

## 2022 Long Course A Meet Time Standards

| G10U    |         |         |        | B10U    |         |         |
|---------|---------|---------|--------|---------|---------|---------|
| SCY     | SCM     | LCM     |        | SCY     | SCM     | LCM     |
| 0:39.39 | 0:43.99 | 0:45.29 | 50 FR  | 0:38.49 | 0:42.99 | 0:44.79 |
| 1:24.69 | 1:34.59 | 1:36.99 | 100 FR | 1:24.39 | 1:34.19 | 1:37.79 |
| 2:57.99 | 3:18.69 | 3:23.69 | 200 FR | 2:54.49 | 3:14.79 | 3:21.79 |
| 8:20.69 | 7:18.09 | 7:30.29 | 500 FR | 8:01.99 | 7:01.69 | 7:16.19 |
| 0:45.29 | 0:50.59 | 0:53.09 | 50 BK  | 0:45.29 | 0:50.59 | 0:54.29 |
| 1:33.39 | 1:44.29 | 1:49.49 | 100 BK | 1:34.49 | 1:45.49 | 1:53.19 |
| 0:51.49 | 0:57.49 | 0:59.19 | 50 BR  | 0:51.09 | 0:57.09 | 0:59.69 |
| 1:46.29 | 1:58.69 | 2:02.19 | 100 BR | 1:45.99 | 1:58.29 | 2:03.89 |
| 0:44.59 | 0:49.79 | 0:50.89 | 50 FL  | 0:44.79 | 0:49.99 | 0:51.69 |
| 1:39.89 | 1:51.49 | 1:53.99 | 100 FL | 1:42.79 | 1:54.79 | 1:58.49 |
| 3:14.19 | 3:36.79 | 3:43.99 | 200 IM | 3:10.19 | 3:32.29 | 3:41.99 |

