

## Call to Order

- The meeting was called to order at 9:00pm

## Roll Call

	Position	Incumbent	Present	Absent
1	Technical Planning Committee Chairman	Christine Phelps		X
2	General Chairman	Jim Bowen	X	
3	Administrative Vice-Chairman	Adam Zaczkowski	X	
4	Senior Vice-Chairman	Ryan Callan	X	
5	Co-Age Group Vice-Chairman	Joanne Butters	X	
	Co-Age Group Vice-Chairman	Christine Regelsberger	X	
6	Senior Coach Representative	William Chidsey	X	
7	Junior Coach Representative	Becky Sapio		X
8	Senior Athlete Representative	Nick Olson		X
9	Junior Athlete Representative	Nick Burdo		X

## New business

- **Discuss Niagara Motivational Time Standards for the 2013-2016 quad**
- **Discuss the 2015 Niagara SCY Championship Standards**
- **Discuss the 2015 Niagara SCY Qualifier Standards**
- **Discuss elimination of 50 stroke events for 13 and above athletes at Regional Qualifier meets**

## Adjournment

- The meeting was adjourned at 10:30 pm
- Plan to meet again on Thursday December 4<sup>th</sup> to review alternative proposal submissions.

Niagara Motivational Time Standards

2013-2016 Short Course Yards

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 10 & under 50 Freestyle Short Course Yards	30.59	31.89	33.29	34.69	38.89	42.99
Boys 10 & under 50 Freestyle Short Course Yards	30.59	31.89	33.19	34.49	38.49	42.39
Girls 10 & under 100 Freestyle Short Course Yards	1:08.49	1:11.99	1:15.59	1:19.19	1:29.89	1:40.59
Boys 10 & under 100 Freestyle Short Course Yards	1:09.19	1:12.59	1:16.09	1:19.49	1:29.89	1:40.19
Girls 10 & under 200 Freestyle Short Course Yards	2:28.29	2:36.29	2:44.39	2:52.39	3:16.59	3:40.79
Boys 10 & under 200 Freestyle Short Course Yards	2:30.19	2:37.39	2:44.49	2:51.69	3:13.09	3:34.59
Girls 10 & under 500 Freestyle Short Course Yards	6:35.39	6:54.29	7:13.09	7:31.89	8:28.39	9:24.89
Boys 10 & under 500 Freestyle Short Course Yards	6:39.19	6:58.19	7:17.19	7:36.19	8:33.19	9:30.29
Girls 10 & under 50 Backstroke Short Course Yards	35.79	37.79	39.69	41.69	47.49	53.29
Boys 10 & under 50 Backstroke Short Course Yards	36.39	38.39	40.49	42.49	48.49	54.59
Girls 10 & under 100 Backstroke Short Course Yards	1:17.39	1:21.69	1:25.99	1:30.29	1:43.19	1:56.09
Boys 10 & under 100 Backstroke Short Course Yards	1:18.79	1:22.79	1:26.79	1:30.79	1:42.79	1:54.89
Girls 10 & under 50 Breaststroke Short Course Yards	41.39	43.59	45.89	48.09	54.69	1:01.29
Boys 10 & under 50 Breaststroke Short Course Yards	42.69	44.89	47.09	49.29	55.99	1:02.69
Girls 10 & under 100 Breaststroke Short Course Yards	1:31.49	1:36.49	1:41.59	1:46.69	2:01.89	2:17.09
Boys 10 & under 100 Breaststroke Short Course Yards	1:32.39	1:36.99	1:41.59	1:46.19	1:59.99	2:13.79
Girls 10 & under 50 Butterfly Short Course Yards	34.89	36.99	39.19	41.29	47.69	54.09
Boys 10 & under 50 Butterfly Short Course Yards	35.79	37.79	39.79	41.89	47.89	53.99
Girls 10 & under 100 Butterfly Short Course Yards	1:22.39	1:28.29	1:34.19	1:40.19	1:57.89	2:15.69
Boys 10 & under 100 Butterfly Short Course Yards	1:24.39	1:30.19	1:36.09	1:41.99	1:59.59	2:17.29
Girls 10 & under 100 Individual Medley Short Course Yards	1:18.19	1:22.29	1:26.39	1:30.39	1:42.69	1:54.89
Boys 10 & under 100 Individual Medley Short Course Yards	1:20.39	1:24.19	1:27.99	1:31.79	1:43.29	1:54.79
Girls 10 & under 200 Individual Medley Short Course Yards	2:48.99	2:57.59	3:06.19	3:14.89	3:40.69	4:06.59
Boys 10 & under 200 Individual Medley Short Course Yards	2:52.79	3:01.39	3:09.99	3:18.69	3:44.49	4:10.39

Niagara Motivational Time Standards  
2013-2016 Short Course Yards

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 11-12 50 Freestyle Short Course Yards	27.69	28.99	30.29	31.49	34.09	36.59
Boys 11-12 50 Freestyle Short Course Yards	27.19	28.49	29.79	31.09	33.69	36.29
Girls 11-12 100 Freestyle Short Course Yards	1:00.69	1:03.59	1:06.39	1:09.29	1:15.09	1:20.89
Boys 11-12 100 Freestyle Short Course Yards	59.59	1:02.49	1:05.29	1:08.09	1:13.79	1:19.49
Girls 11-12 200 Freestyle Short Course Yards	2:10.89	2:17.09	2:23.29	2:29.59	2:41.99	2:54.49
Boys 11-12 200 Freestyle Short Course Yards	2:08.99	2:15.19	2:21.29	2:27.39	2:39.69	2:51.99
Girls 11-12 500 Freestyle Short Course Yards	5:52.29	6:08.99	6:25.79	6:42.59	7:16.09	7:49.69
Boys 11-12 500 Freestyle Short Course Yards	5:46.69	6:03.19	6:19.79	6:36.29	7:09.29	7:42.29
Girls 11-12 1000 Freestyle Short Course Yards	12:25.69	13:01.19	13:36.69	14:12.19	15:23.29	16:34.29
Boys 11-12 1000 Freestyle Short Course Yards	12:13.49	12:48.39	13:23.39	13:58.29	15:08.19	16:17.99
Girls 11-12 1650 Freestyle Short Course Yards	21:50.49	22:52.89	23:55.29	24:57.69	27:02.49	29:07.29
Boys 11-12 1650 Freestyle Short Course Yards	21:42.69	22:44.69	23:46.79	24:48.79	26:52.89	28:56.89
Girls 11-12 50 Backstroke Short Course Yards	32.09	33.59	35.09	36.69	39.69	42.79
Boys 11-12 50 Backstroke Short Course Yards	32.09	33.69	35.39	37.09	40.39	43.69
Girls 11-12 100 Backstroke Short Course Yards	1:09.19	1:12.99	1:16.69	1:20.49	1:27.99	1:35.49
Boys 11-12 100 Backstroke Short Course Yards	1:08.99	1:12.69	1:16.49	1:20.19	1:27.69	1:35.19
Girls 11-12 200 Backstroke Short Course Yards	2:28.39	2:35.49	2:42.59	2:49.59	3:03.79	3:17.89
Boys 11-12 200 Backstroke Short Course Yards	2:30.39	2:37.59	2:44.69	2:51.89	3:06.19	3:20.49
Girls 11-12 50 Breaststroke Short Course Yards	36.19	37.89	39.69	41.39	44.79	48.29
Boys 11-12 50 Breaststroke Short Course Yards	37.09	39.09	41.09	43.19	47.19	51.19
Girls 11-12 100 Breaststroke Short Course Yards	1:18.79	1:22.69	1:26.59	1:30.49	1:38.39	1:46.19
Boys 11-12 100 Breaststroke Short Course Yards	1:20.49	1:24.69	1:28.89	1:33.09	1:41.49	1:49.89
Girls 11-12 200 Breaststroke Short Course Yards	2:53.09	3:01.29	3:09.59	3:17.79	3:34.29	3:50.79
Boys 11-12 200 Breaststroke Short Course Yards	2:52.99	3:01.29	3:09.49	3:17.79	3:34.19	3:50.69
Girls 11-12 50 Butterfly Short Course Yards	30.79	32.29	33.69	35.19	38.09	41.09
Boys 11-12 50 Butterfly Short Course Yards	30.69	32.39	34.09	35.79	39.19	42.59
Girls 11-12 100 Butterfly Short Course Yards	1:08.59	1:12.39	1:16.19	1:19.99	1:27.59	1:35.19
Boys 11-12 100 Butterfly Short Course Yards	1:08.29	1:12.29	1:16.19	1:20.19	1:27.99	1:35.89
Girls 11-12 200 Butterfly Short Course Yards	2:39.69	2:47.29	2:54.89	3:02.49	3:17.69	3:32.89
Boys 11-12 200 Butterfly Short Course Yards	2:41.59	2:49.29	2:56.99	3:04.69	3:19.99	3:35.39
Girls 11-12 100 Individual Medley Short Course Yards	1:09.59	1:12.89	1:16.19	1:19.49	1:26.09	1:32.69
Boys 11-12 100 Individual Medley Short Course Yards	1:09.29	1:12.59	1:15.99	1:19.39	1:26.09	1:32.89
Girls 11-12 200 Individual Medley Short Course Yards	2:27.79	2:34.79	2:41.89	2:48.89	3:02.99	3:16.99
Boys 11-12 200 Individual Medley Short Course Yards	2:29.99	2:37.59	2:45.29	2:52.89	3:08.19	3:23.49
Girls 11-12 400 Individual Medley Short Course Yards	5:20.49	5:35.79	5:50.99	6:06.29	6:36.79	7:07.29
Boys 11-12 400 Individual Medley Short Course Yards	5:30.59	5:46.39	6:02.09	6:17.79	6:49.29	7:20.79

Niagara Motivational Time Standards  
2013-2016 Short Course Yards

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 13-14 50 Freestyle Short Course Yards	26.29	27.59	28.79	30.09	32.59	35.09
Boys 13-14 50 Freestyle Short Course Yards	24.59	25.79	26.99	28.09	30.49	32.79
Girls 13-14 100 Freestyle Short Course Yards	57.39	1:00.09	1:02.79	1:05.59	1:10.99	1:16.49
Boys 13-14 100 Freestyle Short Course Yards	53.19	55.69	58.29	1:00.79	1:05.79	1:10.89
Girls 13-14 200 Freestyle Short Course Yards	2:04.39	2:10.39	2:16.29	2:22.19	2:33.99	2:45.89
Boys 13-14 200 Freestyle Short Course Yards	1:56.39	2:01.99	2:07.49	2:12.99	2:24.09	2:35.19
Girls 13-14 500 Freestyle Short Course Yards	5:33.59	5:49.49	6:05.39	6:21.29	6:52.99	7:24.79
Boys 13-14 500 Freestyle Short Course Yards	5:12.59	5:27.49	5:42.29	5:57.19	6:26.99	6:56.69
Girls 13-14 1000 Freestyle Short Course Yards	11:41.49	12:14.89	12:48.29	13:21.69	14:28.49	15:35.29
Boys 13-14 1000 Freestyle Short Course Yards	11:18.19	11:50.49	12:22.79	12:54.99	13:59.59	15:04.19
Girls 13-14 1650 Freestyle Short Course Yards	19:45.79	20:42.19	21:38.69	22:35.09	24:28.09	26:20.99
Boys 13-14 1650 Freestyle Short Course Yards	18:49.19	19:42.89	20:36.69	21:30.49	23:17.99	25:05.49
Girls 13-14 100 Backstroke Short Course Yards	1:05.39	1:08.49	1:11.59	1:14.69	1:20.89	1:27.19
Boys 13-14 100 Backstroke Short Course Yards	1:01.09	1:03.99	1:06.89	1:09.89	1:15.69	1:21.49
Girls 13-14 200 Backstroke Short Course Yards	2:21.09	2:27.79	2:34.49	2:41.29	2:54.69	3:08.09
Boys 13-14 200 Backstroke Short Course Yards	2:13.09	2:19.49	2:25.79	2:32.19	2:44.79	2:57.49
Girls 13-14 100 Breaststroke Short Course Yards	1:13.69	1:17.19	1:20.69	1:24.19	1:31.19	1:38.19
Boys 13-14 100 Breaststroke Short Course Yards	1:09.09	1:12.39	1:15.69	1:18.99	1:25.59	1:32.19
Girls 13-14 200 Breaststroke Short Course Yards	2:43.39	2:51.19	2:58.99	3:06.79	3:22.29	3:37.89
Boys 13-14 200 Breaststroke Short Course Yards	2:32.69	2:39.99	2:47.29	2:54.49	3:09.09	3:23.59
Girls 13-14 100 Butterfly Short Course Yards	1:03.79	1:06.89	1:09.89	1:12.99	1:18.99	1:25.09
Boys 13-14 100 Butterfly Short Course Yards	59.69	1:02.49	1:05.29	1:08.19	1:13.89	1:19.49
Girls 13-14 200 Butterfly Short Course Yards	2:23.29	2:30.09	2:36.99	2:43.79	2:57.39	3:11.09
Boys 13-14 200 Butterfly Short Course Yards	2:18.39	2:24.89	2:31.49	2:38.09	2:51.29	3:04.49
Girls 13-14 200 Individual Medley Short Course Yards	2:20.59	2:27.19	2:33.89	2:40.59	2:53.99	3:07.39
Boys 13-14 200 Individual Medley Short Course Yards	2:12.69	2:18.99	2:25.39	2:31.69	2:44.29	2:56.99
Girls 13-14 400 Individual Medley Short Course Yards	5:01.49	5:15.89	5:30.19	5:44.59	6:13.29	6:41.99
Boys 13-14 400 Individual Medley Short Course Yards	4:45.99	4:59.69	5:13.29	5:26.89	5:54.09	6:21.39

