

LCM & SCM Time Standards

Long Course Meters/LCM Bonus Short Course Meters/SCM Bonus								
Senior	13-14	11-12	10&U GIRLS		10&UBOYS	11-12	13-14	Senior
33.69 30.29	33.19 30.49	36.39 34.59	41.09 38.99	50 Free	40.89 38.69	36.29 33.99	31.09 28.39	29.09 27.09
1:09.89 1:05.29	1:09.89 1:05.49	1:17.19 1:11.79	1:27.49 1:23.49	100 Free	1:30.89 1:26.89	1:18.69 1:13.69	1:08.29 1:02.19	1:06.19 59.29
2:20.89/2:23.89 2:13.39/2:15.69	2:20.89/2:22.89 2:13.49/2:15.69	2:33.39 2:26.69	3:00.69 2:53.19	200 Free	3:08.99 2:59.99	2:39.69 2:31.09	2:17.99/2:19.99 2:10.29/2:12.49	2:10.79/2:12.79 2:02.29/2:04.59
4:54.99 4:36.49	4:58.99 4:48.79	5:22.99 5:14.99	6:10.69 6:00.59	400 Free	6:19.99 6:06.89	5:28.99 5:20.19	4:49.99 4:39.19	4:30.99 4:15.59
19:57.99 19:22.19	20:45.89 19:36.59	22:29.79 22:07.59	XXXXXXXX	1500 Free	XXXXXXXX	22:45.89 22:13.39	20:35.29 19:02.29	18:42.79 17:37.29
37.09 34.99	38.09 36.09	42.69 39.59	50.19 45.79	50 Back	51.09 46.79	43.19 40.09	39.39 36.09	35.09 31.69
1:18.89 1:12.39	1:18.09 1:12.79	1:28.09 1:23.19	1:42.09 1:38.29	100 Back	1:46.99 1:43.19	1:31.39 1:26.49	1:20.59 1:11.09	1:13.99 1:06.89
2:42.29/2:44.29 2:34.19/2:36.19	2:43.29 2:35.29	3:01.99 2:52.39	XXXXXXXX	200 Back	XXXXXXXX	3:09.09 3:00.39	2:43.89 2:34.19	2:29.89/2:31.89 2:22.49/2:24.49
42.09 39.39	43.99 40.69	46.59 44.39	53.59 52.19	50 Breast	57.89 56.39	47.89 45.59	44.39 41.49	38.29 36.09
1:28.89 1:23.29	1:28.69 1:23.99	1:33.09 1:25.29	1:54.09 1:41.49	100 Breast	1:59.99 1:49.49	1:35.79 1:29.79	1:28.09 1:22.19	1:19.99 1:15.59
3:03.69/3:05.69 2:54.09/2:56.59	3:05.79 2:56.09	3:22.09 3:14.59	XXXXXXXX	200 Breast	XXXXXXXX	3:33.49 3:25.99	3:09.49 2:54.59	2:45.99/2:47.99 2:36.39/2:39.09
35.19 33.89	35.19 33.99	39.79 38.69	47.39 46.29	50 Fly	47.89 46.69	42.69 41.59	35.89 34.09	32.19 30.59
1:17.99 1:11.39	1:16.99 1:11.69	1:27.79 1:24.19	1:45.00 1:40.79	100 Fly	1:54.79 1:49.99	1:29.99 1:26.29	1:16.89 1:11.09	1:08.99 1:05.09
2:41.29/2:43.29 2:34.19/2:36.49	2:45.69 2:41.79	3:10.89 3:02.99	XXXXXXXX	200 Fly	XXXXXXXX	3:16.89 3:08.99	2:46.99 2:41.09	2:25.99/2:27.99 2:19.49/2:21.59
XXXXXXXXXX	XXXXXXXXXX	XXXXXXXXXX 1:22.79	XXXXXXXXXX 1:30.99	100 IM	XXXXXXXXXX 1:35.19	XXXXXXXXXX 1:26.19	XXXXXXXXXX	XXXXXXXXXX
2:37.49/2:39.49 2:32.59/2:35.89	2:41.89/2:43.89 2:33.49/2:35.69	2:56.59 2:49.79	3:21.59 3:14.29	200 IM	3:33.99 3:23.99	3:02.89 2:54.49	2:37.89/2:39.89 2:30.29/2:32.39	2:29.89/2:30.89 2:20.69/2:23.49
5:39.99 5:16.09	5:49.89 5:34.19	6:25.89 6:12.59	XXXXXXXXXX	400 IM	XXXXXXXXXX	6:45.99 6:28.29	5:45.39 5:31.29	5:21.99 4:51.99