

2022 / 2023 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS

GIRLS 9-10	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	EVENT	LCM	SCM	SCY	LCM	SCM
50 Free	N/A	N/A	N/A	00:36.42	00:35.19	00:31.95
100 Free	N/A	N/A	N/A	01:21.34	01:17.92	01:10.74
200 Free	N/A	N/A	N/A	02:56.63	02:52.13	02:34.92
400 Free	N/A	N/A	N/A	06:04.56	05:59.83	05:28.26
800/1000	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	N/A	N/A	N/A	00:43.32	00:41.71	00:37.23
100 Back	N/A	N/A	N/A	01:33.84	01:29.90	01:21.62
200 Back	N/A	N/A	N/A	N/A	N/A	N/A
50 Brst	N/A	N/A	N/A	00:48.81	00:46.23	00:41.27
100 Brst	N/A	N/A	N/A	01:45.41	01:41.84	01:32.01
200 Brst	N/A	N/A	N/A	N/A	N/A	N/A
50 Fly	N/A	N/A	N/A	00:41.73	00:40.72	00:36.05
100 Fly	N/A	N/A	N/A	01:36.49	01:34.23	01:25.19
200 Fly	N/A	N/A	N/A	N/A	N/A	N/A
200 IM	N/A	N/A	N/A	03:12.72	03:08.49	02:51.59
400 IM	N/A	N/A	N/A	N/A	N/A	N/A

GIRLS 11-12	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	EVENT	LCM	SCM	SCY	LCM	SCM
50 Free	00:30.87	00:30.07	00:26.85	00:33.64	00:33.18	00:29.58
100 Free	01:08.35	01:05.62	00:59.47	01:10.40	01:09.63	01:02.72
200 Free	02:29.68	02:25.94	02:10.22	02:35.37	02:32.78	02:17.64
400 Free	05:15.64	05:08.78	04:44.08	05:28.26	05:22.53	06:08.57
800/1000	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	00:35.80	00:34.90	00:31.14	00:39.01	00:38.41	00:34.60
100 Back	01:18.86	01:16.88	01:08.60	01:25.95	01:24.77	01:16.36
200 Back	02:51.20	02:48.82	02:28.94	03:06.60	03:04.23	02:45.96
50 Brst	00:39.68	00:38.70	00:34.52	00:43.25	00:42.27	00:38.07
100 Brst	01:29.33	01:27.34	01:17.72	01:37.37	01:35.39	01:25.93
200 Brst	03:13.46	03:09.44	02:48.31	03:30.87	03:26.86	03:06.36
50 Fly	00:33.38	00:32.67	00:29.04	00:36.39	00:35.67	00:32.15
100 Fly	01:15.39	01:14.13	01:05.59	01:22.17	01:20.76	01:12.76
200 Fly	02:58.93	02:56.04	02:35.67	03:15.03	03:12.15	02:53.11
200 IM	02:49.05	02:46.51	02:27.07	03:04.27	03:01.07	02:43.12
400 IM	06:06.84	06:00.44	05:19.15	06:39.86	06:33.46	05:54.47

**2022 / 2023 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS**

GIRLS 13-14	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
EVENT	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	00:28.89	00:28.08	00:25.30	00:31.49	00:30.67	00:27.64
100 Free	01:03.61	01:01.99	00:55.85	01:09.33	01:07.73	01:01.01
200 Free	02:19.24	02:16.04	02:02.56	02:31.78	02:28.58	02:13.85
400 Free	04:59.33	04:52.82	05:35.37	05:26.27	05:19.76	06:05.57
800/1000	10:06.18	09:53.30	11:19.20	11:00.74	10:47.86	12:20.32
1500/1650	19:06.37	18:42.01	21:24.44	20:49.53	20:25.17	23:20.03
50 Back	00:33.40	00:32.78	00:29.54	N/A	N/A	N/A
100 Back	01:13.06	01:11.85	01:04.73	01:19.64	01:18.43	01:10.66
200 Back	02:40.38	02:37.94	02:22.28	02:54.82	02:52.37	02:35.28
50 Brst	00:37.36	00:36.34	00:32.73	N/A	N/A	N/A
100 Brst	01:23.39	01:21.40	01:13.33	01:27.97	01:25.96	01:17.45
200 Brst	03:03.38	02:59.37	02:41.59	03:13.96	03:09.96	02:51.13
50 Fly	00:30.76	00:30.05	00:27.07	N/A	N/A	N/A
100 Fly	01:08.84	01:07.43	01:00.75	01:15.04	01:13.64	01:06.34
200 Fly	02:43.57	02:40.64	02:24.72	02:58.29	02:55.36	02:37.98
200 IM	02:42.25	02:39.03	02:23.26	02:56.85	02:53.63	02:36.42
400 IM	05:43.59	05:37.10	05:03.69	06:14.51	06:08.02	05:31.55

