

## 2022-2023 GOLD/SILVER TIME STANDARDS

GOLD STANDARD								
G150	G13-14	G11-12	G10U	SCY	B10U	B11-12	B13-14	B150
27.19	30.19	31.29	35.19	50 Y Free	34.49	30.29	27.79	24.39
58.99	1:05.49	1:08.29	1:19.99	100 Y Free	1:18.79	1:05.89	1:00.89	53.49
2:08.09	2:21.29	2:28.99	2:57.19	200 Y Free	2:47.99	2:23.49	2:12.79	1:56.99
5:43.39	6:18.69	6:38.19	7:34.89	500 Y Free	7:26.99	6:27.49	5:58.99	5:17.69
11:50.79	13:01.79	13:44.69		1000 Y Free		13:30.19	12:23.89	11:02.59
19:47.29	21:43.19	23:07.29		1650 Y Free		22:37.49	20:43.19	18:30.39
32.09	35.59	35.39	41.89	50 Y Back	42.29	34.99	33.29	29.29
1:03.99	1:11.19	1:18.09	1:30.69	100 Y Back	1:29.29	1:15.69	1:06.39	58.39
2:19.69	2:34.89	2:43.99		200 Y Back		2:39.69	2:25.09	2:06.89
36.89	40.89	39.99	47.49	50 Y Breast	46.59	39.49	37.79	32.89
1:13.59	1:21.69	1:27.19	1:44.99	100 Y Breast	1:41.69	1:24.49	1:15.49	1:05.59
2:39.49	2:57.29	3:06.59		200 Y Breast		3:00.19	2:43.99	2:24.19
32.09	35.49	33.89	41.79	50 Y Fly	40.49	34.19	33.09	28.09
1:03.99	1:10.89	1:17.59	1:39.09	100 Y Fly	1:37.09	1:16.09	1:06.09	57.89
2:21.69	2:36.89	2:47.19		200 Y Fly		2:40.79	2:26.89	2:09.69
1:11.59	1:18.89	1:18.09	1:31.69	100 Y IM	1:28.89	1:14.99	1:14.29	1:05.09
2:22.99	2:37.59	2:47.29	3:15.59	200 Y IM	3:13.19	2:43.99	2:28.49	2:10.09
5:04.99	5:37.59	5:56.79		400 Y IM		5:46.39	5:17.09	4:40.29
SILVER STANDARD								
G150	G13-14	G11-12	G10U	SCY	B10U	B11-12	B13-14	B150
29.49	32.59	33.59	38.89	50 Y Free	38.09	32.59	29.89	26.39
1:03.99	1:10.59	1:13.59	1:29.59	100 Y Free	1:27.79	1:10.99	1:05.59	57.89
2:18.69	2:32.09	2:40.39	3:18.99	200 Y Free	3:06.69	2:34.59	2:22.99	2:06.79
6:11.99	6:47.79	7:08.79	8:25.39	500 Y Free	8:16.69	6:57.29	6:26.59	5:44.09
12:49.99	14:01.99	14:48.09		1000 Y Free		14:32.59	13:21.19	11:57.79
21:26.19	23:23.49	24:53.99		1650 Y Free		24:21.89	22:18.89	20:02.89
34.79	38.29	38.09	46.99	50 Y Back	47.49	37.89	35.49	31.49
1:09.39	1:16.69	1:24.79	1:41.99	100 Y Back	1:39.79	1:22.19	1:11.49	1:03.19
2:31.39	2:46.79	2:56.59		200 Y Back		2:51.99	2:36.29	2:17.49
39.89	43.89	42.99	53.19	50 Y Breast	52.09	42.89	41.19	36.29
1:19.69	1:27.99	1:34.09	1:58.09	100 Y Breast	1:53.39	1:31.39	1:21.29	1:11.09
2:52.79	3:10.89	3:20.89		200 Y Breast		3:14.09	2:56.59	2:36.19
34.69	37.09	36.49	47.39	50 Y Fly	45.69	37.09	35.99	30.99
1:09.39	1:16.39	1:24.39	1:53.99	100 Y Fly	1:51.39	1:22.89	1:11.19	1:02.69
2:33.49	2:48.99	2:59.99		200 Y Fly		2:53.19	2:38.19	2:20.49
1:17.59	1:24.89	1:24.09	1:42.59	100 Y IM	1:38.79	1:20.89	1:20.19	1:10.99
2:34.89	2:49.79	3:00.19	3:38.49	200 Y IM	3:35.49	2:57.29	2:39.99	2:20.89
5:30.49	6:03.59	6:24.19		400 Y IM		6:13.09	5:41.49	5:03.69

