NA	400/500 Free	NA	NA	NA
NA	NA	NA	800/1000 Free	NA	NA	NA
NA	NA	NA	1500/1650 Free	NA	NA	NA
1:03.69	1:10.19	1:13.79	100 Back	1:07.79	1:04.29	58.29
2:17.29	2:31.59	2:37.49	200 Back	2:24.69	2:19.59	2:06.49
1:13.49	1:21.09	1:24.09	100 Breast	1:16.59	1:12.89	1:06.09
2:37.99	2:54.39	2:59.99	200 Breast	2:44.89	2:38.89	2:23.99
1:03.59	1:10.09	1:11.79	100 Fly	1:05.29	1:03.39	57.49
2:18.99	2:33.39	2:37.59	200 Fly	2:24.89	2:21.09	2:07.89
2:18.69	2:33.29	2:39.49	200 IM	2:26.39	2:20.09	2:06.79
NA	NA	NA	400 IM	NA	NA	NA

**Maximum Time Standards
(2017 LC Junior Nationals)**