GIRLS 15-17	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
EVENT	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	00:27.97	00:27.13	00:24.33	00:30.49	00:29.67	00:26.73
100 Free	01:02.24	01:00.93	00:54.15	01:08.30	01:06.71	01:00.10
200 Free	02:16.44	02:12.34	01:59.11	02:28.72	02:25.50	02:11.08
400 Free	04:49.44	04:40.75	05:21.56	05:15.48	05:09.02	05:53.47
800/1000	09:52.06	09:34.30	10:57.78	10:45.34	10:32.43	12:03.06
1500/1650	18:37.25	18:12.87	20:51.82	20:17.79	19:53.43	22:44.46
50 Back	00:32.17	00:31.20	00:28.31	N/A	N/A	N/A
100 Back	01:11.23	01:09.09	01:03.09	01:17.64	01:16.43	01:08.86
200 Back	02:35.05	02:30.40	02:17.34	02:49.01	02:46.59	02:30.08
50 Brst	00:36.03	00:34.95	00:30.99	N/A	N/A	N/A
100 Brst	01:20.56	01:18.14	01:10.09	01:28.81	01:26.79	01:18.19
200 Brst	02:54.25	02:49.02	02:33.34	03:09.93	03:05.93	02:47.51
50 Fly	00:30.16	00:29.26	00:26.54	N/A	N/A	N/A
100 Fly	01:09.18	01:07.59	01:01.06	01:15.40	01:14.00	01:06.66
200 Fly	02:38.01	02:34.85	02:19.05	02:52.24	02:49.33	02:32.55
200 IM	02:34.93	02:31.70	02:15.56	02:48.87	02:45.65	02:29.23
400 IM	05:30.39	05:23.98	04:50.74	06:00.12	05:53.71	05:18.66

**2022 / 2023 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS**

BOYS 9-10	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	EVENT	LCM	SCM	SCY	LCM	SCM
50 Free	N/A	N/A	N/A	00:35.70	00:35.70	00:31.48
100 Free	N/A	N/A	N/A	01:18.36	01:18.36	01:10.52
200 Free	N/A	N/A	N/A	02:53.36	02:53.36	02:32.87
400 Free	N/A	N/A	N/A	06:01.41	05:54.71	05:29.62
1500/1650	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	N/A	N/A	N/A	00:43.89	00:41.98	00:37.40
100 Back	N/A	N/A	N/A	01:32.65	01:29.63	01:21.87
200 Back	N/A	N/A	N/A	N/A	N/A	N/A
50 Brst	N/A	N/A	N/A	00:49.21	00:46.27	00:41.22
100 Brst	N/A	N/A	N/A	01:45.60	01:39.06	01:30.65
200 Brst	N/A	N/A	N/A	N/A	N/A	N/A
50 Fly	N/A	N/A	N/A	00:41.25	00:40.54	00:34.55
100 Fly	N/A	N/A	N/A	01:36.15	01:34.18	01:16.45
200 Fly	N/A	N/A	N/A	N/A	N/A	N/A
200 IM	N/A	N/A	N/A	03:19.46	03:14.92	02:55.88
400 IM	N/A	N/A	N/A	N/A	N/A	N/A

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BOYS 11-12	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	EVENT	LCM	SCM	SCY	LCM	SCM
50 Free	00:29.50	00:28.03	00:25.85	00:32.15	00:31.34	00:28.24
100 Free	01:04.76	01:02.82	00:56.90	01:10.58	01:08.99	01:02.14
200 Free	02:23.27	02:18.97	02:06.19	02:36.16	02:32.97	02:17.81
400 Free	05:04.21	04:55.09	05:40.85	05:31.59	05:25.20	06:11.52
1500/1650	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	00:34.69	00:34.00	00:30.70	00:37.82	00:37.11	00:33.52
100 Back	01:18.35	01:16.78	01:09.48	01:25.39	01:24.17	01:15.82
200 Back	02:47.96	02:44.60	02:29.15	03:03.08	03:00.68	02:42.77
50 Brst	00:38.24	00:37.09	00:33.55	00:41.68	00:40.68	00:36.64
100 Brst	01:24.96	01:22.41	01:14.68	01:32.61	01:30.54	01:21.58
200 Brst	02:57.34	02:52.02	02:36.14	03:13.31	03:09.27	02:50.52
50 Fly	00:32.05	00:31.09	00:28.23	00:34.93	00:34.21	00:30.83
100 Fly	01:11.65	01:09.50	01:03.28	01:18.09	01:16.68	01:09.09
200 Fly	02:44.83	02:39.89	02:25.91	02:59.67	02:56.79	02:39.27
200 IM	02:44.84	02:41.54	02:25.54	02:59.68	02:56.48	02:38.99
400 IM	05:53.51	05:46.44	05:12.69	06:25.33	06:18.90	05:41.35

