

2023 Western Zone Age Group Championship Time Standards: Team Colorado ONLY
Qualifying Period = 8/7/2022 – 7/2/2023

Girls				10 & Under	Boys			
2023 WZ Qual*			CO Qual*		2023 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
32.79	31.89	28.89	31.89	50 Free	32.79	31.59	28.59	32.39
1:13.09	1:10.89	1:04.19	1:10.39	100 Free	1:12.89	1:10.29	1:03.69	1:12.29
2:39.79	2:35.79	2:20.89	2:33.79	200 Free	2:36.59	2:31.29	2:16.89	2:36.49
38.89	36.79	33.29	38.49	50 Back	38.89	37.09	33.49	38.09
1:23.89	1:19.29	1:11.79	1:23.59	100 Back	1:22.89	1:19.79	1:11.89	1:22.09
43.09	41.89	37.89	42.29	50 Breast	42.69	41.19	37.29	42.59
1:34.89	1:31.89	1:23.09	1:32.49	100 Breast	1:33.79	1:30.99	1:22.19	1:33.69
36.59	35.89	32.49	35.09	50 Fly	36.29	35.29	31.99	35.79
1:24.59	1:21.99	1:14.19	1:21.59	100 Fly	1:23.59	1:21.69	1:13.19	1:20.49
2:59.59	2:53.99	2:37.39	2:52.09	200 IM	2:58.39	2:52.49	2:36.19	2:57.39
Girls				11-12	Boys			
2023 WZ Qual*			CO Qual*		2023 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
30.39	29.59	26.59	29.39	50 Free	29.29	28.29	25.59	27.89
1:06.09	1:03.89	57.79	1:03.79	100 Free	1:03.89	1:01.69	55.79	1:00.99
2:23.19	2:19.99	2:05.99	2:18.89	200 Free	2:19.49	2:15.19	2:01.39	2:13.49
5:01.69	4:55.09	5:36.89	4:50.69	400/ 500 Free	4:55.09	4:46.89	5:27.89	4:48.49
34.49	33.29	29.99	33.69	50 Back	33.69	32.49	29.29	32.99
1:15.39	1:11.89	1:04.69	1:12.79	100 Back	1:12.99	1:09.39	1:02.79	1:11.59
2:40.69	2:33.39	2:18.79	2:36.79	200 Back	2:36.69	2:29.89	2:15.19	2:35.69
38.49	37.39	33.79	37.59	50 Breast	37.49	36.19	32.69	35.89
1:24.79	1:21.19	1:13.19	1:22.59	100 Breast	1:22.19	1:18.79	1:10.49	1:18.19
3:02.79	2:56.39	2:37.89	2:55.09	200 Breast	2:56.59	2:49.29	2:32.49	2:46.99
32.39	31.89	28.69	31.49	50 Fly	31.89	31.19	28.19	30.39
1:13.09	1:11.49	1:04.19	1:11.09	100 Fly	1:10.89	1:09.39	1:02.39	1:08.39
2:40.99	2:36.99	2:21.39	2:40.89	200 Fly	2:37.49	2:33.29	2:16.09	2:37.39
2:41.89	2:36.89	2:21.59	2:37.89	200 IM	2:37.79	2:31.99	2:17.29	2:33.39
5:45.49	5:33.59	5:01.89	5:36.19	400 IM	5:37.79	5:23.89	4:53.19	5:27.99
Girls				13-14	Boys			
2023 WZ Qual*			CO Qual*		2023 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
29.19	28.39	25.59	27.99	50 Free	27.09	26.09	23.49	25.59
1:03.29	1:01.49	55.49	1:00.59	100 Free	59.09	56.99	51.59	55.59
2:16.89	2:12.99	1:59.49	2:12.29	200 Free	2:08.89	2:04.19	1:52.39	2:03.79
4:48.19	4:41.49	5:20.39	4:36.79	400/ 500 Free	4:34.29	4:25.89	5:03.79	4:23.89
9:53.99	9:38.99	11:01.59	9:36.29	800/ 1000 Free	9:30.29	9:10.89	10:29.49	9:09.19
18:56.49	18:16.29	18:22.79	18:26.69	1500/ 1650 Free	18:09.39	17:25.89	17:31.99	17:29.79
1:10.69	1:06.99	1:00.19	1:08.69	100 Back	1:05.89	1:02.59	56.19	1:03.39
2:31.19	2:25.29	2:11.09	2:29.19	200 Back	2:23.09	2:16.39	2:02.79	2:18.59
1:20.19	1:16.99	1:09.09	1:17.69	100 Breast	1:14.59	1:10.69	1:03.89	1:10.59
2:52.59	2:46.69	2:29.99	2:48.79	200 Breast	2:41.39	2:34.89	2:18.79	2:33.49
1:08.09	1:06.79	59.99	1:06.39	100 Fly	1:03.89	1:01.99	55.89	1:01.09
2:31.69	2:27.69	2:12.79	2:31.59	200 Fly	2:22.19	2:17.49	2:04.29	2:18.19
2:33.89	2:28.89	2:13.39	2:30.99	200 IM	2:25.09	2:18.89	2:05.69	2:18.99
5:26.49	5:17.59	4:45.69	5:17.79	400 IM	5:08.59	4:56.79	4:28.29	4:55.59

*** ALL TIMES (including CO Qual) are sea level times. See Altitude Conversion Table to adjust times swam at altitude to sea level.**

Altitude Conversion Table			
Event	Elevation of Achieved Time		
	3,000-4,250 ft	4,251-6,500 ft	Above 6,500 ft
	Conversion Amount		
50 Free	n/c	n/c	n/c
100 Free	n/c	n/c	n/c
200 Free	0.5	1.2	1.6
400/ 500 Free	2.5	5.0	7.0
800/ 1000 Free	5.0	10.0	15.0
1500/ 1650 Free	11.0	23.0	32.5
100 Back	n/c	n/c	n/c
200 Back	0.5	1.2	1.6
100 Breast	n/c	n/c	n/c
200 Breast	0.5	1.2	1.6
100 Fly	n/c	n/c	n/c
200 Fly	0.5	1.2	1.6
200 IM	0.5	1.2	1.6
400 IM	2.5	5.0	7.0

Sea Level Time → Altitude Time

Sea level time + **Conversion Amount** for appropriate elevation.

Example: Achieving a time of 2:28.59 in the 200 Backstroke at sea level (or below 3,000 feet) is equivalent to achieving a 2:29.79 at an elevation of 5,280 feet.

Altitude Time → Sea Level Time

Achieved time - **Conversion Amount** for appropriate elevation of achieved time.

Example: Achieving a time of 5:28.69 in the 400 IM at an elevation of 5,280 feet is equivalent to achieving a 5:23.69 at sea level (or below 3,000 feet).