Niagara Motivational Time Standards  
2013-2016 Short Course Yards

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 15-16 50 Freestyle Short Course Yards	25.89	27.09	28.29	29.59	31.99	34.49
Boys 15-16 50 Freestyle Short Course Yards	23.29	24.39	25.49	26.59	28.79	30.99
Girls 15-16 100 Freestyle Short Course Yards	55.79	58.39	1:01.09	1:03.69	1:08.99	1:14.29
Boys 15-16 100 Freestyle Short Course Yards	50.99	53.49	55.89	58.29	1:03.19	1:07.99
Girls 15-16 200 Freestyle Short Course Yards	2:01.79	2:07.59	2:13.29	2:19.09	2:30.69	2:42.29
Boys 15-16 200 Freestyle Short Course Yards	1:50.49	1:55.69	2:00.99	2:06.29	2:16.79	2:27.29
Girls 15-16 500 Freestyle Short Course Yards	5:25.19	5:40.69	5:56.09	6:11.59	6:42.59	7:13.49
Boys 15-16 500 Freestyle Short Course Yards	5:02.39	5:16.79	5:31.19	5:45.59	6:14.39	6:43.19
Girls 15-16 1000 Freestyle Short Course Yards	11:21.19	11:53.69	12:26.09	12:58.59	14:03.39	15:08.29
Boys 15-16 1000 Freestyle Short Course Yards	10:44.19	11:14.89	11:45.49	12:16.19	13:17.49	14:18.89
Girls 15-16 1650 Freestyle Short Course Yards	19:13.39	20:08.29	21:03.19	21:58.19	23:47.99	25:37.89
Boys 15-16 1650 Freestyle Short Course Yards	18:11.09	19:03.09	19:54.99	20:46.99	22:30.89	24:14.79
Girls 15-16 100 Backstroke Short Course Yards	1:02.89	1:05.89	1:08.79	1:11.79	1:17.79	1:23.79
Boys 15-16 100 Backstroke Short Course Yards	57.69	1:00.39	1:03.09	1:05.89	1:11.39	1:16.89
Girls 15-16 200 Backstroke Short Course Yards	2:17.69	2:24.19	2:30.79	2:37.29	2:50.39	3:03.49
Boys 15-16 200 Backstroke Short Course Yards	2:06.89	2:12.89	2:18.89	2:24.99	2:37.09	2:49.09
Girls 15-16 100 Breaststroke Short Course Yards	1:11.79	1:15.19	1:18.59	1:21.99	1:28.89	1:35.69
Boys 15-16 100 Breaststroke Short Course Yards	1:04.79	1:07.79	1:10.89	1:13.99	1:20.19	1:26.29
Girls 15-16 200 Breaststroke Short Course Yards	2:37.49	2:44.99	2:52.49	2:59.99	3:14.89	3:29.89
Boys 15-16 200 Breaststroke Short Course Yards	2:23.99	2:30.79	2:37.69	2:44.49	2:58.29	3:11.99
Girls 15-16 100 Butterfly Short Course Yards	1:02.39	1:05.29	1:08.29	1:11.29	1:17.19	1:23.09
Boys 15-16 100 Butterfly Short Course Yards	56.79	59.49	1:02.19	1:04.89	1:10.29	1:15.69
Girls 15-16 200 Butterfly Short Course Yards	2:20.19	2:26.89	2:33.59	2:40.29	2:53.59	3:06.99
Boys 15-16 200 Butterfly Short Course Yards	2:10.29	2:16.49	2:22.69	2:28.89	2:41.29	2:53.69
Girls 15-16 200 Individual Medley Short Course Yards	2:16.79	2:23.29	2:29.89	2:36.39	2:49.39	3:02.39
Boys 15-16 200 Individual Medley Short Course Yards	2:05.29	2:11.19	2:17.19	2:23.19	2:35.09	2:46.99
Girls 15-16 400 Individual Medley Short Course Yards	4:56.99	5:11.19	5:25.29	5:39.39	6:07.69	6:35.99
Boys 15-16 400 Individual Medley Short Course Yards	4:32.09	4:45.09	4:58.09	5:10.99	5:36.89	6:02.79

Niagara Motivational Time Standards  
2013-2016 Short Course Yards

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 17-18 50 Freestyle Short Course Yards	25.69	26.89	28.09	29.29	31.79	34.19
Boys 17-18 50 Freestyle Short Course Yards	22.79	23.89	24.99	26.09	28.29	30.39
Girls 17-18 100 Freestyle Short Course Yards	56.09	58.79	1:01.39	1:04.09	1:09.49	1:14.79
Boys 17-18 100 Freestyle Short Course Yards	49.99	52.29	54.69	57.09	1:01.89	1:06.59
Girls 17-18 200 Freestyle Short Course Yards	2:01.39	2:07.19	2:12.89	2:18.69	2:30.29	2:41.79
Boys 17-18 200 Freestyle Short Course Yards	1:49.19	1:54.39	1:59.49	2:04.69	2:15.09	2:25.49
Girls 17-18 500 Freestyle Short Course Yards	5:28.49	5:44.19	5:59.79	6:15.49	6:46.79	7:17.99
Boys 17-18 500 Freestyle Short Course Yards	4:58.19	5:12.39	5:26.59	5:40.79	6:09.19	6:37.59
Girls 17-18 1000 Freestyle Short Course Yards	11:42.19	12:15.59	12:48.99	13:22.49	14:29.29	15:36.19
Boys 17-18 1000 Freestyle Short Course Yards	10:36.79	11:07.09	11:37.39	12:07.69	13:08.39	14:08.99
Girls 17-18 1650 Freestyle Short Course Yards	19:48.29	20:44.89	21:41.49	22:37.99	24:31.19	26:24.39
Boys 17-18 1650 Freestyle Short Course Yards	17:52.69	18:43.79	19:34.89	20:25.99	22:08.09	23:50.29
Girls 17-18 100 Backstroke Short Course Yards	1:02.79	1:05.79	1:08.69	1:11.69	1:17.69	1:23.69
Boys 17-18 100 Backstroke Short Course Yards	55.79	58.39	1:01.09	1:03.69	1:09.09	1:14.39
Girls 17-18 200 Backstroke Short Course Yards	2:17.59	2:24.19	2:30.69	2:37.29	2:50.39	3:03.49
Boys 17-18 200 Backstroke Short Course Yards	2:04.99	2:10.89	2:16.89	2:22.79	2:34.69	2:46.59
Girls 17-18 100 Breaststroke Short Course Yards	1:11.49	1:14.89	1:18.29	1:21.69	1:28.49	1:35.29
Boys 17-18 100 Breaststroke Short Course Yards	1:03.09	1:06.09	1:09.09	1:12.09	1:18.09	1:24.09
Girls 17-18 200 Breaststroke Short Course Yards	2:38.49	2:45.99	2:53.59	3:01.09	3:16.19	3:31.29
Boys 17-18 200 Breaststroke Short Course Yards	2:23.19	2:29.99	2:36.79	2:43.69	2:57.29	3:10.89
Girls 17-18 100 Butterfly Short Course Yards	1:02.09	1:04.99	1:07.99	1:10.89	1:16.79	1:22.69
Boys 17-18 100 Butterfly Short Course Yards	54.59	57.19	59.79	1:02.39	1:07.59	1:12.79
Girls 17-18 200 Butterfly Short Course Yards	2:22.79	2:29.59	2:36.39	2:43.19	2:56.79	3:10.39
Boys 17-18 200 Butterfly Short Course Yards	2:05.79	2:11.79	2:17.79	2:23.69	2:35.69	2:47.69
Girls 17-18 200 Individual Medley Short Course Yards	2:16.49	2:22.99	2:29.49	2:35.99	2:48.99	3:01.99
Boys 17-18 200 Individual Medley Short Course Yards	2:03.79	2:09.69	2:15.59	2:21.49	2:33.29	2:45.09
Girls 17-18 400 Individual Medley Short Course Yards	4:58.49	5:12.69	5:26.89	5:41.09	6:09.49	6:37.99
Boys 17-18 400 Individual Medley Short Course Yards	4:32.29	4:45.19	4:58.19	5:11.19	5:37.09	6:02.99

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full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Womens Age 19-50 50 Freestyle Short Course Yards	26.29	27.49	28.79	29.99	32.49	34.99
Mens Age 19-50 50 Freestyle Short Course Yards	22.69	23.79	24.79	25.89	28.09	30.19
Womens Age 19-50 100 Freestyle Short Course Yards	56.59	59.29	1:01.99	1:04.69	1:10.09	1:15.49
Mens Age 19-50 100 Freestyle Short Course Yards	50.19	52.59	54.99	57.29	1:02.09	1:06.89
Womens Age 19-50 200 Freestyle Short Course Yards	2:04.09	2:09.99	2:15.89	2:21.79	2:33.59	2:45.39
Mens Age 19-50 200 Freestyle Short Course Yards	1:49.89	1:55.19	2:00.39	2:05.59	2:16.09	2:26.59
Womens Age 19-50 500 Freestyle Short Course Yards	6:00.79	6:17.99	6:35.19	6:52.29	7:26.69	8:01.09
Mens Age 19-50 500 Freestyle Short Course Yards	5:08.49	5:23.19	5:37.89	5:52.59	6:21.89	6:51.29
Womens Age 19-50 1000 Freestyle Short Course Yards	11:48.39	12:22.09	12:55.89	13:29.59	14:37.09	15:44.49
Mens Age 19-50 1000 Freestyle Short Course Yards	17:33.89	18:24.09	19:14.29	20:04.49	21:44.79	23:25.19
Womens Age 19-50 1650 Freestyle Short Course Yards	20:31.29	21:29.89	22:28.49	23:27.09	25:24.39	27:21.69
Mens Age 19-50 1650 Freestyle Short Course Yards	23:21.69	24:28.39	25:35.19	26:41.89	28:55.39	31:08.89
Womens Age 19-50 100 Backstroke Short Course Yards	1:08.39	1:11.69	1:14.89	1:18.19	1:24.69	1:31.19
Mens Age 19-50 100 Backstroke Short Course Yards	56.39	59.09	1:01.79	1:04.49	1:09.79	1:15.19
Womens Age 19-50 200 Backstroke Short Course Yards	2:44.79	2:52.59	3:00.39	3:08.29	3:23.99	3:39.69
Mens Age 19-50 200 Backstroke Short Course Yards	2:02.09	2:07.89	2:13.69	2:19.59	2:31.19	2:42.79
Womens Age 19-50 100 Breaststroke Short Course Yards	1:21.49	1:25.39	1:29.19	1:33.09	1:40.89	1:48.59
Mens Age 19-50 100 Breaststroke Short Course Yards	1:03.99	1:07.09	1:10.09	1:13.19	1:19.29	1:25.39
Womens Age 19-50 200 Breaststroke Short Course Yards	3:13.89	3:23.09	3:32.39	3:41.59	3:59.99	4:18.49
Mens Age 19-50 200 Breaststroke Short Course Yards	2:26.79	2:33.79	2:40.79	2:47.79	3:01.79	3:15.69
Womens Age 19-50 100 Butterfly Short Course Yards	1:03.69	1:06.69	1:09.69	1:12.69	1:18.79	1:24.89
Mens Age 19-50 100 Butterfly Short Course Yards	54.39	56.99	59.49	1:02.09	1:07.29	1:12.49
Womens Age 19-50 200 Butterfly Short Course Yards	3:01.69	3:10.39	3:18.99	3:27.69	3:44.99	4:02.29
Mens Age 19-50 200 Butterfly Short Course Yards	2:07.19	2:13.19	2:19.29	2:25.39	2:37.49	2:49.59
Womens Age 19-50 200 Individual Medley Short Course Yards	2:23.79	2:30.59	2:37.39	2:44.29	2:57.99	3:11.69
Mens Age 19-50 200 Individual Medley Short Course Yards	2:04.29	2:10.19	2:16.09	2:21.99	2:33.89	2:45.69
Womens Age 19-50 400 Individual Medley Short Course Yards	5:55.89	6:12.79	6:29.79	6:46.69	7:20.59	7:54.49
Mens Age 19-50 400 Individual Medley Short Course Yards	4:35.59	4:48.79	5:01.89	5:14.99	5:41.29	6:07.49

