

2022 Junior Olympics Long Course Time Standards

eligibility period: from May 1, 2021 to meet entry deadline

SCM	SCY	LCM	EVENT	LCM	SCY	SCM
GIRLS 10 & UNDER				BOYS 10 & UNDER		
35.19	32.29	37.09	50 Free	36.49	32.19	35.19
1:17.99	1:10.99	1:21.09	100 Free	1:20.49	1:10.99	1:16.89
2:44.69	2:31.99	2:53.29	200 Free	2:51.99	2:33.99	2:47.89
5:49.99	6:43.99	6:03.99	400 Free	6:01.99	6:48.99	5:52.09
40.99	37.29	43.29	50 Back	43.09	37.69	40.99
1:28.19	1:20.49	1:34.19	100 Back	1:32.29	1:21.59	1:29.09
47.49	43.09	49.99	50 Breast	48.09	43.49	45.39
1:41.59	1:32.99	1:46.09	100 Breast	1:45.29	1:34.99	1:41.09
39.39	36.19	41.19	50 Fly	40.69	36.19	39.49
1:33.99	1:25.99	1:36.69	100 Fly	1:38.29	1:26.59	1:34.19
3:08.89	2:51.99	3:18.49	200 IM	3:18.29	2:53.99	3:09.39
GIRLS 11-12				BOYS 11-12		
30.69	28.49	31.49	50 Free	31.29	28.39	30.59
1:06.59	1:01.49	1:08.19	100 Free	1:07.39	1:00.99	1:05.79
2:26.09	2:13.99	2:30.09	200 Free	2:27.29	2:12.99	2:23.79
5:11.49	5:59.99	5:19.49	400 Free	5:18.29	5:59.99	5:12.79
35.19	32.49	36.49	50 Back	36.49	32.49	35.29
1:15.99	1:09.69	1:19.29	100 Back	1:19.39	1:09.99	1:16.59
2:44.89	2:31.99	2:56.99	200 Back	2:56.99	2:34.99	2:48.99
40.89	37.19	41.49	50 Breast	40.89	37.09	40.29
1:27.09	1:19.99	1:29.69	100 Breast	1:31.89	1:19.99	1:27.09
3:12.39	2:55.99	3:23.09	200 Breast	3:22.99	2:55.99	3:12.59
33.19	31.19	34.29	50 Fly	34.79	31.49	34.09
1:16.59	1:10.49	1:16.69	100 Fly	1:20.99	1:11.69	1:18.09
2:56.79	2:41.99	3:01.99	200 Fly	3:01.99	2:41.99	2:56.79
2:43.79	2:29.99	2:47.39	200 IM	2:48.89	2:29.99	2:43.39
5:54.79	5:24.99	6:04.49	400 IM	6:05.49	5:24.99	5:53.39
GIRLS 13-14				BOYS 13-14		
29.19	26.39	29.79	50 Free	27.89	24.79	27.29
1:02.69	56.99	1:03.99	100 Free	1:01.59	53.99	59.59
2:16.79	2:03.99	2:19.59	200 Free	2:15.59	1:57.99	2:11.79
4:48.39	5:29.99	4:53.09	400 Free	4:45.19	5:17.99	4:40.09
1:11.59	1:04.59	1:13.99	100 Back	1:10.29	1:01.99	1:08.19
2:33.79	2:18.29	2:39.09	200 Back	2:32.59	2:13.49	2:27.79
1:20.99	1:13.99	1:27.99	100 Breast	1:20.09	1:09.49	1:18.09
2:55.99	2:39.99	3:00.49	200 Breast	2:54.89	2:30.99	2:49.69
1:10.39	1:03.49	1:11.09	100 Fly	1:07.49	1:00.49	1:06.79
2:40.29	2:25.99	2:43.79	200 Fly	2:34.99	2:17.99	2:32.79
2:35.29	2:19.99	2:38.59	200 IM	2:30.39	2:12.99	2:24.09
5:30.29	4:59.99	5:38.09	400 IM	5:21.09	4:42.99	5:12.39
GIRLS 15-18				BOYS 15-18		
29.49	26.59	30.29	50 Free	26.99	23.79	26.29
1:03.89	57.79	1:05.19	100 Free	59.99	51.99	57.09
2:18.49	2:04.49	2:22.99	200 Free	2:12.99	1:53.99	2:04.99
4:49.39	5:30.99	5:03.99	400 Free	4:44.99	5:10.99	4:33.69
1:12.49	1:05.49	1:16.49	100 Back	1:09.99	59.99	1:04.39
2:35.29	2:20.99	2:44.99	200 Back	2:32.99	2:10.99	2:24.99
1:22.39	1:15.19	1:27.99	100 Breast	1:20.99	1:06.49	1:13.79
3:00.49	2:42.99	3:13.59	200 Breast	2:54.99	2:30.09	2:46.09
1:12.59	1:04.99	1:13.99	100 Fly	1:07.49	57.99	1:03.59
2:44.19	2:29.99	2:49.99	200 Fly	2:33.99	2:12.49	2:26.39
2:34.69	2:19.99	2:42.99	200 IM	2:31.99	2:07.99	2:21.09
5:38.99	5:04.99	5:51.99	400 IM	5:24.99	4:41.99	5:08.09