| G11-12   |  |   | B11-12  |  |  |
|----------|--|---|---|--|--|
| SCM      | LCM  |   | SCY   | SCM  | LCM  |
| 0:35.79  | 0:36.79  | 50 FR   | 0:31.69   | 0:35.39  | 0:36.89  |
| 1:18.49  | 1:20.49  | 100 FR  | 1:09.89   | 1:18.09  | 1:20.99  |
| 2:46.59  | 2:50.79  | 200 FR  | 2:29.79   | 2:47.19  | 2:53.19  |
| 6:00.19  | 6:10.19  | 500 FR  | 7:09.59   | 6:15.89  | 6:28.79  |
| 23:19.69 | 23:59.89   | 1650 FR   | 23:36.09  | 23:31.89   | 24:27.49   |
| 0:42.19  | 0:44.39  | 50 BK   | 0:38.29   | 0:42.49  | 0:45.89  |
| 1:28.09  | 1:32.49  | 100 BK  | 1:19.99   | 1:29.99  | 1:35.89  |
| 3:09.39  | 3:18.09  | 200 BK  | 3:02.49   | 3:23.69  | 3:34.99  |
| 0:47.89  | 0:49.39  | 50 BR   | 0:42.89   | 0:47.89  | 0:50.19  |
| 1:41.89  | 1:44.99  | 100 BR  | 1:31.09   | 1:41.69  | 1:46.49  |
| 3:36.29  | 3:40.79  | 200 BR  | 3:26.39   | 3:50.39  | 4:00.59  |
| 0:39.89  | 0:40.79  | 50 FL   | 0:35.59   | 0:39.79  | 0:41.09  |
| 1:26.39  | 1:28.29  | 100 FL  | 1:22.99   | 1:32.69  | 1:35.69  |
| 3:40.89  | 3:44.69  | 200 FL  | 3:18.29   | 3:41.39  | 3:48.99  |
| 3:18.89  | 3:25.59  | 200 IM  | 2:48.39   | 3:07.99  | 3:16.49  |
| 7:36.69  | 7:47.19  | 400 IM  | 6:20.29   | 7:04.49  | 7:19.69  |
|          | SCM<br>0:35.79<br>1:18.49<br>2:46.59<br>6:00.19<br>23:19.69<br>0:42.19<br>1:28.09<br>3:09.39<br>0:47.89<br>1:41.89<br>3:36.29<br>0:39.89<br>1:26.39<br>3:18.89 | SCM LCM   0:35.79 0:36.79   1:18.49 1:20.49   2:46.59 2:50.79   6:00.19 6:10.19   23:19.69 23:59.89   0:42.19 0:44.39   1:28.09 1:32.49   3:09.39 3:18.09   0:47.89 0:49.39   1:41.89 1:44.99   3:36.29 3:40.79   0:39.89 0:40.79   1:26.39 1:28.29   3:40.89 3:44.69   3:18.89 3:25.59 | SCM LCM   0:35.79 0:36.79 50 FR   1:18.49 1:20.49 100 FR   2:46.59 2:50.79 200 FR   6:00.19 6:10.19 500 FR   23:19.69 23:59.89 1650 FR   0:42.19 0:44.39 50 BK   1:28.09 1:32.49 100 BK   3:09.39 3:18.09 200 BK   0:47.89 0:49.39 50 BR   1:41.89 1:44.99 100 BR   3:36.29 3:40.79 200 BR   0:39.89 0:40.79 50 FL   1:26.39 1:28.29 100 FL   3:40.89 3:44.69 200 FL   3:18.89 3:25.59 200 IM | SCM LCM SCY   0:35.79 0:36.79 50 FR 0:31.69   1:18.49 1:20.49 100 FR 1:09.89   2:46.59 2:50.79 200 FR 2:29.79   6:00.19 6:10.19 500 FR 7:09.59   23:19.69 23:59.89 1650 FR 23:36.09   0:42.19 0:44.39 50 BK 0:38.29   1:28.09 1:32.49 100 BK 1:19.99   3:09.39 3:18.09 200 BK 3:02.49   0:47.89 0:49.39 50 BR 0:42.89   1:41.89 1:44.99 100 BR 1:31.09   3:36.29 3:40.79 200 BR 3:26.39   0:39.89 0:40.79 50 FL 0:35.59   1:26.39 1:28.29 100 FL 1:22.99   3:40.89 3:44.69 200 FL 3:18.29   3:18.89 3:25.59 200 IM 2:48.39 | SCM LCM SCY SCM   0:35.79 0:36.79 50 FR 0:31.69 0:35.39   1:18.49 1:20.49 100 FR 1:09.89 1:18.09   2:46.59 2:50.79 200 FR 2:29.79 2:47.19   6:00.19 6:10.19 500 FR 7:09.59 6:15.89   23:19.69 23:59.89 1650 FR 23:36.09 23:31.89   0:42.19 0:44.39 50 BK 0:38.29 0:42.49   1:28.09 1:32.49 100 BK 1:19.99 1:29.99   3:09.39 3:18.09 200 BK 3:02.49 3:23.69   0:47.89 0:49.39 50 BR 0:42.89 0:47.89   1:41.89 1:44.99 100 BR 1:31.09 1:41.69   3:36.29 3:40.79 200 BR 3:26.39 3:50.39   0:39.89 0:40.79 50 FL 0:35.59 0:39.79   1:26.39 1:28.29 100 FL 1:22.99 1:32.69   3:40.89 3:44.69 200 FL |