## 2022-2023 GOLD/SILVER TIME STANDARDS

GOLD STANDARD								
G150	G13-14	G11-12	G10U	SCM	B10U	B11-12	B13-14	B150
30.39	33.49	34.69	38.89	50 M Free	38.09	33.39	30.79	27.39
1:05.89	1:12.69	1:15.49	1:28.39	100 M Free	1:26.99	1:12.89	1:07.29	59.59
2:21.99	2:37.19	2:45.39	3:15.99	200 M Free	3:05.69	2:39.79	2:26.69	2:10.09
5:00.59	5:32.69	5:48.69	6:38.59	400 M Free	6:31.19	5:39.09	5:14.19	4:39.49
10:22.09	11:24.19	12:01.69		800 M Free		11:49.09	10:51.09	9:39.89
19:40.39	21:35.69	22:59.19		1500 M Free		22:29.59	20:35.99	18:23.89
35.89	39.79	39.29	46.29	50 M Back	46.79	38.99	37.19	32.69
1:11.49	1:19.19	1:26.69	1:40.19	100 M Back	1:39.09	1:23.69	1:13.89	1:04.79
2:35.49	2:51.69	3:01.29		200 M Back		2:57.19	2:41.19	2:21.99
41.19	45.69	44.19	52.49	50 M Breast	51.39	43.69	42.19	36.79
1:22.39	1:30.99	1:36.59	1:55.99	100 M Breast	1:52.59	1:34.39	1:23.49	1:13.49
2:58.19	3:16.99	3:28.39		200 M Breast		3:19.99	3:02.99	2:39.79
35.89	39.69	37.69	46.19	50 M Fly	44.79	37.79	36.99	32.39
1:11.39	1:18.89	1:26.49	1:49.49	100 M Fly	1:48.29	1:24.49	1:13.29	1:04.69
2:37.99	2:54.49	3:05.59		200 M Fly		3:01.19	2:42.49	2:23.39
1:28.09	1:28.09	1:26.59	1:41.29	100 M IM	1:38.79	1:22.89	1:22.99	1:12.69
2:39.29	2:55.89	3:05.39	3:36.19	200 M IM	3:33.49	3:01.49	2:44.19	2:24.69
5:38.69	6:15.39	6:34.19		400 M IM		6:22.79	5:50.69	5:11.69
SILVER STANDARD								
G150	G13-14	G11-12	G10U	SCM	B10U	B11-12	B13-14	B150
32.89	36.09	37.29	42.99	50 M Free	41.99	35.99	33.19	29.59
1:11.39	1:18.29	1:21.29	1:38.99	100 M Free	1:36.99	1:18.49	1:12.49	1:04.49
2:33.79	2:49.29	2:58.09	3:40.09	200 M Free	3:26.29	2:52.09	2:37.99	2:20.89
5:25.59	5:58.29	6:15.49	7:22.89	400 M Free	7:14.69	6:05.19	5:38.29	5:02.79
11:13.89	12:16.89	12:57.19		800 M Free		12:43.59	11:41.09	10:28.19
21:18.69	23:15.29	24:45.29		1500 M Free		24:13.39	22:11.09	19:55.89
39.39	42.89	42.39	51.99	50 M Back	52.69	42.19	40.39	35.89
1:17.39	1:25.29	1:34.19	1:52.69	100 M Back	1:50.69	1:30.89	1:19.59	1:10.19
2:48.39	3:04.89	3:15.19		200 M Back		3:10.79	2:53.59	2:33.79
44.59	49.09	47.59	58.89	50 M Breast	57.59	47.39	45.89	40.49
1:29.19	1:37.99	1:44.29	2:10.49	100 M Breast	2:05.59	1:42.29	1:29.89	1:19.59
3:13.09	3:32.19	3:44.49		200 M Breast		3:35.39	3:17.09	2:53.09
38.79	42.59	40.59	52.39	50 M Fly	50.49	40.99	40.19	35.59
1:17.29	1:24.99	1:33.99	2:05.99	100 M Fly	2:04.19	1:32.09	1:18.89	1:10.09
2:51.09	3:07.89	3:19.79		200 M Fly		3:15.19	2:54.99	2:35.39
1:34.09	1:34.69	1:33.19	1:53.39	100 M IM	1:49.79	1:29.39	1:29.49	1:19.19
2:52.59	3:09.49	3:19.69	4:01.49	200 M IM	3:58.09	3:16.19	2:56.79	2:36.69
6:06.89	6:44.19	7:04.49		400 M IM		6:52.29	6:17.69	5:37.69