2022 / 2023 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS

BOYS 13-14	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	EVENT	LCM	SCM	SCY	LCM	SCM
50 Free	00:26.97	00:26.16	00:23.56	00:29.40	00:28.58	00:25.75
100 Free	00:59.26	00:57.65	00:51.93	01:04.59	01:02.99	00:56.74
200 Free	02:10.14	02:06.93	01:54.36	02:21.85	02:18.65	02:04.91
400 Free	04:39.42	04:33.02	05:13.08	05:04.57	04:58.15	05:41.24
800/1000	09:41.47	09:28.84	09:30.06	10:33.80	10:21.17	10:21.37
1500/1650	18:25.94	18:01.92	18:04.25	20:05.47	19:41.46	19:41.84
50 Back	00:31.15	00:30.54	00:27.52	N/A	N/A	N/A
100 Back	01:08.36	01:07.16	01:00.50	01:14.51	01:13.30	01:06.04
200 Back	02:29.12	02:26.71	02:12.17	02:42.54	02:40.13	02:24.26
50 Brst	00:34.43	00:33.42	00:30.11	N/A	N/A	N/A
100 Brst	01:15.91	01:13.89	01:06.58	01:22.73	01:20.73	01:12.72
200 Brst	02:44.88	02:40.88	02:24.93	02:59.72	02:55.72	02:38.31
50 Fly	00:28.77	00:28.07	00:25.28	N/A	N/A	N/A
100 Fly	01:04.24	01:02.84	00:56.61	01:10.02	01:08.61	01:01.82
200 Fly	02:27.39	02:24.58	02:10.25	02:40.66	02:37.85	02:22.21
200 IM	02:29.22	02:26.01	02:11.55	02:42.65	02:39.45	02:23.65
400 IM	05:19.89	05:13.49	04:42.43	05:48.69	05:42.29	05:08.36

BOYS 15-17	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	EVENT	LCM	SCM	SCY	LCM	SCM
50 Free	00:24.95	00:24.15	00:21.76	00:27.19	00:26.40	00:23.77
100 Free	00:55.33	00:53.72	00:48.40	01:00.32	00:58.70	00:52.89
200 Free	02:01.95	01:58.73	01:46.97	02:12.92	02:09.71	01:56.86
400 Free	04:23.08	04:16.67	04:54.76	04:46.76	04:40.35	05:21.29
800/1000	09:23.28	09:10.55	09:12.23	10:13.97	10:01.25	10:01.93
1500/1650	17:43.45	17:19.43	17:22.60	19:19.16	18:55.14	18:56.43
50 Back	00:28.73	00:28.12	00:25.33	N/A	N/A	N/A
100 Back	01:03.37	01:02.17	00:56.02	01:09.08	01:07.87	01:01.15
200 Back	02:19.44	02:17.03	02:03.45	02:31.99	02:29.58	02:14.75
50 Brst	00:31.90	00:30.89	00:27.83	N/A	N/A	N/A
100 Brst	01:10.45	01:08.45	01:01.66	01:16.79	01:14.78	01:07.38
200 Brst	02:32.41	02:28.39	02:13.68	02:46.12	02:42.11	02:26.04
50 Fly	00:26.79	00:26.09	00:23.50	N/A	N/A	N/A
100 Fly	00:59.23	00:57.84	00:52.09	01:04.56	01:03.17	00:56.90
200 Fly	02:17.71	02:14.90	02:01.54	02:30.10	02:27.29	02:12.70
200 IM	02:14.75	02:11.61	01:58.56	02:26.88	02:23.74	02:09.50
400 IM	04:55.31	04:48.89	04:20.25	05:21.89	05:15.47	04:44.21