

2023 TIME STANDARDS

Southwestern Age Group Regional Championships

10&Under

Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM	
35.19	30.89	50 FR	30.49	34.59	36.29	31.89	50 FR	31.39	35.69	
1:17.49	1:08.19	100 FR	1:07.19	1:16.89	1:21.19	1:11.39	100 FR	1:10.19	1:20.39	
2:50.09	2:29.09	200 FR	2:24.99	2:44.69	2:58.39	2:36.39	200 FR	2:31.29	2:51.89	
5:50.59	6:31.39	400/500 FR	6:25.49	5:44.59	X	X	400/500 FR	X	X	
41.79	36.49	50 BK	36.29	41.59	43.49	37.99	50 BK	37.79	43.29	
1:30.29	1:17.89	100 BK	1:16.29	1:27.69	1:34.79	1:21.79	100 BK	1:20.09	1:31.69	
46.19	40.39	50 BR	40.29	46.29	48.09	41.99	50 BR	41.89	48.19	
1:41.49	1:27.99	100 BR	1:26.29	1:40.19	1:46.49	1:32.39	100 BR	1:30.19	1:44.69	
39.69	35.09	50 FL	34.69	39.19	41.49	36.69	50 FL	36.19	40.89	
1:31.09	1:20.19	100 FL	1:19.89	1:30.59	1:36.79	1:25.29	100 FL	1:24.79	1:36.09	
X	1:17.69	100 IM	1:16.99	X	X	1:21.39	100 IM	1:20.39	X	
3:08.89	2:46.49	200 IM	2:46.19	3:08.29	3:17.59	2:54.19	200 IM	2:53.69	3:16.89	

11

Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM	
33.59	29.69	50 FR	29.59	33.39	34.69	30.69	50 FR	30.59	34.49	
1:13.19	1:04.19	100 FR	1:03.09	1:12.19	1:16.39	1:06.99	100 FR	1:05.79	1:15.39	
2:38.79	2:18.39	200 FR	2:17.29	2:35.89	2:45.69	2:24.39	200 FR	2:23.69	2:42.69	
5:30.69	6:08.29	400/500 FR	6:07.59	5:29.09	X	X	400/500 FR	X	X	
11:32.89	12:41.19	800/1000 FR	12:50.49	11:22.69	X	X	800/1000 FR	X	X	
22:08.59	21:28.29	1500/1650 FR	21:41.59	21:50.09	X	X	1500/1650 FR	X	X	
38.89	33.69	50 BK	33.79	39.19	40.29	34.79	50 BK	34.99	40.79	
1:25.09	1:13.09	100 BK	1:12.29	1:23.79	1:29.29	1:16.69	100 BK	1:15.79	1:27.89	
2:59.99	2:35.49	200 BK	2:33.79	2:56.29	3:07.79	2:42.29	200 BK	2:40.39	3:03.99	
43.19	37.79	50 BR	37.99	43.89	44.79	39.09	50 BR	39.49	45.69	
1:34.39	1:22.09	100 BR	1:21.69	1:34.89	1:38.69	1:25.79	100 BR	1:25.59	1:39.29	
3:23.19	2:56.99	200 BR	2:55.29	3:25.19	3:31.99	3:04.69	200 BR	3:02.89	3:34.09	
36.29	32.19	50 FL	32.69	36.99	37.49	33.29	50 FL	33.99	38.49	
1:21.99	1:11.69	100 FL	1:11.99	1:22.19	1:26.09	1:15.29	100 FL	1:15.79	1:26.39	
3:00.29	2:39.59	200 FL	2:38.29	3:00.69	3:08.19	2:46.49	200 FL	2:45.19	3:08.49	
X	1:13.79	100 IM	1:12.79	X	X	1:16.99	100 IM	1:15.99	X	
2:59.79	2:37.29	200 IM	2:37.09	2:59.39	3:07.59	2:44.09	200 IM	2:44.29	3:07.69	
6:27.29	5:35.69	400 IM	5:33.29	6:23.19	X	X	400 IM	X	X	