Niagara Motivational Time Standards

2013-2016 Short Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 10 & under 50 Freestyle Short Course Meters	30.69	32.19	33.79	35.29	39.89	44.49
Boys 10 & under 50 Freestyle Short Course Meters	30.69	32.19	33.59	35.09	39.39	43.79
Girls 10 & under 100 Freestyle Short Course Meters	1:08.79	1:12.79	1:16.69	1:20.69	1:32.49	1:44.29
Boys 10 & under 100 Freestyle Short Course Meters	1:09.49	1:13.39	1:17.19	1:20.99	1:32.39	1:43.79
Girls 10 & under 200 Freestyle Short Course Meters	2:29.09	2:37.99	2:46.89	2:55.79	3:22.49	3:49.19
Boys 10 & under 200 Freestyle Short Course Meters	2:30.99	2:38.89	2:46.79	2:54.69	3:18.39	3:42.09
Girls 10 & under 500 Freestyle Short Course Meters	6:33.09	6:49.59	7:06.09	7:22.49	8:11.99	9:01.39
Boys 10 & under 500 Freestyle Short Course Meters	6:36.79	6:53.49	7:10.09	7:26.69	8:16.59	9:06.49
Girls 10 & under 50 Backstroke Short Course Meters	35.99	38.19	40.29	42.49	48.89	55.39
Boys 10 & under 50 Backstroke Short Course Meters	36.59	38.89	41.09	43.29	49.99	56.69
Girls 10 & under 100 Backstroke Short Course Meters	1:17.89	1:22.59	1:27.39	1:32.09	1:46.39	2:00.59
Boys 10 & under 100 Backstroke Short Course Meters	1:19.19	1:23.59	1:27.99	1:32.49	1:45.79	1:59.09
Girls 10 & under 50 Breaststroke Short Course Meters	41.69	44.09	46.49	48.99	56.29	1:03.59
Boys 10 & under 50 Breaststroke Short Course Meters	42.89	45.39	47.79	50.29	57.59	1:04.99
Girls 10 & under 100 Breaststroke Short Course Meters	1:31.99	1:37.59	1:43.19	1:48.79	2:05.59	2:22.49
Boys 10 & under 100 Breaststroke Short Course Meters	1:32.89	1:37.89	1:42.99	1:48.09	2:03.39	2:18.69
Girls 10 & under 50 Butterfly Short Course Meters	35.09	37.49	39.79	42.19	49.19	56.29
Boys 10 & under 50 Butterfly Short Course Meters	35.99	38.19	40.49	42.69	49.39	56.09
Girls 10 & under 100 Butterfly Short Course Meters	1:22.99	1:29.59	1:36.09	1:42.69	2:02.29	2:21.89
Boys 10 & under 100 Butterfly Short Course Meters	1:24.99	1:31.49	1:37.99	1:44.49	2:03.99	2:23.49
Girls 10 & under 100 Individual Medley Short Course Meters	1:18.59	1:23.09	1:27.59	1:32.09	1:45.59	1:59.19
Boys 10 & under 100 Individual Medley Short Course Meters	1:20.79	1:24.99	1:29.19	1:33.39	1:46.09	1:58.79
Girls 10 & under 200 Individual Medley Short Course Meters	2:49.89	2:59.39	3:08.89	3:18.49	3:46.99	4:15.59
Boys 10 & under 200 Individual Medley Short Course Meters	2:53.69	3:03.19	3:12.79	3:22.29	3:50.79	4:19.39

Niagara Motivational Time Standards  
2013-2016 Short Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 11-12 50 Freestyle Short Course Meters	27.89	29.29	30.69	32.09	34.89	37.69
Boys 11-12 50 Freestyle Short Course Meters	27.39	28.79	30.19	31.59	34.49	37.39
Girls 11-12 100 Freestyle Short Course Meters	1:00.99	1:04.19	1:07.29	1:10.49	1:16.89	1:23.29
Boys 11-12 100 Freestyle Short Course Meters	59.89	1:02.99	1:06.19	1:09.29	1:15.59	1:21.89
Girls 11-12 200 Freestyle Short Course Meters	2:11.49	2:18.39	2:25.29	2:32.19	2:45.89	2:59.69
Boys 11-12 200 Freestyle Short Course Meters	2:09.69	2:16.39	2:23.19	2:29.99	2:43.59	2:57.19
Girls 11-12 500 Freestyle Short Course Meters	5:50.19	6:04.89	6:19.49	6:34.19	7:03.59	7:32.89
Boys 11-12 500 Freestyle Short Course Meters	5:44.69	5:59.09	6:13.59	6:27.99	6:56.89	7:25.79
Girls 11-12 1000 Freestyle Short Course Meters	12:21.29	12:52.39	13:23.39	13:54.49	14:56.69	15:58.79
Boys 11-12 1000 Freestyle Short Course Meters	12:09.19	12:39.69	13:10.29	13:40.89	14:41.99	15:43.09
Girls 11-12 1650 Freestyle Short Course Meters	21:50.09	22:52.09	23:54.19	24:56.19	27:00.29	29:04.29
Boys 11-12 1650 Freestyle Short Course Meters	21:42.39	22:43.99	23:45.69	24:47.39	26:50.69	28:53.99
Girls 11-12 50 Backstroke Short Course Meters	32.19	33.89	35.59	37.29	40.69	43.99
Boys 11-12 50 Backstroke Short Course Meters	32.19	34.09	35.89	37.79	41.49	45.09
Girls 11-12 100 Backstroke Short Course Meters	1:09.59	1:13.79	1:17.89	1:22.09	1:30.39	1:38.69
Boys 11-12 100 Backstroke Short Course Meters	1:09.39	1:13.49	1:17.69	1:21.79	1:30.09	1:38.39
Girls 11-12 200 Backstroke Short Course Meters	2:29.19	2:36.99	2:44.79	2:52.59	3:08.19	3:23.79
Boys 11-12 200 Backstroke Short Course Meters	2:31.19	2:39.09	2:46.99	2:54.89	3:10.69	3:26.59
Girls 11-12 50 Breaststroke Short Course Meters	36.39	38.29	40.19	42.09	45.89	49.69
Boys 11-12 50 Breaststroke Short Course Meters	37.29	39.59	41.79	43.99	48.49	52.89
Girls 11-12 100 Breaststroke Short Course Meters	1:19.19	1:23.49	1:27.79	1:32.19	1:40.89	1:49.49
Boys 11-12 100 Breaststroke Short Course Meters	1:20.89	1:25.59	1:30.19	1:34.79	1:44.09	1:53.39
Girls 11-12 200 Breaststroke Short Course Meters	2:53.99	3:03.09	3:12.19	3:21.29	3:39.49	3:57.69
Boys 11-12 200 Breaststroke Short Course Meters	2:53.89	3:02.99	3:12.09	3:21.19	3:39.39	3:57.59
Girls 11-12 50 Butterfly Short Course Meters	30.99	32.59	34.19	35.79	39.09	42.29
Boys 11-12 50 Butterfly Short Course Meters	30.89	32.79	34.69	36.49	40.29	44.09
Girls 11-12 100 Butterfly Short Course Meters	1:08.99	1:13.19	1:17.39	1:21.59	1:29.99	1:38.39
Boys 11-12 100 Butterfly Short Course Meters	1:08.79	1:13.09	1:17.49	1:21.79	1:30.49	1:39.19
Girls 11-12 200 Butterfly Short Course Meters	2:40.39	2:48.79	2:57.19	3:05.59	3:22.39	3:39.19
Boys 11-12 200 Butterfly Short Course Meters	2:42.39	2:50.89	2:59.39	3:07.89	3:24.89	3:41.89
Girls 11-12 100 Individual Medley Short Course Meters	1:09.89	1:13.59	1:17.19	1:20.89	1:28.19	1:35.49
Boys 11-12 100 Individual Medley Short Course Meters	1:09.59	1:13.29	1:17.09	1:20.79	1:28.29	1:35.69
Girls 11-12 200 Individual Medley Short Course Meters	2:28.49	2:36.29	2:44.09	2:51.79	3:07.39	3:22.89
Boys 11-12 200 Individual Medley Short Course Meters	2:30.79	2:39.19	2:47.69	2:56.09	3:12.99	3:29.89
Girls 11-12 400 Individual Medley Short Course Meters	5:22.09	5:38.99	5:55.79	6:12.69	6:46.39	7:20.09
Boys 11-12 400 Individual Medley Short Course Meters	5:32.29	5:49.69	6:07.09	6:24.49	6:59.19	7:33.99

Niagara Motivational Time Standards  
2013-2016 Short Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 13-14 50 Freestyle Short Course Meters	26.49	27.89	29.19	30.59	33.39	36.19
Boys 13-14 50 Freestyle Short Course Meters	24.69	25.99	27.29	28.59	31.19	33.79
Girls 13-14 100 Freestyle Short Course Meters	57.69	1:00.69	1:03.69	1:06.69	1:12.69	1:18.79
Boys 13-14 100 Freestyle Short Course Meters	53.49	56.29	58.99	1:01.79	1:07.39	1:12.99
Girls 13-14 200 Freestyle Short Course Meters	2:05.09	2:11.59	2:18.09	2:24.69	2:37.79	2:50.89
Boys 13-14 200 Freestyle Short Course Meters	1:56.99	2:03.09	2:09.19	2:15.39	2:27.59	2:39.89
Girls 13-14 500 Freestyle Short Course Meters	5:31.59	5:45.49	5:59.39	6:13.29	6:41.09	7:08.99
Boys 13-14 500 Freestyle Short Course Meters	5:10.69	5:23.69	5:36.79	5:49.79	6:15.79	6:41.89
Girls 13-14 1000 Freestyle Short Course Meters	11:37.29	12:06.49	12:35.79	13:04.99	14:03.49	15:01.89
Boys 13-14 1000 Freestyle Short Course Meters	11:14.09	11:42.39	12:10.69	12:38.89	13:35.39	14:31.99
Girls 13-14 1650 Freestyle Short Course Meters	19:45.39	20:41.59	21:37.69	22:33.79	24:26.09	26:18.39
Boys 13-14 1650 Freestyle Short Course Meters	18:48.89	19:42.29	20:35.79	21:29.19	23:16.09	25:02.99
Girls 13-14 100 Backstroke Short Course Meters	1:05.69	1:09.19	1:12.59	1:15.99	1:22.89	1:29.79
Boys 13-14 100 Backstroke Short Course Meters	1:01.39	1:04.59	1:07.89	1:11.09	1:17.49	1:23.89
Girls 13-14 200 Backstroke Short Course Meters	2:21.79	2:29.19	2:36.69	2:44.09	2:58.89	3:13.79
Boys 13-14 200 Backstroke Short Course Meters	2:13.79	2:20.79	2:27.79	2:34.79	2:48.79	3:02.79
Girls 13-14 100 Breaststroke Short Course Meters	1:13.99	1:17.89	1:21.79	1:25.69	1:33.39	1:41.19
Boys 13-14 100 Breaststroke Short Course Meters	1:09.49	1:13.09	1:16.79	1:20.39	1:27.69	1:34.89
Girls 13-14 200 Breaststroke Short Course Meters	2:44.19	2:52.79	3:01.39	3:09.99	3:27.19	3:44.39
Boys 13-14 200 Breaststroke Short Course Meters	2:33.49	2:41.49	2:49.59	2:57.59	3:13.69	3:29.69
Girls 13-14 100 Butterfly Short Course Meters	1:04.19	1:07.49	1:10.89	1:14.19	1:20.89	1:27.69
Boys 13-14 100 Butterfly Short Course Meters	59.99	1:03.09	1:06.19	1:09.39	1:15.59	1:21.89
Girls 13-14 200 Butterfly Short Course Meters	2:23.99	2:31.59	2:39.09	2:46.59	3:01.69	3:16.79
Boys 13-14 200 Butterfly Short Course Meters	2:18.99	2:26.29	2:33.59	2:40.89	2:55.39	3:09.99
Girls 13-14 200 Individual Medley Short Course Meters	2:21.29	2:28.59	2:35.99	2:43.39	2:58.19	3:12.99
Boys 13-14 200 Individual Medley Short Course Meters	2:13.39	2:20.39	2:27.39	2:34.29	2:48.29	3:02.29
Girls 13-14 400 Individual Medley Short Course Meters	5:02.99	5:18.89	5:34.79	5:50.59	6:22.39	6:54.09
Boys 13-14 400 Individual Medley Short Course Meters	4:47.49	5:02.49	5:17.59	5:32.59	6:02.69	6:32.79