## 2022-2023 GOLD/SILVER TIME STANDARDS

GOLD STANDARD								
G150	G13-14	G11-12	G10U	LCM	B10U	B11-12	B13-14	B150
31.19	34.49	35.69	39.89	50 M Free	39.49	34.69	31.99	27.89
1:07.89	1:14.79	1:18.09	1:31.19	100 M Free	1:30.19	1:15.49	1:09.89	1:01.69
2:26.19	2:41.79	2:49.19	3:20.99	200 M Free	3:12.09	2:44.89	2:32.29	2:14.89
5:07.29	5:40.59	5:56.49	6:51.09	400 M Free	6:44.49	5:48.69	5:24.09	4:46.09
10:35.39	11:41.99	12:26.69		800 M Free		12:15.19	11:13.99	10:00.09
20:20.49	22:23.09	23:55.39		1500 M Free		23:25.49	21:27.39	18:59.09
37.69	41.79	40.79	48.89	50 M Back	49.19	40.39	39.89	35.09
1:14.89	1:23.59	1:30.99	1:45.99	100 M Back	1:43.09	1:27.99	1:17.89	1:08.69
2:41.49	2:58.69	3:09.89		200 M Back		3:05.19	2:49.09	2:28.89
42.49	47.09	45.49	53.99	50 M Breast	53.29	45.19	44.19	38.49
1:25.29	1:34.79	1:40.89	1:59.79	100 M Breast	1:55.99	1:38.39	1:28.09	1:16.99
3:05.09	3:23.99	3:35.99		200 M Breast		3:28.69	3:10.79	2:47.49
36.59	40.49	38.29	47.09	50 M Fly	45.99	38.59	38.19	33.49
1:13.19	1:20.39	1:28.49	1:52.99	100 M Fly	1:50.79	1:26.29	1:15.49	1:06.29
2:40.59	2:59.19	3:10.19		200 M Fly		3:06.19	2:47.99	2:27.69
2:44.49	3:01.79	3:11.39	3:43.19	200 M IM	3:40.79	3:08.49	2:51.39	2:31.39
5:49.69	6:25.89	6:48.29		400 M IM		6:39.19	6:04.69	5:20.59
SILVER STANDARD								
G150	G13-14	G11-12	G10U	LCM	B10U	B11-12	B13-14	B150
33.79	37.09	38.39	44.09	50 M Free	43.59	37.29	34.39	30.19
1:13.49	1:20.49	1:24.09	1:41.99	100 M Free	1:40.59	1:21.29	1:15.29	1:06.89
2:38.29	2:54.29	3:02.29	3:45.79	200 M Free	3:33.49	2:57.49	2:44.09	2:26.09
5:32.89	6:06.79	6:23.89	7:36.79	400 M Free	7:29.39	6:15.49	5:49.09	5:09.89
11:28.39	12:35.99	13:24.09		800 M Free		13:11.69	12:05.89	10:50.09
22:02.19	24:06.39	25:45.79		1500 M Free		25:13.59	23:06.49	20:33.99
40.89	44.99	43.99	54.89	50 M Back	55.29	43.69	43.19	38.39
1:21.09	1:29.99	1:38.69	1:59.19	100 M Back	1:55.09	1:35.49	1:23.89	1:14.39
2:54.99	3:12.39	3:24.49		200 M Back		3:19.49	3:02.09	2:41.39
45.99	50.39	48.99	1:00.49	50 M Breast	59.69	48.99	47.89	43.29
1:32.39	1:42.09	1:48.89	2:14.79	100 M Breast	2:09.39	1:46.59	1:34.89	1:23.49
3:20.49	3:39.69	3:52.59		200 M Breast		3:44.69	3:25.49	3:01.39
39.59	43.49	41.29	53.39	50 M Fly	51.79	41.89	41.59	36.79
1:19.29	1:26.59	1:36.19	2:09.99	100 M Fly	2:07.09	1:33.99	1:21.29	1:11.79
2:53.99	3:12.99	3:24.89		200 M Fly		3:20.49	3:00.89	2:39.99
2:58.19	3:15.79	3:26.09	4:09.39	200 M IM	4:06.19	3:23.79	3:04.59	2:43.99
6:18.79	6:55.49	7:19.69		400 M IM		7:09.89	6:32.69	5:47.29