

# 2021-2022 Oregon Swimming Long Course Time Standards

Valid 10/2020-8/2022

Girls		8 & Under	Boys	
LCM A	LCM B	Event	LCM A	LCM B
45.89	50.39	50 Freestyle	44.89	49.29
1:46.69	1:57.29	100 Freestyle	1:41.49	1:51.49
54.29	59.59	50 Backstroke	53.79	58.99
1:01.29	1:07.39	50 Breaststroke	1:01.99	1:08.09
58.39	1:04.19	50 Butterfly	1:01.29	1:07.29

Girls		9 Year Old	Boys	
LCM A	LCM B	Event	LCM A	LCM B
41.09	45.19	50 Free	41.59	45.69
1:34.09	1:43.39	100 Free	1:32.89	1:42.09
3:20.99	3:40.09	200 Free	3:26.79	3:47.49
47.59	52.29	50 Back	50.09	54.99
1:47.79	1:58.49	100 Back	1:49.89	2:00.69
55.29	1:00.89	50 Breast	58.49	1:04.19
2:01.09	2:12.99	100 Breast	2:05.29	2:17.79
50.59	55.59	50 Fly	53.29	58.59
2:02.69	2:14.99	100 Fly	2:01.49	2:13.49
3:53.99	4:17.39	200 IM	3:53.99	4:17.39

Girls		10 Year Old	Boys	
LCM A	LCM B	Event	LCM A	LCM B
36.49	40.19	50 Free	36.39	40.09
1:21.89	1:29.99	100 Free	1:21.49	1:29.69
2:58.99	3:16.69	200 Free	2:58.89	3:16.79
43.09	47.29	50 Back	44.99	49.49
1:34.59	1:43.99	100 Back	1:35.79	1:45.39
49.29	54.29	50 Breast	48.59	53.49

1:49.29	2:00.29	100 Breast	1:48.69	1:59.49
42.59	46.89	50 Fly	43.69	47.99
1:44.29	1:54.59	100 Fly	1:47.69	1:58.49
3:23.19	3:43.59	200 IM	3:22.19	3:42.49

Girls	10 & Under	Boys
LCM A	Event	LCM A
2:42.99	200 Free Relay	2:42.99
3:06.59	200 Medley Relay	3:08.59

Girls		11 Year Old	Boys	
LCM A	LCM B	Event	LCM A	LCM B
33.99	36.39	50 Free	34.49	37.89
1:12.59	1:19.79	100 Free	1:15.09	1:22.59
2:47.19	3:03.79	200 Free	2:45.39	3:02.29
5:59.69	6:35.59	400 Free	6:07.39	6:44.09
10:53.99	11:58.69	800 Free	10:58.69	12:03.79
21:16.09	23:22.29	1500 Free	21:42.59	23:51.49
41.09	45.09	50 Back	41.19	45.39
1:27.59	1:36.39	100 Back	1:29.29	1:38.19
2:49.69	3:06.49	200 Back	2:51.19	3:08.09
46.09	50.69	50 Breast	46.49	51.39
1:40.59	1:50.49	100 Breast	1:41.59	1:57.79
3:12.69	3:31.69	200 Breast	3:14.99	3:34.29
38.59	42.39	50 Fly	40.19	44.19
1:32.79	1:41.89	100 Fly	1:34.29	1:43.69
3:11.99	3:30.99	200 Fly	3:11.99	3:31.19
3:09.69	3:28.79	200 IM	3:09.19	3:28.09
6:09.89	6:46.89	400 IM	6:14.19	6:51.59

Girls		12 Year Old	Boys	
LCM A	LCM B	Event	LCM A	LCM B
32.29	35.49	50 Free	32.89	36.19
1:10.79	1:17.79	100 Free	1:11.39	1:18.39
2:36.29	2:51.79	200 Free	2:37.99	2:53.79
5:33.49	6:06.89	400 Free	5:35.09	6:08.69
10:53.99	11:58.69	800 Free	10:58.69	12:03.79
21:16.09	23:22.29	1500 Free	21:42.59	23:51.49
37.99	41.79	50 Back	39.29	43.29
1:22.59	1:30.79	100 Back	1:23.29	1:31.59
2:49.69	3:06.49	200 Back	2:51.19	3:08.09
43.29	47.59	50 Breast	44.79	49.19
1:33.19	1:42.29	100 Breast	1:36.99	1:46.69
3:12.69	3:31.69	200 Breast	3:14.99	3:34.29
35.79	39.29	50 Fly	37.99	41.39
1:23.29	1:31.49	100 Fly	1:26.99	1:35.59
3:11.99	3:30.99	200 Fly	3:11.99	3:31.19
2:57.69	3:15.29	200 IM	3:01.99	3:20.19
6:09.89	6:46.89	400 IM	6:14.19	6:51.59