Niagara Motivational Time Standards  
2013-2016 Short Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 15-16 50 Freestyle Short Course Meters	25.99	27.39	28.69	30.09	32.79	35.49
Boys 15-16 50 Freestyle Short Course Meters	23.39	24.59	25.79	27.09	29.49	31.89
Girls 15-16 100 Freestyle Short Course Meters	55.99	58.99	1:01.89	1:04.79	1:10.69	1:16.59
Boys 15-16 100 Freestyle Short Course Meters	51.29	53.99	56.69	59.39	1:04.69	1:10.09
Girls 15-16 200 Freestyle Short Course Meters	2:02.39	2:08.79	2:15.19	2:21.59	2:34.39	2:47.19
Boys 15-16 200 Freestyle Short Course Meters	1:50.99	1:56.79	2:02.69	2:08.49	2:20.09	2:31.69
Girls 15-16 500 Freestyle Short Course Meters	5:23.19	5:36.79	5:50.29	6:03.89	6:30.99	6:58.09
Boys 15-16 500 Freestyle Short Course Meters	5:00.59	5:13.19	5:25.79	5:38.39	6:03.59	6:28.79
Girls 15-16 1000 Freestyle Short Course Meters	11:17.19	11:45.59	12:13.99	12:42.39	13:39.09	14:35.89
Boys 15-16 1000 Freestyle Short Course Meters	10:40.39	11:07.19	11:33.99	12:00.89	12:54.59	13:48.29
Girls 15-16 1650 Freestyle Short Course Meters	19:13.09	20:07.69	21:02.29	21:56.89	23:46.09	25:35.29
Boys 15-16 1650 Freestyle Short Course Meters	18:10.79	19:02.49	19:54.09	20:45.79	22:29.09	24:12.39
Girls 15-16 100 Backstroke Short Course Meters	1:03.19	1:06.49	1:09.79	1:13.09	1:19.69	1:26.29
Boys 15-16 100 Backstroke Short Course Meters	57.89	1:00.99	1:03.99	1:06.99	1:13.09	1:19.19
Girls 15-16 200 Backstroke Short Course Meters	2:18.39	2:25.59	2:32.79	2:40.09	2:54.59	3:08.99
Boys 15-16 200 Backstroke Short Course Meters	2:07.49	2:14.19	2:20.79	2:27.49	2:40.89	2:54.19
Girls 15-16 100 Breaststroke Short Course Meters	1:12.19	1:15.89	1:19.69	1:23.49	1:30.99	1:38.59
Boys 15-16 100 Breaststroke Short Course Meters	1:05.09	1:08.49	1:11.89	1:15.29	1:22.09	1:28.89
Girls 15-16 200 Breaststroke Short Course Meters	2:38.29	2:46.49	2:54.79	3:03.09	3:19.69	3:36.19
Boys 15-16 200 Breaststroke Short Course Meters	2:24.69	2:32.29	2:39.89	2:47.39	3:02.59	3:17.69
Girls 15-16 100 Butterfly Short Course Meters	1:02.69	1:05.89	1:09.19	1:12.49	1:19.09	1:25.59
Boys 15-16 100 Butterfly Short Course Meters	57.09	1:00.09	1:02.99	1:05.99	1:11.99	1:17.99
Girls 15-16 200 Butterfly Short Course Meters	2:20.89	2:28.29	2:35.69	2:43.09	2:57.79	3:12.59
Boys 15-16 200 Butterfly Short Course Meters	2:10.89	2:17.79	2:24.59	2:31.49	2:45.19	2:58.89
Girls 15-16 200 Individual Medley Short Course Meters	2:17.49	2:24.69	2:31.89	2:39.09	2:53.49	3:07.89
Boys 15-16 200 Individual Medley Short Course Meters	2:05.89	2:12.49	2:19.09	2:25.69	2:38.79	2:51.99
Girls 15-16 400 Individual Medley Short Course Meters	4:58.49	5:14.09	5:29.69	5:45.39	6:16.59	6:47.89
Boys 15-16 400 Individual Medley Short Course Meters	4:33.49	4:47.79	5:02.09	5:16.49	5:45.09	6:13.69

Niagara Motivational Time Standards  
2013-2016 Short Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 17-18 50 Freestyle Short Course Meters	25.79	27.19	28.49	29.89	32.59	35.19
Boys 17-18 50 Freestyle Short Course Meters	22.89	24.09	25.29	26.49	28.89	31.29
Girls 17-18 100 Freestyle Short Course Meters	56.39	59.29	1:02.29	1:05.19	1:11.09	1:16.99
Boys 17-18 100 Freestyle Short Course Meters	50.19	52.79	55.49	58.09	1:03.29	1:08.59
Girls 17-18 200 Freestyle Short Course Meters	2:01.99	2:08.39	2:14.79	2:21.09	2:33.89	2:46.69
Boys 17-18 200 Freestyle Short Course Meters	1:49.69	1:55.39	2:01.19	2:06.89	2:18.39	2:29.89
Girls 17-18 500 Freestyle Short Course Meters	5:26.59	5:40.29	5:53.99	6:07.69	6:34.99	7:02.39
Boys 17-18 500 Freestyle Short Course Meters	4:56.49	5:08.89	5:21.29	5:33.69	5:58.59	6:23.49
Girls 17-18 1000 Freestyle Short Course Meters	11:37.99	12:07.19	12:36.49	13:05.79	14:04.29	15:02.79
Boys 17-18 1000 Freestyle Short Course Meters	10:32.99	10:59.49	11:26.09	11:52.59	12:45.69	13:38.69
Girls 17-18 1650 Freestyle Short Course Meters	19:47.99	20:44.19	21:40.49	22:36.69	24:29.19	26:21.69
Boys 17-18 1650 Freestyle Short Course Meters	17:52.39	18:43.19	19:33.99	20:24.79	22:06.29	23:47.89
Girls 17-18 100 Backstroke Short Course Meters	1:03.09	1:06.39	1:09.69	1:12.99	1:19.59	1:26.19
Boys 17-18 100 Backstroke Short Course Meters	56.09	58.99	1:01.89	1:04.89	1:10.69	1:16.59
Girls 17-18 200 Backstroke Short Course Meters	2:18.29	2:25.49	2:32.79	2:39.99	2:54.49	3:08.99
Boys 17-18 200 Backstroke Short Course Meters	2:05.59	2:12.19	2:18.79	2:25.29	2:38.49	2:51.59
Girls 17-18 100 Breaststroke Short Course Meters	1:11.79	1:15.59	1:19.29	1:23.09	1:30.59	1:38.09
Boys 17-18 100 Breaststroke Short Course Meters	1:03.39	1:06.69	1:09.99	1:13.29	1:19.89	1:26.59
Girls 17-18 200 Breaststroke Short Course Meters	2:39.29	2:47.59	2:55.89	3:04.29	3:20.89	3:37.59
Boys 17-18 200 Breaststroke Short Course Meters	2:23.89	2:31.49	2:38.99	2:46.49	3:01.59	3:16.69
Girls 17-18 100 Butterfly Short Course Meters	1:02.39	1:05.59	1:08.89	1:12.19	1:18.69	1:25.19
Boys 17-18 100 Butterfly Short Course Meters	54.89	57.79	1:00.69	1:03.49	1:09.29	1:14.99
Girls 17-18 200 Butterfly Short Course Meters	2:23.49	2:30.99	2:38.49	2:45.99	3:01.09	3:16.09
Boys 17-18 200 Butterfly Short Course Meters	2:06.39	2:12.99	2:19.59	2:26.29	2:39.49	2:52.69
Girls 17-18 200 Individual Medley Short Course Meters	2:17.19	2:24.39	2:31.59	2:38.69	2:53.09	3:07.49
Boys 17-18 200 Individual Medley Short Course Meters	2:04.49	2:10.99	2:17.49	2:23.99	2:36.99	2:50.09
Girls 17-18 400 Individual Medley Short Course Meters	4:59.99	5:15.69	5:31.39	5:47.09	6:18.49	6:49.89
Boys 17-18 400 Individual Medley Short Course Meters	4:33.59	4:47.89	5:02.29	5:16.59	5:45.19	6:13.89

Niagara Motivational Time Standards  
2013-2016 Short Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Womens Age 19-50 50 Freestyle Short Course Meters	26.39	27.79	29.19	30.59	33.29	36.09
Mens Age 19-50 50 Freestyle Short Course Meters	22.79	23.99	25.19	26.39	28.79	31.09
Womens Age 19-50 100 Freestyle Short Course Meters	56.89	59.89	1:02.89	1:05.89	1:11.79	1:17.79
Mens Age 19-50 100 Freestyle Short Course Meters	50.39	53.09	55.69	58.29	1:03.59	1:08.89
Womens Age 19-50 200 Freestyle Short Course Meters	2:04.69	2:11.19	2:17.79	2:24.29	2:37.29	2:50.39
Mens Age 19-50 200 Freestyle Short Course Meters	1:50.49	1:56.29	2:01.99	2:07.79	2:19.39	2:30.99
Womens Age 19-50 500 Freestyle Short Course Meters	5:58.69	6:13.69	6:28.69	6:43.79	7:13.79	7:43.89
Mens Age 19-50 500 Freestyle Short Course Meters	5:06.69	5:19.49	5:32.39	5:45.19	6:10.89	6:36.59
Womens Age 19-50 1000 Freestyle Short Course Meters	11:44.19	12:13.69	12:43.19	13:12.79	14:11.79	15:10.79
Mens Age 19-50 1000 Freestyle Short Course Meters	17:27.69	18:11.59	18:55.49	19:39.39	21:07.29	22:35.09
Womens Age 19-50 1650 Freestyle Short Course Meters	20:30.89	21:29.19	22:27.49	23:25.79	25:22.39	27:18.89
Mens Age 19-50 1650 Freestyle Short Course Meters	23:21.29	24:27.69	25:33.99	26:40.39	28:53.09	31:05.79
Womens Age 19-50 100 Backstroke Short Course Meters	1:08.79	1:12.39	1:15.99	1:19.49	1:26.69	1:33.89
Mens Age 19-50 100 Backstroke Short Course Meters	56.69	59.69	1:02.59	1:05.59	1:11.49	1:17.49
Womens Age 19-50 200 Backstroke Short Course Meters	2:45.59	2:54.19	3:02.89	3:11.59	3:28.89	3:46.19
Mens Age 19-50 200 Backstroke Short Course Meters	2:02.69	2:09.09	2:15.59	2:21.99	2:34.79	2:47.69
Womens Age 19-50 100 Breaststroke Short Course Meters	1:21.89	1:26.19	1:30.49	1:34.69	1:43.29	1:51.89
Mens Age 19-50 100 Breaststroke Short Course Meters	1:04.39	1:07.69	1:11.09	1:14.49	1:21.19	1:27.89
Womens Age 19-50 200 Breaststroke Short Course Meters	3:14.89	3:25.09	3:35.29	3:45.49	4:05.89	4:26.29
Mens Age 19-50 200 Breaststroke Short Course Meters	2:27.49	2:35.29	2:42.99	2:50.69	3:06.19	3:21.59
Womens Age 19-50 100 Butterfly Short Course Meters	1:03.99	1:07.29	1:10.69	1:13.99	1:20.69	1:27.39
Mens Age 19-50 100 Butterfly Short Course Meters	54.59	57.49	1:00.39	1:03.19	1:08.89	1:14.59
Womens Age 19-50 200 Butterfly Short Course Meters	3:02.59	3:12.19	3:21.69	3:31.29	3:50.39	4:09.49
Mens Age 19-50 200 Butterfly Short Course Meters	2:07.79	2:14.49	2:21.19	2:27.89	2:41.29	2:54.69
Womens Age 19-50 200 Individual Medley Short Course Meters	2:24.49	2:31.99	2:39.59	2:47.19	3:02.29	3:17.39
Mens Age 19-50 200 Individual Medley Short Course Meters	2:04.89	2:11.39	2:17.99	2:24.49	2:37.59	2:50.69
Womens Age 19-50 400 Individual Medley Short Course Meters	5:57.69	6:16.39	6:35.09	6:53.79	7:31.29	8:08.69
Mens Age 19-50 400 Individual Medley Short Course Meters	4:36.99	4:51.49	5:05.99	5:20.49	5:49.49	6:18.49