| G13-14   |          |          |         | B13-14   |          |          |
|----------|----------|----------|---------|----------|----------|----------|
| SCY      | SCM      | LCM      |         | SCY      | SCM      | LCM      |
| 0:29.19  | 0:32.59  | 0:33.59  | 50 FR   | 0:26.99  | 0:30.19  | 0:31.39  |
| 1:03.39  | 1:10.79  | 1:12.59  | 100 FR  | 0:59.39  | 1:06.29  | 1:08.89  |
| 2:18.09  | 2:34.19  | 2:38.09  | 200 FR  | 2:08.29  | 2:23.19  | 2:28.39  |
| 6:03.09  | 5:17.69  | 5:26.59  | 500 FR  | 5:41.99  | 4:59.29  | 5:09.49  |
| 20:54.29 | 20:50.59 | 21:26.49 | 1650 FR | 20:37.19 | 20:33.49 | 21:22.09 |
| 0:33.99  | 0:37.99  | 0:39.89  | 50 BK   | 0:32.29  | 0:36.09  | 0:38.69  |
| 1:12.09  | 1:20.49  | 1:24.59  | 100 BK  | 1:07.69  | 1:15.59  | 1:21.09  |
| 2:30.39  | 2:48.89  | 2:55.49  | 200 BK  | 2:26.19  | 2:43.19  | 2:52.19  |
| 0:39.09  | 0:43.69  | 0:44.99  | 50 BR   | 0:36.59  | 0:40.89  | 0:42.79  |
| 1:23.49  | 1:33.19  | 1:35.99  | 100 BR  | 1:17.69  | 1:26.79  | 1:30.79  |
| 2:53.69  | 3:13.89  | 3:17.89  | 200 BR  | 2:47.49  | 3:06.99  | 3:15.29  |
| 0:32.19  | 0:35.99  | 0:36.79  | 50 FL   | 0:30.49  | 0:34.09  | 0:35.19  |
| 1:10.19  | 1:18.39  | 1:20.09  | 100 FL  | 1:05.59  | 1:13.29  | 1:15.59  |
| 2:44.89  | 3:04.09  | 3:07.19  | 200 FL  | 2:45.49  | 3:04.79  | 3:11.19  |
| 2:33.29  | 2:51.09  | 2:56.89  | 200 IM  | 2:22.79  | 2:39.39  | 2:46.69  |
| 5:22.69  | 6:00.19  | 6:08.39  | 400 IM  | 5:20.09  | 5:57.29  | 6:10.09  |

| G150     |          |          |         | B15O     |          |          |
|----------|----------|----------|---------|----------|----------|----------|
| SCY      | SCM      | LCM      |         | SCY      | SCM      | LCM      |
| 0:27.19  | 0:30.39  | 0:31.29  | 50 FR   | 0:24.19  | 0:27.09  | 0:28.19  |
| 0:59.09  | 1:05.99  | 1:07.69  | 100 FR  | 0:52.79  | 0:58.99  | 1:01.19  |
| 2:07.89  | 2:22.79  | 2:26.39  | 200 FR  | 1:55.79  | 2:09.29  | 2:13.89  |
| 5:42.99  | 5:00.09  | 5:08.49  | 500 FR  | 5:12.59  | 4:33.49  | 4:42.89  |
| 20:33.39 | 20:29.79 | 21:05.09 | 1650 FR | 19:04.79 | 19:01.39 | 19:46.39 |
| 0:31.49  | 0:35.19  | 0:36.99  | 50 BK   | 0:28.29  | 0:31.59  | 0:33.89  |
| 1:06.59  | 1:14.39  | 1:18.09  | 100 BK  | 0:59.89  | 1:06.89  | 1:11.79  |
| 2:21.29  | 2:37.69  | 2:44.89  | 200 BK  | 2:10.79  | 2:25.99  | 2:34.09  |
| 0:36.59  | 0:40.89  | 0:42.09  | 50 BR   | 0:31.89  | 0:35.59  | 0:37.29  |
| 1:15.49  | 1:24.29  | 1:26.79  | 100 BR  | 1:06.89  | 1:14.69  | 1:18.19  |
| 2:42.29  | 3:01.19  | 3:04.89  | 200 BR  | 2:23.89  | 2:40.59  | 2:47.79  |
| 0:30.89  | 0:34.49  | 0:35.29  | 50 FL   | 0:26.79  | 0:29.99  | 0:30.89  |
| 1:04.69  | 1:12.29  | 1:13.79  | 100 FL  | 0:57.99  | 1:04.79  | 1:06.89  |
| 2:25.19  | 2:42.09  | 2:44.89  | 200 FL  | 2:08.09  | 2:22.99  | 2:27.99  |
| 2:23.69  | 2:40.39  | 2:45.79  | 200 IM  | 2:09.49  | 2:24.59  | 2:31.19  |
| 5:00.69  | 5:35.59  | 5:43.29  | 400 IM  | 4:39.89  | 5:12.39  | 5:23.59  |