Girls	11-12 Year Old	Boys
LCM A	Event	LCM A
2:13.89	200 Free Relay	2:14.89
5:00.49	400 Free Relay	5:02.59
2:32.59	200 Medley Relay	2:37.39
5:43.49	400 Medley Relay	5:42.69

Girls		13 Year Old	Boys	
LCM A	LCM B	Event	LCM A	LCM B
31.39	34.49	50 Free	30.39	33.39

1:08.19	1:14.99	100 Free	1:06.19	1:12.69
2:29.09	2:43.99	200 Free	2:28.69	2:43.59
5:12.49	5:43.39	400 Free	5:16.99	5:48.29
10:53.99	11:58.69	800 Free	10:58.69	12:03.79
21:16.09	23:22.29	1500 Free	21:42.59	23:51.49
1:17.89	1:25.29	100 Back	1:18.99	1:26.89
2:49.69	3:06.49	200 Back	2:51.19	3:08.09
1:30.99	1:40.09	100 Breast	1:32.09	1:41.19
3:12.69	3:31.69	200 Breast	3:14.99	3:34.29
1:17.59	1:25.29	100 Fly	1:17.79	1:25.49
3:11.99	3:30.99	200 Fly	3:11.99	3:31.19
2:49.29	3:06.09	200 IM	2:47.89	3:04.39
6:09.89	6:46.89	400 IM	6:14.19	6:51.59

Girls		14 Year Old	Boys	
LCM A	LCM B	Event	LCM A	LCM B
30.99	34.09	50 Free	29.09	31.99
1:07.19	1:13.79	100 Free	1:04.19	1:10.49
2:25.69	2:40.29	200 Free	2:20.59	2:34.49
5:09.09	5:39.99	400 Free	5:01.59	5:31.39
10:34.69	11:38.19	800 Free	10:31.79	11:34.89
20:35.69	22:39.29	1500 Free	20:08.09	22:08.89
1:17.59	1:25.19	100 Back	1:17.59	1:25.19
2:46.19	3:02.79	200 Back	2:43.59	2:59.79
1:29.49	1:38.29	100 Breast	1:26.09	1:34.59
3:12.69	3:31.99	200 Breast	3:06.69	3:25.19
1:15.59	1:23.19	100 Fly	1:14.09	1:21.39
2:58.79	3:16.69	200 Fly	2:52.79	3:10.09
2:47.59	3:04.19	200 IM	2:41.39	2:57.29
6:02.99	6:39.29	400 IM	5:53.69	6:29.09

Girls	13-14 Year Old	Boys
LCM A	Event	LCM A
2:04.79	200 Free Relay	2:01.49
4:36.69	400 Free Relay	4:30.89
10:15.79	800 Free Relay	9:27.99
2:21.59	200 Medley Relay	2:20.39
5:12.09	400 Medley Relay	5:11.89

Girls		15 & Over	Boys	
LCM A	LCM B	Event	LCM A	LCM B
30.39	33.39	50 Free	26.79	29.49
1:05.49	1:11.99	100 Free	59.59	1:05.49
2:21.09	2:35.09	200 Free	2:10.79	2:23.79
4:59.99	5:29.69	400 Free	4:40.69	5:08.49
10:31.19	11:33.59	800 Free	9:43.39	10:41.09
20:20.69	22:21.39	1500 Free	18:54.49	20:46.69
1:13.79	1:21.09	100 Back	1:07.89	1:14.09
2:39.59	2:55.39	200 Back	2:27.79	2:42.09
1:24.09	1:32.39	100 Breast	1:16.79	1:24.39
3:00.19	3:18.09	200 Breast	2:50.79	3:07.69
1:11.79	1:18.99	100 Fly	1:05.29	1:11.79
2:53.49	3:10.69	200 Fly	2:32.39	2:47.79
2:39.49	2:55.29	200 IM	2:26.39	2:40.89
5:46.59	6:20.89	400 IM	5:15.79	5:47.09
2:02.49	200 Free Relay		1:49.59	
4:33.89	400 Free Relay		4:03.99	
10:18.59	800 Free Relay		9:05.99	
2:17.49	200 Medley Relay		2:05.69	
5:08.89	400 Medley Relay		4:35.39	