Niagara Motivational Time Standards  
2013-2016 Long Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 10 & under 50 Freestyle Long Course Meters	35.69	37.39	38.99	40.59	45.49	50.29
Boys 10 & under 50 Freestyle Long Course Meters	36.09	37.69	39.19	40.79	45.49	50.09
Girls 10 & under 100 Freestyle Long Course Meters	1:20.59	1:24.79	1:28.99	1:33.19	1:45.79	1:58.39
Boys 10 & under 100 Freestyle Long Course Meters	1:20.59	1:24.59	1:28.69	1:32.69	1:44.69	1:56.79
Girls 10 & under 200 Freestyle Long Course Meters	2:57.19	3:06.79	3:16.49	3:26.09	3:54.99	4:23.89
Boys 10 & under 200 Freestyle Long Course Meters	2:53.59	3:01.89	3:10.19	3:18.39	3:43.19	4:07.99
Girls 10 & under 400 Freestyle Long Course Meters	6:23.49	6:41.69	6:59.99	7:18.29	8:12.99	9:07.79
Boys 10 & under 400 Freestyle Long Course Meters	6:18.39	6:36.39	6:54.49	7:12.49	8:06.49	9:00.59
Girls 10 & under 50 Backstroke Long Course Meters	41.79	44.09	46.39	48.59	55.49	1:02.29
Boys 10 & under 50 Backstroke Long Course Meters	43.59	45.99	48.49	50.89	58.09	1:05.39
Girls 10 & under 100 Backstroke Long Course Meters	1:31.99	1:37.09	1:42.19	1:47.29	2:02.69	2:17.99
Boys 10 & under 100 Backstroke Long Course Meters	1:34.09	1:38.89	1:43.69	1:48.49	2:02.79	2:17.19
Girls 10 & under 50 Breaststroke Long Course Meters	49.39	51.99	54.59	57.29	1:05.19	1:12.99
Boys 10 & under 50 Breaststroke Long Course Meters	51.59	54.29	56.99	59.69	1:07.69	1:15.79
Girls 10 & under 100 Breaststroke Long Course Meters	1:49.39	1:55.49	2:01.59	2:07.59	2:25.79	2:44.09
Boys 10 & under 100 Breaststroke Long Course Meters	1:52.49	1:58.09	2:03.69	2:09.29	2:26.19	2:42.99
Girls 10 & under 50 Butterfly Long Course Meters	41.09	43.69	46.19	48.69	56.19	1:03.69
Boys 10 & under 50 Butterfly Long Course Meters	41.89	44.19	46.59	48.99	56.09	1:03.19
Girls 10 & under 100 Butterfly Long Course Meters	1:40.89	1:48.19	1:55.39	2:02.69	2:24.39	2:46.19
Boys 10 & under 100 Butterfly Long Course Meters	1:39.69	1:46.69	1:53.59	2:00.59	2:21.49	2:42.29
Girls 10 & under 200 Individual Medley Long Course Meters	3:20.19	3:30.39	3:40.59	3:50.79	4:21.39	4:52.09
Boys 10 & under 200 Individual Medley Long Course Meters	3:20.09	3:30.09	3:40.09	3:50.09	4:19.99	4:49.99

Niagara Motivational Time Standards  
2013-2016 Long Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 11-12 50 Freestyle Long Course Meters	31.69	33.19	34.59	36.09	38.99	41.89
Boys 11-12 50 Freestyle Long Course Meters	32.09	33.59	35.09	36.69	39.69	42.79
Girls 11-12 100 Freestyle Long Course Meters	1:10.09	1:13.49	1:16.79	1:20.19	1:26.79	1:33.49
Boys 11-12 100 Freestyle Long Course Meters	1:10.59	1:13.89	1:17.29	1:20.59	1:27.39	1:34.09
Girls 11-12 200 Freestyle Long Course Meters	2:33.39	2:40.69	2:47.99	2:55.29	3:09.89	3:24.49
Boys 11-12 200 Freestyle Long Course Meters	2:32.69	2:39.89	2:47.19	2:54.49	3:08.99	3:23.49
Girls 11-12 400 Freestyle Long Course Meters	5:21.99	5:37.39	5:52.69	6:07.99	6:38.69	7:09.29
Boys 11-12 400 Freestyle Long Course Meters	5:21.69	5:36.99	5:52.29	6:07.59	6:38.29	7:08.89
Girls 11-12 800 Freestyle Long Course Meters	12:11.39	12:46.29	13:21.09	13:55.89	15:05.59	16:15.19
Boys 11-12 800 Freestyle Long Course Meters	14:36.89	15:18.59	16:00.39	16:42.19	18:05.69	19:29.19
Girls 11-12 1500 Freestyle Long Course Meters	26:39.09	27:55.29	29:11.39	30:27.49	32:59.79	35:32.09
Boys 11-12 1500 Freestyle Long Course Meters	26:58.49	28:15.59	29:32.69	30:49.79	33:23.89	35:57.99
Girls 11-12 50 Backstroke Long Course Meters	37.39	39.19	40.99	42.69	46.29	49.89
Boys 11-12 50 Backstroke Long Course Meters	38.39	40.39	42.39	44.39	48.39	52.39
Girls 11-12 100 Backstroke Long Course Meters	1:21.29	1:25.69	1:30.19	1:34.59	1:43.39	1:52.29
Boys 11-12 100 Backstroke Long Course Meters	1:23.69	1:28.29	1:32.79	1:37.39	1:46.49	1:55.59
Girls 11-12 200 Backstroke Long Course Meters	2:54.59	3:02.89	3:11.19	3:19.59	3:36.19	3:52.79
Boys 11-12 200 Backstroke Long Course Meters	3:04.59	3:13.39	3:22.19	3:30.99	3:48.59	4:06.19
Girls 11-12 50 Breaststroke Long Course Meters	42.89	44.99	46.99	48.99	53.09	57.19
Boys 11-12 50 Breaststroke Long Course Meters	43.69	45.99	48.39	50.79	55.49	1:00.29
Girls 11-12 100 Breaststroke Long Course Meters	1:33.59	1:38.29	1:42.89	1:47.59	1:56.89	2:06.19
Boys 11-12 100 Breaststroke Long Course Meters	1:37.49	1:42.49	1:47.59	1:52.69	2:02.89	2:12.99
Girls 11-12 200 Breaststroke Long Course Meters	3:23.29	3:32.99	3:42.69	3:52.39	4:11.69	4:31.09
Boys 11-12 200 Breaststroke Long Course Meters	3:35.89	3:46.19	3:56.49	4:06.79	4:27.29	4:47.89
Girls 11-12 50 Butterfly Long Course Meters	34.99	36.69	38.39	39.99	43.39	46.69
Boys 11-12 50 Butterfly Long Course Meters	35.39	37.29	39.29	41.19	45.19	49.09
Girls 11-12 100 Butterfly Long Course Meters	1:20.99	1:25.49	1:29.99	1:34.49	1:43.49	1:52.49
Boys 11-12 100 Butterfly Long Course Meters	1:22.59	1:27.29	1:32.09	1:36.89	1:46.39	1:55.89
Girls 11-12 200 Butterfly Long Course Meters	3:12.39	3:21.49	3:30.69	3:39.79	3:58.19	4:16.49
Boys 11-12 200 Butterfly Long Course Meters	3:37.99	3:48.39	3:58.69	4:09.09	4:29.89	4:50.59
Girls 11-12 200 Individual Medley Long Course Meters	2:53.39	3:01.59	3:09.89	3:18.09	3:34.59	3:51.09
Boys 11-12 200 Individual Medley Long Course Meters	2:54.39	3:03.29	3:12.19	3:20.99	3:38.79	3:56.59
Girls 11-12 400 Individual Medley Long Course Meters	6:18.99	6:36.99	6:55.09	7:13.09	7:49.19	8:25.29
Boys 11-12 400 Individual Medley Long Course Meters	6:49.59	7:09.09	7:28.59	7:48.09	8:27.09	9:06.09

Niagara Motivational Time Standards  
2013-2016 Long Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 13-14 50 Freestyle Long Course Meters	30.39	31.79	33.29	34.69	37.59	40.49
Boys 13-14 50 Freestyle Long Course Meters	28.79	30.19	31.59	32.89	35.69	38.39
Girls 13-14 100 Freestyle Long Course Meters	1:05.79	1:08.99	1:12.09	1:15.19	1:21.49	1:27.69
Boys 13-14 100 Freestyle Long Course Meters	1:02.79	1:05.79	1:08.79	1:11.79	1:17.79	1:23.79
Girls 13-14 200 Freestyle Long Course Meters	2:23.99	2:30.89	2:37.69	2:44.59	2:58.29	3:11.99
Boys 13-14 200 Freestyle Long Course Meters	2:16.49	2:22.99	2:29.49	2:35.99	2:48.99	3:01.99
Girls 13-14 400 Freestyle Long Course Meters	5:01.39	5:15.79	5:30.09	5:44.49	6:13.19	6:41.89
Boys 13-14 400 Freestyle Long Course Meters	4:50.69	5:04.49	5:18.39	5:32.19	5:59.89	6:27.59
Girls 13-14 800 Freestyle Long Course Meters	10:33.29	11:03.49	11:33.59	12:03.79	13:04.09	14:04.39
Boys 13-14 800 Freestyle Long Course Meters	10:05.29	10:34.09	11:02.89	11:31.69	12:29.39	13:26.99
Girls 13-14 1500 Freestyle Long Course Meters	20:33.89	21:32.59	22:31.39	23:30.09	25:27.59	27:25.09
Boys 13-14 1500 Freestyle Long Course Meters	19:21.99	20:17.29	21:12.59	22:07.99	23:58.59	25:49.29
Girls 13-14 100 Backstroke Long Course Meters	1:16.89	1:20.59	1:24.19	1:27.89	1:35.19	1:42.49
Boys 13-14 100 Backstroke Long Course Meters	1:13.19	1:16.69	1:20.19	1:23.69	1:30.69	1:37.59
Girls 13-14 200 Backstroke Long Course Meters	2:44.39	2:52.19	2:59.99	3:07.79	3:23.49	3:39.09
Boys 13-14 200 Backstroke Long Course Meters	2:40.89	2:48.59	2:56.29	3:03.89	3:19.19	3:34.59
Girls 13-14 100 Breaststroke Long Course Meters	1:27.59	1:31.79	1:35.89	1:40.09	1:48.49	1:56.79
Boys 13-14 100 Breaststroke Long Course Meters	1:23.79	1:27.79	1:31.79	1:35.79	1:43.79	1:51.79
Girls 13-14 200 Breaststroke Long Course Meters	3:10.59	3:19.69	3:28.79	3:37.79	3:55.99	4:14.09
Boys 13-14 200 Breaststroke Long Course Meters	3:03.69	3:12.39	3:21.09	3:29.89	3:47.39	4:04.89
Girls 13-14 100 Butterfly Long Course Meters	1:13.99	1:17.49	1:20.99	1:24.49	1:31.59	1:38.59
Boys 13-14 100 Butterfly Long Course Meters	1:10.59	1:13.99	1:17.29	1:20.69	1:27.39	1:34.09
Girls 13-14 200 Butterfly Long Course Meters	2:47.69	2:55.69	3:03.69	3:11.69	3:27.69	3:43.59
Boys 13-14 200 Butterfly Long Course Meters	2:44.39	2:52.29	3:00.09	3:07.89	3:23.59	3:39.19
Girls 13-14 200 Individual Medley Long Course Meters	2:44.09	2:51.89	2:59.69	3:07.49	3:23.09	3:38.69
Boys 13-14 200 Individual Medley Long Course Meters	2:35.19	2:42.59	2:49.99	2:57.39	3:12.19	3:26.99
Girls 13-14 400 Individual Medley Long Course Meters	5:50.89	6:07.59	6:24.29	6:40.99	7:14.39	7:47.79
Boys 13-14 400 Individual Medley Long Course Meters	5:34.99	5:50.99	6:06.89	6:22.89	6:54.79	7:26.69