12

Girls			Boys			Girls			Boys	
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM	
32.29	28.49	50 FR	27.49	31.49	33.39	29.39	50 FR	28.39	32.49	
1:09.89	1:00.49	100 FR	59.29	1:07.49	1:12.89	1:03.09	100 FR	1:01.89	1:10.49	
2:30.99	2:12.39	200 FR	2:09.19	2:26.99	2:37.59	2:18.29	200 FR	2:14.79	2:33.39	
5:15.39	5:52.59	400/500 FR	5:47.49	5:08.49	X	X	400/500 FR	X	X	
11:03.99	12:09.49	800/1000 FR	11:59.09	10:54.19	X	X	800/1000 FR	X	X	
21:13.19	20:34.59	1500/1650 FR	20:18.79	20:55.49	X	X	1500/1650 FR	X	X	
37.19	32.19	50 BK	31.89	36.79	38.49	33.29	50 BK	33.09	38.19	
1:19.39	1:09.29	100 BK	1:07.49	1:18.49	1:23.29	1:12.69	100 BK	1:10.79	1:22.39	
2:50.59	2:27.79	200 BK	2:23.99	2:46.59	2:57.99	2:34.19	200 BK	2:30.29	2:53.89	
40.69	36.19	50 BR	35.49	40.39	42.09	37.49	50 BR	36.89	41.99	
1:29.69	1:18.19	100 BR	1:15.89	1:27.69	1:33.79	1:21.69	100 BR	1:19.49	1:31.79	
3:12.69	2:49.19	200 BR	2:42.99	3:08.89	3:21.09	2:56.59	200 BR	2:50.09	3:17.09	
34.59	30.89	50 FL	30.49	34.39	35.79	31.99	50 FL	31.69	35.89	
1:17.99	1:08.99	100 FL	1:07.09	1:16.39	1:21.89	1:12.49	100 FL	1:10.59	1:20.39	
2:51.79	2:29.79	200 FL	2:26.29	2:46.39	2:59.29	3:36.39	200 FL	2:32.69	2:53.59	
X	1:10.09	100 IM	1:08.09	X	X	1:13.09	100 IM	1:11.09	X	
2:51.19	2:29.99	200 IM	2:27.09	2:48.19	2:58.59	2:36.49	200 IM	2:33.89	2:55.99	
6:04.59	5:19.19	400 IM	5:12.19	5:56.29	X	X	400 IM	X	X	

13

Girls			Boys			Girls			Boys		
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM		
31.89	27.99	50 FR	26.29	30.19	32.99	28.89	50 FR	27.09	31.19		
1:08.39	59.79	100 FR	56.69	1:04.89	1:11.39	1:02.39	100 FR	59.19	1:07.79		
2:27.69	2:09.19	200 FR	2:03.89	2:21.29	2:34.19	2:14.89	200 FR	2:09.29	2:27.39		
5:07.39	5:44.79	400/500 FR	5:31.59	4:58.49	X	X	400/500 FR	X	X		
10:38.39	11:53.79	800/1000 FR	11:28.49	10:17.49	X	X	800/1000 FR	X	X		
20:20.49	19:54.09	1500/1650 FR	19:15.89	19:45.19	X	X	1500/1650 FR	X	X		
1:16.39	1:05.69	100 BK	1:02.89	1:13.09	1:19.69	1:08.49	100 BK	1:05.59	1:16.29		
2:43.59	2:22.49	200 BK	2:16.09	2:37.69	2:50.69	2:28.69	200 BK	2:21.99	2:44.59		
1:26.89	1:15.39	100 BR	1:11.49	1:21.99	1:30.69	1:18.69	100 BR	1:14.59	1:25.59		
3:07.59	2:42.09	200 BR	2:35.19	2:58.39	3:15.69	2:50.19	200 BR	2:41.99	3:06.09		
1:13.89	1:05.59	100 FL	1:01.79	1:10.69	1:17.19	1:08.49	100 FL	1:04.49	1:13.79		
2:44.79	2:24.79	200 FL	2:17.39	2:37.39	2:51.89	2:31.09	200 FL	2:23.29	2:44.29		
2:47.49	2:25.99	200 IM	2:18.59	2:40.19	2:54.79	2:32.29	200 IM	2:24.69	2:47.09		
5:53.19	5:08.49	400 IM	4:55.29	5:39.69	X	X	400 IM	X	X		

14

Girls			Boys			Girls			Boys		
LCM	SCY	EVENT	SCY	LCM	LCM	SCY	BONUS	SCY	LCM		
31.19	27.29	50 FR	25.29	29.09	32.19	28.19	50 FR	26.09	30.09		
1:06.79	58.19	100 FR	54.49	1:02.69	1:09.69	1:01.29	100 FR	56.89	1:05.39		
2:24.39	2:06.49	200 FR	1:58.39	2:16.09	2:30.69	2:11.99	200 FR	2:03.59	2:22.09		
5:02.19	5:38.29	400/500 FR	5:19.99	4:49.29	X	X	400/500 FR	X	X		
10:20.99	11:37.29	800/1000 FR	11:03.89	10:02.99	X	X	800/1000 FR	X	X		
19:48.09	19:21.69	1500/1650 FR	18:27.59	19:05.89	X	X	1500/1650 FR	X	X		
1:14.09	1:04.59	100 BK	1:00.49	1:10.79	1:17.29	1:07.39	100 BK	1:03.09	1:13.89		
2:39.89	2:18.39	200 BK	2:10.09	2:30.29	2:46.79	2:24.39	200 BK	2:15.79	2:36.79		
1:25.19	1:13.89	100 BR	1:08.09	1:17.89	1:28.89	1:17.09	100 BR	1:11.09	1:21.29		
3:03.19	2:39.79	200 BR	2:28.39	2:30.29	3:11.19	2:46.79	200 BR	2:34.79	3:00.09		
1:12.39	1:04.09	100 FL	59.59	1:07.49	1:15.49	1:06.89	100 FL	1:02.19	1:10.39		
2:39.69	2:22.09	200 FL	2:11.69	2:29.99	2:46.59	2:28.29	200 FL	2:17.49	2:36.59		
2:43.89	2:22.59	200 IM	2:13.09	2:33.69	2:50.99	2:28.79	200 IM	2:18.89	2:40.39		
5:45.39	5:03.09	400 IM	4:43.39	5:26.19	X	X	400 IM	X	X		