

Age Group Western Zone Time Standards (Proposed)
2017

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.99	0:32.19	0:28.99	50 Free	0:32.89	0:32.09	0:28.89
1:12.29	1:10.69	1:03.69	100 Free	1:11.79	1:10.19	1:03.29
2:37.89	2:34.69	2:19.29	200 Free	2:36.39	2:33.19	2:17.99
0:38.89	0:38.29	0:34.49	50 Back	0:38.99	0:38.39	0:34.59
1:23.89	1:22.69	1:14.49	100 Back	1:24.09	1:22.89	1:14.69
0:44.19	0:43.19	0:38.99	50 Breast	0:44.39	0:43.39	0:39.09
1:35.79	1:33.79	1:24.49	100 Breast	1:36.59	1:34.59	1:25.19
0:36.19	0:35.49	0:31.99	50 Fly	0:36.39	0:35.69	0:32.09
1:22.79	1:21.39	1:13.39	100 Fly	1:22.89	1:21.49	1:13.49
2:57.49	2:54.29	2:36.99	200 IM	2:57.09	2:53.89	2:36.59

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
1:04.79	1:03.19	0:56.89	100 Free	1:03.99	1:02.39	0:56.19
2:20.09	2:16.89	2:03.39	200 Free	2:19.19	2:15.99	2:02.49
4:54.89	4:48.49	5:30.39	400/500 Free	4:55.69	4:49.29	5:31.29
0:34.49	0:33.89	0:30.49	50 Back	0:34.49	0:33.89	0:30.59
1:13.99	1:12.79	1:05.59	100 Back	1:13.99	1:12.79	1:05.59
2:43.79	2:41.39	2:25.39	200 Back	2:41.89	2:39.49	2:23.69
0:38.39	0:37.39	0:33.69	50 Breast	0:37.99	0:36.99	0:33.29
1:23.89	1:21.89	1:13.79	100 Breast	1:23.79	1:21.79	1:13.69
3:05.99	3:01.99	2:43.99	200 Breast	3:02.59	2:58.59	2:40.89
0:32.29	0:31.59	0:28.49	50 Fly	0:32.09	0:31.39	0:28.29
1:12.09	1:10.69	1:03.69	100 Fly	1:11.79	1:10.39	1:03.49
2:47.59	2:44.79	2:28.39	200 Fly	2:45.69	2:42.89	2:26.79
2:38.69	2:35.49	2:20.09	200 IM	2:37.39	2:34.19	2:18.99
5:49.19	5:42.79	5:08.89	400 IM	5:44.09	5:37.69	5:04.19

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.79	0:27.99	0:25.19	50 Free	0:26.99	0:26.19	0:23.59
1:02.29	1:00.69	0:54.69	100 Free	0:58.59	0:56.99	0:51.39
2:15.09	2:11.89	1:58.79	200 Free	2:07.39	2:04.19	1:51.89
4:40.19	4:33.79	5:13.99	400/500 Free	4:31.89	4:25.49	5:04.69
9:50.69	9:37.89	11:01.79	800/1000 Free	9:28.69	9:15.89	10:37.19
18:52.49	18:28.49	18:30.29	1500/1650 Free	18:12.09	17:48.09	17:50.69
1:10.79	1:09.59	1:02.69	100 Back	1:07.39	1:06.19	0:59.69
2:31.89	2:29.49	2:14.69	200 Back	2:24.99	2:22.59	2:08.49
1:20.89	1:18.89	1:11.09	100 Breast	1:15.29	1:13.29	1:05.99
2:53.89	2:49.89	2:32.99	200 Breast	2:44.29	2:40.29	2:24.39
1:08.89	1:07.49	1:00.79	100 Fly	1:04.49	1:03.09	0:56.89
2:34.59	2:31.79	2:16.79	200 Fly	2:25.89	2:23.09	2:08.89
2:32.99	2:29.79	2:14.99	200 IM	2:24.09	2:20.89	2:06.89
5:24.69	5:18.29	4:46.79	400 IM	5:06.99	5:00.59	4:30.79