Niagara Motivational Time Standards  
2013-2016 Long Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 15-16 50 Freestyle Long Course Meters	29.99	31.49	32.89	34.29	37.19	39.99
Boys 15-16 50 Freestyle Long Course Meters	27.19	28.49	29.79	31.09	33.69	36.29
Girls 15-16 100 Freestyle Long Course Meters	1:04.89	1:07.99	1:10.99	1:14.09	1:20.29	1:26.49
Boys 15-16 100 Freestyle Long Course Meters	59.99	1:02.89	1:05.69	1:08.59	1:14.29	1:19.99
Girls 15-16 200 Freestyle Long Course Meters	2:20.79	2:27.49	2:34.19	2:40.89	2:54.29	3:07.69
Boys 15-16 200 Freestyle Long Course Meters	2:10.99	2:17.29	2:23.49	2:29.79	2:42.19	2:54.69
Girls 15-16 400 Freestyle Long Course Meters	4:56.29	5:10.49	5:24.59	5:38.69	6:06.89	6:35.09
Boys 15-16 400 Freestyle Long Course Meters	4:37.19	4:50.39	5:03.59	5:16.79	5:43.09	6:09.49
Girls 15-16 800 Freestyle Long Course Meters	10:19.29	10:48.79	11:18.29	11:47.79	12:46.79	13:45.79
Boys 15-16 800 Freestyle Long Course Meters	9:46.69	10:14.59	10:42.49	11:10.49	12:06.29	13:02.19
Girls 15-16 1500 Freestyle Long Course Meters	19:47.39	20:43.89	21:40.39	22:36.99	24:30.09	26:23.09
Boys 15-16 1500 Freestyle Long Course Meters	19:00.59	19:54.89	20:49.29	21:43.59	23:32.19	25:20.79
Girls 15-16 100 Backstroke Long Course Meters	1:14.69	1:18.19	1:21.79	1:25.39	1:32.49	1:39.59
Boys 15-16 100 Backstroke Long Course Meters	1:10.09	1:13.49	1:16.79	1:20.09	1:26.79	1:33.49
Girls 15-16 200 Backstroke Long Course Meters	2:41.49	2:49.19	2:56.79	3:04.49	3:19.89	3:35.29
Boys 15-16 200 Backstroke Long Course Meters	2:30.79	2:37.99	2:45.19	2:52.39	3:06.69	3:21.09
Girls 15-16 100 Breaststroke Long Course Meters	1:25.99	1:30.09	1:34.19	1:38.29	1:46.49	1:54.69
Boys 15-16 100 Breaststroke Long Course Meters	1:18.79	1:22.49	1:26.29	1:29.99	1:37.49	1:44.99
Girls 15-16 200 Breaststroke Long Course Meters	3:07.09	3:16.09	3:24.99	3:33.89	3:51.69	4:09.49
Boys 15-16 200 Breaststroke Long Course Meters	2:53.99	3:02.29	3:10.59	3:18.89	3:35.49	3:51.99
Girls 15-16 100 Butterfly Long Course Meters	1:11.69	1:15.09	1:18.59	1:21.99	1:28.79	1:35.59
Boys 15-16 100 Butterfly Long Course Meters	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29
Girls 15-16 200 Butterfly Long Course Meters	2:42.39	2:50.09	2:57.89	3:05.59	3:21.09	3:36.49
Boys 15-16 200 Butterfly Long Course Meters	2:34.69	2:42.09	2:49.39	2:56.79	3:11.49	3:26.29
Girls 15-16 200 Individual Medley Long Course Meters	2:40.29	2:47.89	2:55.59	3:03.19	3:18.49	3:33.69
Boys 15-16 200 Individual Medley Long Course Meters	2:28.49	2:35.49	2:42.59	2:49.69	3:03.79	3:17.89
Girls 15-16 400 Individual Medley Long Course Meters	5:42.19	5:58.49	6:14.79	6:31.09	7:03.69	7:36.29
Boys 15-16 400 Individual Medley Long Course Meters	5:21.29	5:36.59	5:51.89	6:07.19	6:37.79	7:08.39

Niagara Motivational Time Standards  
2013-2016 Long Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Girls 17-18 50 Freestyle Long Course Meters	30.09	31.49	32.89	34.39	37.19	40.09
Boys 17-18 50 Freestyle Long Course Meters	26.69	27.99	29.29	30.49	33.09	35.59
Girls 17-18 100 Freestyle Long Course Meters	1:04.99	1:08.09	1:11.19	1:14.19	1:20.39	1:26.59
Boys 17-18 100 Freestyle Long Course Meters	58.19	1:00.99	1:03.79	1:06.49	1:12.09	1:17.59
Girls 17-18 200 Freestyle Long Course Meters	2:20.39	2:27.09	2:33.79	2:40.49	2:53.89	3:07.19
Boys 17-18 200 Freestyle Long Course Meters	2:07.09	2:13.19	2:19.19	2:25.29	2:37.39	2:49.49
Girls 17-18 400 Freestyle Long Course Meters	5:02.59	5:16.99	5:31.39	5:45.89	6:14.69	6:43.49
Boys 17-18 400 Freestyle Long Course Meters	4:33.09	4:46.09	4:59.09	5:12.09	5:38.09	6:04.09
Girls 17-18 800 Freestyle Long Course Meters	10:31.49	11:01.59	11:31.69	12:01.69	13:01.89	14:01.99
Boys 17-18 800 Freestyle Long Course Meters	9:44.29	10:12.09	10:39.99	11:07.79	12:03.39	12:59.09
Girls 17-18 1500 Freestyle Long Course Meters	20:16.89	21:14.89	22:12.79	23:10.79	25:06.69	27:02.59
Boys 17-18 1500 Freestyle Long Course Meters	18:35.09	19:28.19	20:21.29	21:14.39	23:00.59	24:46.79
Girls 17-18 100 Backstroke Long Course Meters	1:14.69	1:18.19	1:21.79	1:25.29	1:32.39	1:39.49
Boys 17-18 100 Backstroke Long Course Meters	1:05.89	1:08.99	1:12.09	1:15.29	1:21.49	1:27.79
Girls 17-18 200 Backstroke Long Course Meters	2:42.99	2:50.79	2:58.49	3:06.29	3:21.79	3:37.29
Boys 17-18 200 Backstroke Long Course Meters	2:23.49	2:30.29	2:37.19	2:43.99	2:57.69	3:11.29
Girls 17-18 100 Breaststroke Long Course Meters	1:24.79	1:28.89	1:32.89	1:36.99	1:44.99	1:53.09
Boys 17-18 100 Breaststroke Long Course Meters	1:15.39	1:18.99	1:22.59	1:26.19	1:33.39	1:40.59
Girls 17-18 200 Breaststroke Long Course Meters	3:04.69	3:13.49	3:22.19	3:30.99	3:48.59	4:06.19
Boys 17-18 200 Breaststroke Long Course Meters	2:51.69	2:59.89	3:08.09	3:16.19	3:32.59	3:48.89
Girls 17-18 100 Butterfly Long Course Meters	1:11.79	1:15.19	1:18.59	1:21.99	1:28.79	1:35.69
Boys 17-18 100 Butterfly Long Course Meters	1:03.79	1:06.79	1:09.79	1:12.89	1:18.89	1:24.99
Girls 17-18 200 Butterfly Long Course Meters	2:44.99	2:52.79	3:00.69	3:08.49	3:24.19	3:39.89
Boys 17-18 200 Butterfly Long Course Meters	2:29.49	2:36.59	2:43.69	2:50.79	3:04.99	3:19.29
Girls 17-18 200 Individual Medley Long Course Meters	2:41.79	2:49.49	2:57.19	3:04.89	3:20.29	3:35.69
Boys 17-18 200 Individual Medley Long Course Meters	2:25.29	2:32.19	2:39.09	2:45.99	2:59.89	3:13.69
Girls 17-18 400 Individual Medley Long Course Meters	5:44.99	6:01.39	6:17.79	6:34.19	7:07.09	7:39.89
Boys 17-18 400 Individual Medley Long Course Meters	5:12.09	5:26.89	5:41.79	5:56.69	6:26.39	6:56.09

Niagara Motivational Time Standards  
2013-2016 Long Course Meters

full_desc	NI-AAAA	NI-AAA	NI-AA	NI-A	NI-BB	NI-B
Womens Age 19-50 50 Freestyle Long Course Meters	29.99	31.39	32.79	34.29	37.09	39.99
Mens Age 19-50 50 Freestyle Long Course Meters	26.69	27.89	29.19	30.49	32.99	35.49
Womens Age 19-50 100 Freestyle Long Course Meters	1:06.09	1:09.19	1:12.29	1:15.49	1:21.79	1:28.09
Mens Age 19-50 100 Freestyle Long Course Meters	57.79	1:00.49	1:03.29	1:05.99	1:11.49	1:16.99
Womens Age 19-50 200 Freestyle Long Course Meters	2:25.49	2:32.39	2:39.29	2:46.29	3:00.09	3:13.99
Mens Age 19-50 200 Freestyle Long Course Meters	2:07.89	2:13.99	2:20.09	2:26.19	2:38.39	2:50.59
Womens Age 19-50 400 Freestyle Long Course Meters	5:11.49	5:26.29	5:41.19	5:55.99	6:25.59	6:55.29
Mens Age 19-50 400 Freestyle Long Course Meters	4:43.09	4:56.59	5:09.99	5:23.49	5:50.49	6:17.39
Womens Age 19-50 800 Freestyle Long Course Meters	11:54.59	12:28.69	13:02.69	13:36.69	14:44.79	15:52.79
Mens Age 19-50 800 Freestyle Long Course Meters	17:40.59	18:31.09	19:21.59	20:12.09	21:53.09	23:34.09
Womens Age 19-50 1500 Freestyle Long Course Meters	22:29.99	23:34.29	24:38.49	25:42.79	27:51.39	29:59.89
Mens Age 19-50 1500 Freestyle Long Course Meters	24:33.99	25:44.19	26:54.39	28:04.59	30:24.99	32:45.39
Womens Age 19-50 100 Backstroke Long Course Meters	1:19.19	1:22.89	1:26.69	1:30.49	1:37.99	1:45.49
Mens Age 19-50 100 Backstroke Long Course Meters	1:09.19	1:12.49	1:15.79	1:19.09	1:25.69	1:32.29
Womens Age 19-50 200 Backstroke Long Course Meters	2:51.49	2:59.69	3:07.79	3:15.99	3:32.29	3:48.59
Mens Age 19-50 200 Backstroke Long Course Meters	2:36.49	2:43.99	2:51.39	2:58.89	3:13.79	3:28.69
Womens Age 19-50 100 Breaststroke Long Course Meters	1:31.69	1:36.09	1:40.39	1:44.79	1:53.49	2:02.19
Mens Age 19-50 100 Breaststroke Long Course Meters	1:16.89	1:20.49	1:24.19	1:27.79	1:35.09	1:42.49
Womens Age 19-50 200 Breaststroke Long Course Meters	3:23.19	3:32.89	3:42.59	3:52.19	4:11.59	4:30.89
Mens Age 19-50 200 Breaststroke Long Course Meters	2:55.79	3:04.19	3:12.59	3:20.99	3:37.69	3:54.39
Womens Age 19-50 100 Butterfly Long Course Meters	1:17.09	1:20.69	1:24.39	1:28.09	1:35.39	1:42.69
Mens Age 19-50 100 Butterfly Long Course Meters	1:02.79	1:05.79	1:08.79	1:11.79	1:17.79	1:23.69
Womens Age 19-50 200 Butterfly Long Course Meters	3:45.09	3:55.79	4:06.49	4:17.19	4:38.59	5:00.09
Mens Age 19-50 200 Butterfly Long Course Meters	2:31.19	2:38.39	2:45.59	2:52.79	3:07.19	3:21.59
Womens Age 19-50 200 Individual Medley Long Course Meters	2:48.39	2:56.39	3:04.39	3:12.49	3:28.49	3:44.49
Mens Age 19-50 200 Individual Medley Long Course Meters	2:27.29	2:34.29	2:41.29	2:48.29	3:02.29	3:16.39
Womens Age 19-50 400 Individual Medley Long Course Meters	6:20.89	6:38.99	6:57.09	7:15.29	7:51.49	8:27.79
Mens Age 19-50 400 Individual Medley Long Course Meters	5:34.59	5:50.49	6:06.39	6:22.39	6:54.19	7:26.09

2015 Niagara SCY Championship Standards.xlsx

Women			
SCY	Current SCY	SCM	LCM
33.29	32.89	33.79	38.99
1:15.59	1:14.69	1:16.69	1:28.99
2:44.39	2:47.39	2:46.89	3:16.49
7:13.09	7:13.99	7:06.09	6:59.99
39.69	39.39	40.29	46.39
1:25.99	1:25.69	1:27.39	1:42.19
45.89	43.49	46.49	54.59
1:41.59	1:36.79	1:43.19	2:01.59
39.19	38.19	39.79	46.19
1:34.19	1:30.39	1:36.09	1:55.39
1:26.39	1:25.09	1:27.59	N/A
3:06.19	3:05.79	3:08.89	3:40.59

Event Description
10 & under 50 Freestyle
10 & under 100 Freestyle
10 & under 200 Freestyle
10 & under 500 Freestyle
10 & under 50 Backstroke
10 & under 100 Backstroke
10 & under 50 Breaststroke
10 & under 100 Breaststroke
10 & under 50 Butterfly
10 & under 100 Butterfly
10 & under 100 Individual Medley
10 & under 200 Individual Medley

Men			
LCM	SCM	Current SCY	SCY
39.19	33.59	32.29	33.19
1:28.69	1:17.19	1:13.29	1:16.09
3:10.19	2:46.79	2:40.79	2:44.49
6:54.49	7:10.09	7:07.49	7:17.19
48.49	41.09	39.19	40.49
1:43.69	1:27.99	1:23.69	1:26.79
56.99	47.79	43.29	47.09
2:03.69	1:42.99	1:34.19	1:41.59
46.59	40.49	37.49	39.79
1:53.59	1:37.99	1:29.69	1:36.09
N/A	1:29.19	1:23.79	1:27.99
3:40.09	3:12.79	3:04.99	3:09.99

Women			
SCY	Current SCY	SCM	LCM
30.29	29.39	30.69	34.59
1:06.39	1:03.09	1:07.29	1:16.79
2:23.29	2:18.19	2:25.29	2:47.99
6:25.79	6:24.29	6:19.49	5:52.69
13:36.69	13:26.39	13:23.39	13:21.09
23:55.29	N/A	23:54.19	29:11.39
35.09	33.29	35.59	40.99
1:16.69	1:14.69	1:17.89	1:30.19
2:42.59	2:42.29	2:44.79	3:11.19
39.69	37.49	40.19	46.99
1:26.59	1:23.79	1:27.79	1:42.89
3:09.59	3:04.69	3:12.19	3:42.69
33.69	31.89	34.19	38.39
1:16.19	1:13.89	1:17.39	1:29.99
2:54.89	2:46.49	2:57.19	3:30.69
1:16.19	1:15.09	1:17.19	N/A
2:41.89	2:40.29	2:44.09	3:09.89
5:50.99	5:50.29	5:55.79	6:55.09

Event Description
11-12 50 Freestyle
11-12 100 Freestyle
11-12 200 Freestyle
11-12 500 Freestyle
11-12 1000 Freestyle
11-12 1650 Freestyle
11-12 50 Backstroke
11-12 100 Backstroke
11-12 200 Backstroke
11-12 50 Breaststroke
11-12 100 Breaststroke
11-12 200 Breaststroke
11-12 50 Butterfly
11-12 100 Butterfly
11-12 200 Butterfly
11-12 100 Individual Medley
11-12 200 Individual Medley
11-12 400 Individual Medley

Men			
LCM	SCM	Current SCY	SCY
35.09	30.19	29.49	29.79
1:17.29	1:06.19	1:03.89	1:05.29
2:47.19	2:23.19	2:23.69	2:21.29
5:52.29	6:13.59	6:23.59	6:19.79
16:00.39	13:10.29	13:23.99	13:23.39
29:32.69	23:45.69	N/A	23:46.79
42.39	35.89	34.99	35.39
1:32.79	1:17.69	1:15.59	1:16.49
3:22.19	2:46.99	2:40.39	2:44.69
48.39	41.79	39.49	41.09
1:47.59	1:30.19	1:25.59	1:28.89
3:56.49	3:12.09	3:02.89	3:09.49
39.29	34.69	33.99	34.09
1:32.09	1:17.49	1:15.79	1:16.19
3:58.69	2:59.39	2:45.19	2:56.99
N/A	1:17.09	1:15.99	1:15.99
3:12.19	2:47.69	2:44.29	2:45.29
7:28.59	6:07.09	5:47.79	6:02.09

2015 Niagara SCY Championship Standards.xlsx

Women			
SCY	Current SCY	SCM	LCM
27.59	27.69	27.89	31.79
1:00.09	59.79	1:00.69	1:08.99
2:10.39	2:09.19	2:11.59	2:30.89
5:49.49	5:52.99	5:45.49	5:15.79
12:14.89	12:24.79	12:06.49	11:03.49
20:42.19	20:45.99	20:41.59	21:32.59
1:08.49	1:07.99	1:09.19	1:20.59
2:27.79	2:28.69	2:29.19	2:52.19
1:17.19	1:17.89	1:17.89	1:31.79
2:51.19	2:50.19	2:52.79	3:19.69
1:06.89	1:07.69	1:07.49	1:17.49
2:30.09	2:31.09	2:31.59	2:55.69
2:27.19	2:28.49	2:28.59	2:51.89
5:15.89	5:21.89	5:18.89	6:07.59

Event Description
13-14 50 Freestyle
13-14 100 Freestyle
13-14 200 Freestyle
13-14 500 Freestyle
13-14 1000 Freestyle
13-14 1650 Freestyle
13-14 100 Backstroke
13-14 200 Backstroke
13-14 100 Breaststroke
13-14 200 Breaststroke
13-14 100 Butterfly
13-14 200 Butterfly
13-14 200 Individual Medley
13-14 400 Individual Medley

Men			
LCM	SCM	Current SCY	SCY
30.19	25.99	25.99	25.79
1:05.79	56.29	56.69	55.69
2:22.99	2:03.09	2:03.89	2:01.99
5:04.49	5:23.69	5:47.79	5:27.49
10:34.09	11:42.39	11:58.99	11:50.49
20:17.29	19:42.29	20:03.89	19:42.89
1:16.69	1:04.59	1:05.59	1:03.99
2:48.59	2:20.79	2:21.99	2:19.49
1:27.79	1:13.09	1:14.59	1:12.39
3:12.39	2:41.49	2:41.99	2:39.99
1:13.99	1:03.09	1:04.49	1:02.49
2:52.29	2:26.29	2:23.29	2:24.89
2:42.59	2:20.39	2:24.69	2:18.99
5:50.99	5:02.49	5:08.19	4:59.69

Women			
SCY	Current SCY	SCM	LCM
25.89	26.59	25.99	29.99
55.79	57.49	55.99	1:04.89
2:01.79	2:03.89	2:02.39	2:20.79
5:25.19	5:43.99	5:23.19	4:56.29
11:21.19	12:04.49	11:17.19	10:19.29
19:13.39	20:12.59	19:13.09	19:47.39
1:02.89	1:05.39	1:03.19	1:14.69
2:17.69	2:23.49	2:18.39	2:41.49
1:11.79	1:15.69	1:12.19	1:25.99
2:37.49	2:44.99	2:38.29	3:07.09
1:02.39	1:05.29	1:02.69	1:11.69
2:20.19	2:25.49	2:20.89	2:42.39
2:16.79	2:24.79	2:17.49	2:40.29
4:56.99	5:13.29	4:58.49	5:42.19

Event Description
15-16 50 Freestyle
15-16 100 Freestyle
15-16 200 Freestyle
15-16 500 Freestyle
15-16 1000 Freestyle
15-16 1650 Freestyle
15-16 100 Backstroke
15-16 200 Backstroke
15-16 100 Breaststroke
15-16 200 Breaststroke
15-16 100 Butterfly
15-16 200 Butterfly
15-16 200 Individual Medley
15-16 400 Individual Medley

Men			
LCM	SCM	Current SCY	SCY
27.19	23.39	23.79	23.29
59.99	51.29	51.99	50.99
2:10.99	1:50.99	1:53.59	1:50.49
4:37.19	5:00.59	5:21.19	5:02.39
9:46.69	10:40.39	11:24.49	10:44.19
19:00.59	18:10.79	19:46.69	18:11.09
1:10.09	57.89	59.79	57.69
2:30.79	2:07.49	2:12.69	2:06.89
1:18.79	1:05.09	1:07.89	1:04.79
2:53.99	2:24.69	2:30.59	2:23.99
1:06.19	57.09	58.99	56.79
2:34.69	2:10.89	2:11.69	2:10.29
2:28.49	2:05.89	2:12.29	2:05.29
5:21.29	4:33.49	4:49.09	4:32.09

Women			
SCY	Current SCY	SCM	LCM
25.69	26.59	25.79	30.09
56.09	57.49	56.39	1:04.99
2:01.39	2:03.89	2:01.99	2:20.39
5:28.49	5:43.99	5:26.59	5:02.59
11:42.19	12:04.49	11:37.99	10:31.49
19:48.29	20:12.59	19:47.99	20:16.89
1:02.79	1:05.39	1:03.09	1:14.69
2:17.59	2:23.49	2:18.29	2:42.99
1:11.49	1:15.69	1:11.79	1:24.79
2:38.49	2:44.99	2:39.29	3:04.69
1:02.09	1:05.29	1:02.39	1:11.79
2:22.79	2:25.49	2:23.49	2:44.99
2:16.49	2:24.79	2:17.19	2:41.79
4:58.49	5:13.29	4:59.99	5:44.99

Event Description
17-18 50 Freestyle
17-18 100 Freestyle
17-18 200 Freestyle
17-18 500 Freestyle
17-18 1000 Freestyle
17-18 1650 Freestyle
17-18 100 Backstroke
17-18 200 Backstroke
17-18 100 Breaststroke
17-18 200 Breaststroke
17-18 100 Butterfly
17-18 200 Butterfly
17-18 200 Individual Medley
17-18 400 Individual Medley

Men			
LCM	SCM	Current SCY	SCY
26.69	22.89	23.79	22.79
58.19	50.19	51.99	49.99
2:07.09	1:49.69	1:53.59	1:49.19
4:33.09	4:56.49	5:21.19	4:58.19
9:44.29	10:32.99	11:24.49	10:36.79
18:35.09	17:52.39	19:46.69	17:52.69
1:05.89	56.09	59.79	55.79
2:23.49	2:05.59	2:12.69	2:04.99
1:15.39	1:03.39	1:07.89	1:03.09
2:51.69	2:23.89	2:30.59	2:23.19
1:03.79	54.89	58.99	54.59
2:29.49	2:06.39	2:11.69	2:05.79
2:25.29	2:04.49	2:12.29	2:03.79
5:12.09	4:33.59	4:49.09	4:32.29

Women			
SCY	Current SCY	SCM	LCM
26.29	26.59	26.39	29.99
56.59	57.49	56.89	1:06.09
2:04.09	2:03.89	2:04.69	2:25.49
6:00.79	5:43.99	5:58.69	5:11.49
11:48.39	12:04.49	11:44.19	11:54.59
20:31.29	20:12.59	20:30.89	22:29.99
1:08.39	1:05.39	1:08.79	1:19.19
2:44.79	2:23.49	2:45.59	2:51.49
1:21.49	1:15.69	1:21.89	1:31.69
3:13.89	2:44.99	3:14.89	3:23.19
1:03.69	1:05.29	1:03.99	1:17.09
3:01.69	2:25.49	3:02.59	3:45.09
2:23.79	2:24.79	2:24.49	2:48.39
5:55.89	5:13.29	5:57.69	6:20.89

Event Description
19 & Over 50 Freestyle
19 & Over 100 Freestyle
19 & Over 200 Freestyle
19 & Over 500 Freestyle
19 & Over 1000 Freestyle
19 & Over 1650 Freestyle
19 & Over 100 Backstroke
19 & Over 200 Backstroke
19 & Over 100 Breaststroke
19 & Over 200 Breaststroke
19 & Over 100 Butterfly
19 & Over 200 Butterfly
19 & Over 200 Individual Medley
19 & Over 400 Individual Medley

Men			
LCM	SCM	Current SCY	SCY
26.69	22.79	23.79	22.69
57.79	50.39	51.99	50.19
2:07.89	1:50.49	1:53.59	1:49.89
4:43.09	5:06.69	5:21.19	5:08.49
17:40.59	17:27.69	11:24.49	17:33.89
24:33.99	23:21.29	19:46.69	23:21.69
1:09.19	56.69	59.79	56.39
2:36.49	2:02.69	2:12.69	2:02.09
1:16.89	1:04.39	1:07.89	1:03.99
2:55.79	2:27.49	2:30.59	2:26.79
1:02.79	54.59	58.99	54.39
2:31.19	2:07.79	2:11.69	2:07.19
2:27.29	2:04.89	2:12.29	2:04.29
5:34.59	4:36.99	4:49.09	4:35.59

Women				
SCY	Current SCY	Current SCY	SCM	LCM
38.89	38.89	36.69	39.89	45.49
1:29.89	1:31.09	1:24.29	1:32.49	1:45.79
3:16.59	3:28.29	3:09.29	3:22.49	3:54.99
8:28.39	8:04.99	8:04.99	8:11.99	8:12.99
47.49	47.39	44.69	48.89	55.49
1:43.19	1:45.19	1:37.39	1:46.39	2:02.69
54.69	52.29	49.29	56.29	1:05.19
2:01.89	1:58.79	1:49.99	2:05.59	2:25.79
47.69	46.49	43.79	49.19	56.19
1:57.89	1:53.99	1:45.49	2:02.29	2:24.39
1:42.69	1:43.79	1:36.09	1:45.59	N/A
3:40.69	3:49.79	3:28.89	3:46.99	4:21.39

Women				
SCY	Current SCY	Current SCY	SCM	LCM
34.09	33.09	31.69	34.89	38.99
1:15.09	1:12.59	1:08.29	1:16.89	1:26.79
2:41.99	2:36.49	2:29.69	2:45.89	3:09.89
7:16.09	6:56.29	6:56.29	7:03.59	6:38.69
15:23.29	13:44.69	13:44.69	14:56.69	15:05.59
27:02.49	N/A	N/A	27:00.29	32:59.79
39.69	37.69	36.09	40.69	46.29
1:27.99	1:23.89	1:21.69	1:30.39	1:43.39
3:03.79	2:55.79	2:55.79	3:08.19	3:36.19
44.79	42.39	40.59	45.89	53.09
1:38.39	1:33.29	1:31.09	1:40.89	1:56.89
3:34.29	3:20.09	3:20.09	3:39.49	4:11.69
38.09	35.99	34.59	39.09	43.39
1:27.59	1:23.39	1:20.99	1:29.99	1:43.49
3:17.69	3:00.39	3:00.39	3:22.39	3:58.19
1:26.09	1:23.29	1:21.29	1:28.19	N/A
3:02.99	2:57.79	2:53.69	3:07.39	3:34.59
6:36.79	6:19.49	6:19.49	6:46.39	7:49.19

Event Description
10 & under 50 Freestyle
10 & under 100 Freestyle
10 & under 200 Freestyle
10 & under 500 Freestyle
10 & under 50 Backstroke
10 & under 100 Backstroke
10 & under 50 Breaststroke
10 & under 100 Breaststroke
10 & under 50 Butterfly
10 & under 100 Butterfly
10 & under 100 Individual Medley
10 & under 200 Individual Medley

Men				
LCM	SCM	Current SCY	Current SCY	SCY
45.49	39.39	35.89	38.09	38.49
1:44.69	1:32.39	1:22.49	1:29.09	1:29.89
3:43.19	3:18.39	2:59.69	3:17.69	3:13.09
8:06.49	8:16.59	7:57.69	7:57.69	8:33.19
58.09	49.99	44.59	47.29	48.49
2:02.79	1:45.79	1:34.39	1:41.99	1:42.79
1:07.69	57.59	48.99	51.99	55.99
2:26.19	2:03.39	1:45.89	1:54.39	1:59.99
56.09	49.39	42.79	45.39	47.89
2:21.49	2:03.99	1:44.29	1:52.69	1:59.59
N/A	1:46.09	1:33.79	1:41.29	1:43.29
4:19.99	3:50.79	3:27.59	3:48.39	3:44.49

Men				
LCM	SCM	Current SCY	Current SCY	SCY
39.69	34.49	31.89	33.09	33.69
1:27.39	1:15.59	1:09.19	1:11.29	1:13.79
3:08.99	2:43.59	2:30.89	2:35.69	2:39.69
6:38.29	6:56.89	6:55.59	6:55.59	7:09.29
18:05.69	14:41.99	14:30.99	14:30.99	15:08.19
33:23.89	26:50.69	N/A	N/A	26:52.89
48.39	41.49	37.19	38.19	40.39
1:46.49	1:30.09	1:20.19	1:22.89	1:27.69
3:48.59	3:10.69	2:53.79	2:53.79	3:06.19
55.49	48.49	41.79	43.19	47.19
2:02.89	1:44.09	1:29.99	1:33.29	1:41.49
4:27.29	3:39.39	3:18.19	3:18.19	3:34.19
45.19	40.29	35.99	37.19	39.19
1:46.39	1:30.49	1:20.39	1:23.19	1:27.99
4:29.89	3:24.89	2:58.99	2:58.99	3:19.99
N/A	1:28.29	1:19.79	1:22.39	1:26.09
3:38.79	3:12.99	2:53.19	2:58.99	3:08.19
8:27.09	6:59.19	6:16.69	6:16.69	6:49.29

Women				
SCY	Current SCY	Current SCY	SCM	LCM
30.09	31.29	30.49	30.59	34.69
1:05.59	1:07.59	1:06.39	1:06.69	1:15.19
2:22.19	2:26.09	2:22.89	2:24.69	2:44.59
6:21.29	6:29.79	6:22.39	6:13.29	5:44.49
13:21.69	13:26.89	13:26.89	13:04.99	12:03.79
22:35.09	22:29.79	22:29.79	22:33.79	23:30.09
1:14.69	1:14.19	1:13.59	1:15.99	1:27.89
2:41.29	2:41.09	2:41.09	2:44.09	3:07.79
1:24.19	1:25.29	1:24.39	1:25.69	1:40.09
3:06.79	3:04.39	3:04.39	3:09.99	3:37.79
1:12.99	1:14.19	1:13.29	1:14.19	1:24.49
2:43.79	2:43.69	2:43.69	2:46.59	3:11.69
2:40.59	2:44.99	2:41.09	2:43.39	3:07.49
5:44.59	5:45.69	5:45.69	5:50.59	6:40.99

Women			
SCY	Current SCY	SCM	LCM
29.59	29.99	30.09	34.29
1:03.69	1:04.99	1:04.79	1:14.09
2:19.09	2:19.99	2:21.59	2:40.89
6:11.59	6:18.09	6:03.89	5:38.69
12:58.59	13:04.79	12:42.39	11:47.79
21:58.19	21:53.59	21:56.89	22:36.99
1:11.79	1:10.79	1:13.09	1:25.39
2:37.29	2:35.39	2:40.09	3:04.49
1:21.99	1:21.99	1:23.49	1:38.29
2:59.99	2:58.69	3:03.09	3:33.89
1:11.29	1:10.69	1:12.49	1:21.99
2:40.29	2:37.59	2:43.09	3:05.59
2:36.39	2:39.49	2:39.09	3:03.19
5:39.39	5:39.39	5:45.39	6:31.09

Event Description
13-14 50 Freestyle
13-14 100 Freestyle
13-14 200 Freestyle
13-14 500 Freestyle
13-14 1000 Freestyle
13-14 1650 Freestyle
13-14 100 Backstroke
13-14 200 Backstroke
13-14 100 Breaststroke
13-14 200 Breaststroke
13-14 100 Butterfly
13-14 200 Butterfly
13-14 200 Individual Medley
13-14 400 Individual Medley

Men				
LCM	SCM	Current SCY	Current SCY	SCY
32.89	28.59	28.19	29.39	28.09
1:11.79	1:01.79	1:01.59	1:04.09	1:00.79
2:35.99	2:15.39	2:14.19	2:19.99	2:12.99
5:32.19	5:49.79	6:15.59	6:15.59	5:57.19
11:31.69	12:38.89	12:56.44	12:56.44	12:54.99
22:07.99	21:29.19	21:40.19	21:40.19	21:30.49
1:23.69	1:11.09	1:09.69	1:11.09	1:09.89
3:03.89	2:34.79	2:33.79	2:33.79	2:32.19
1:35.79	1:20.39	1:18.89	1:20.79	1:18.99
3:29.89	2:57.59	2:55.49	2:55.49	2:54.49
1:20.69	1:09.39	1:08.69	1:09.89	1:08.19
3:07.89	2:40.89	2:35.29	2:35.29	2:38.09
2:57.39	2:34.29	2:33.59	2:36.69	2:31.69
6:22.89	5:32.59	5:33.79	5:33.79	5:26.89

Men			
LCM	SCM	Current SCY	SCY
31.09	27.09	26.89	26.59
1:08.59	59.39	58.69	58.29
2:29.79	2:08.49	2:08.39	2:06.29
5:16.79	5:38.39	5:47.89	5:45.59
11:10.49	12:00.89	12:19.99	12:16.19
21:43.59	20:45.79	20:44.42	20:46.99
1:20.09	1:06.99	1:04.69	1:05.89
2:52.39	2:27.49	2:23.69	2:24.99
1:29.99	1:15.29	1:13.59	1:13.99
3:18.89	2:47.39	2:43.09	2:44.49
1:15.69	1:05.99	1:05.19	1:04.89
2:56.79	2:31.49	2:24.99	2:28.89
2:49.69	2:25.69	2:25.79	2:23.19
6:07.19	5:16.49	5:13.19	5:10.99

Women			
SCY	Current SCY	SCM	LCM
29.29	29.99	29.89	34.39
1:04.09	1:04.99	1:05.19	1:14.19
2:18.69	2:19.99	2:21.09	2:40.49
6:15.49	6:18.09	6:07.69	5:45.89
13:22.49	13:04.79	13:05.79	12:01.69
22:37.99	21:53.59	22:36.69	23:10.79
1:11.69	1:10.79	1:12.99	1:25.29
2:37.29	2:35.39	2:39.99	3:06.29
1:21.69	1:21.99	1:23.09	1:36.99
3:01.09	2:58.69	3:04.29	3:30.99
1:10.89	1:10.69	1:12.19	1:21.99
2:43.19	2:37.59	2:45.99	3:08.49
2:35.99	2:39.49	2:38.69	3:04.89
5:41.09	5:39.39	5:47.09	6:34.19

Women			
SCY	Current SCY	SCM	LCM
29.99	29.99	30.59	34.29
1:04.69	1:04.99	1:05.89	1:15.49
2:21.79	2:19.99	2:24.29	2:46.29
6:52.29	6:18.09	6:43.79	5:55.99
13:29.59	13:04.79	13:12.79	13:36.69
23:27.09	21:53.59	23:25.79	25:42.79
1:18.19	1:10.79	1:19.49	1:30.49
3:08.29	2:35.39	3:11.59	3:15.99
1:33.09	1:21.99	1:34.69	1:44.79
3:41.59	2:58.69	3:45.49	3:52.19
1:12.69	1:10.69	1:13.99	1:28.09
3:27.69	2:37.59	3:31.29	4:17.19
2:44.29	2:39.49	2:47.19	3:12.49
6:46.69	5:39.39	6:53.79	7:15.29

Event Description
17-18 50 Freestyle
17-18 100 Freestyle
17-18 200 Freestyle
17-18 500 Freestyle
17-18 1000 Freestyle
17-18 1650 Freestyle
17-18 100 Backstroke
17-18 200 Backstroke
17-18 100 Breaststroke
17-18 200 Breaststroke
17-18 100 Butterfly
17-18 200 Butterfly
17-18 200 Individual Medley
17-18 400 Individual Medley

Men			
LCM	SCM	Current SCY	SCY
30.49	26.49	26.89	26.09
1:06.49	58.09	58.69	57.09
2:25.29	2:06.89	2:08.39	2:04.69
5:12.09	5:33.69	5:47.89	5:40.79
11:07.79	11:52.59	12:19.99	12:07.69
21:14.39	20:24.79	20:44.42	20:25.99
1:15.29	1:04.89	1:04.69	1:03.69
2:43.99	2:25.29	2:23.69	2:22.79
1:26.19	1:13.29	1:13.59	1:12.09
3:16.19	2:46.49	2:43.09	2:43.69
1:12.89	1:03.49	1:05.19	1:02.39
2:50.79	2:26.29	2:24.99	2:23.69
2:45.99	2:23.99	2:25.79	2:21.49
5:56.69	5:16.59	5:13.19	5:11.19

Men			
LCM	SCM	Current SCY	SCY
30.49	26.39	26.89	25.89
1:05.99	58.29	58.69	57.29
2:26.19	2:07.79	2:08.39	2:05.59
5:23.49	5:45.19	5:47.89	5:52.59
20:12.09	19:39.39	12:19.99	20:04.49
28:04.59	26:40.39	20:44.42	26:41.89
1:19.09	1:05.59	1:04.69	1:04.49
2:58.89	2:21.99	2:23.69	2:19.59
1:27.79	1:14.49	1:13.59	1:13.19
3:20.99	2:50.69	2:43.09	2:47.79
1:11.79	1:03.19	1:05.19	1:02.09
2:52.79	2:27.89	2:24.99	2:25.39
2:48.29	2:24.49	2:25.79	2:21.99
6:22.39	5:20.49	5:13.19	5:14.99