

2025 Western Zone Age Group Championship Time Standards: Team Colorado ONLY

Girls				10 & Under	Boys			
2025 WZ Qual*			CO Qual*		2025 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
33.69	32.69	29.59	32.58	50 Free	32.99	31.69	28.69	32.53
1:14.49	1:11.89	1:04.99	1:12.05	100 Free	1:13.19	1:10.39	1:03.79	1:12.28
2:43.49	2:38.59	2:23.59	2:37.64	200 Free	2:38.89	2:33.59	2:18.99	2:36.56
39.49	37.99	34.39	38.49	50 Back	38.99	37.59	33.99	38.47
1:25.59	1:22.29	1:14.49	1:23.12	100 Back	1:24.09	1:20.09	1:12.49	1:22.76
44.29	42.99	38.89	43.02	50 Breast	43.59	42.29	38.29	43.24
1:38.09	1:33.59	1:24.69	1:34.40	100 Breast	1:36.29	1:31.39	1:22.69	1:35.51
37.29	36.69	33.19	35.70	50 Fly	36.59	35.99	32.59	36.26
1:26.39	1:23.89	1:15.99	1:23.10	100 Fly	1:25.09	1:22.49	1:14.59	1:22.48
3:04.19	2:56.79	2:39.99	2:57.96	200 IM	3:00.79	2:55.09	2:38.39	2:57.14
Girls				11-12	Boys			
2025 WZ Qual*			CO Qual*		2025 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
30.49	29.79	26.99	29.19	50 Free	29.39	28.49	25.79	27.95
1:07.19	1:04.89	58.69	1:03.72	100 Free	1:04.49	1:02.09	56.19	1:01.98
2:26.49	2:21.09	2:07.69	2:19.67	200 Free	2:20.79	2:15.49	2:02.59	2:16.61
5:08.69	5:00.39	5:43.29	4:53.46	400/ 500 Free	4:59.49	4:48.69	5:29.99	4:51.51
35.19	33.59	30.49	33.94	50 Back	34.29	32.79	29.69	32.74
1:16.89	1:13.09	1:06.19	1:12.98	100 Back	1:14.29	1:09.39	1:02.79	1:10.56
2:43.49	2:35.79	2:20.99	2:38.21	200 Back	2:39.49	2:30.09	2:15.89	2:33.43
39.09	38.19	34.59	37.44	50 Breast	38.09	36.69	33.29	36.80
1:25.89	1:22.99	1:15.09	1:23.62	100 Breast	1:23.09	1:18.89	1:11.39	1:20.63
3:06.09	2:58.59	2:41.69	2:57.39	200 Breast	2:59.09	2:50.59	2:34.39	2:57.21
32.89	31.99	28.99	31.62	50 Fly	31.99	31.19	28.19	30.34
1:14.79	1:12.09	1:05.19	1:11.71	100 Fly	1:11.69	1:08.99	1:02.49	1:08.81
2:45.89	2:39.19	2:24.09	2:44.99	200 Fly	2:40.89	2:33.29	2:18.69	2:39.17
2:45.49	2:39.59	2:24.49	2:39.96	200 IM	2:38.29	2:33.39	2:18.79	2:35.33
5:52.69	5:40.09	5:07.79	5:47.07	400 IM	5:44.09	5:27.39	4:56.29	5:41.00
Girls				13-14	Boys			
2025 WZ Qual*			CO Qual*		2025 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
29.29	28.29	25.59	28.43	50 Free	26.89	25.89	23.49	25.98
1:03.79	1:01.69	55.79	1:01.41	100 Free	58.99	56.39	51.09	56.50
2:17.79	2:13.39	2:00.69	2:14.65	200 Free	2:08.89	2:03.69	1:51.99	2:04.49
4:49.19	4:43.39	5:23.89	4:41.67	400/ 500 Free	4:33.79	4:25.19	5:03.09	4:24.86
10:01.49	9:45.09	11:08.69	9:42.22	800/ 1000 Free	9:26.19	9:08.59	10:26.99	9:13.73
19:13.69	18:31.29	18:37.99	18:44.28	1500/ 1650 Free	18:07.89	17:28.79	17:35.19	17:38.60
1:10.49	1:06.79	1:00.49	1:09.69	100 Back	1:05.79	1:01.89	55.99	1:04.48
2:31.89	2:24.49	2:10.69	2:29.76	200 Back	2:22.79	2:14.29	2:01.59	2:19.95
1:20.39	1:16.99	1:09.69	1:18.53	100 Breast	1:13.69	1:09.89	1:03.29	1:11.45
2:53.09	2:45.89	2:30.09	2:50.79	200 Breast	2:39.39	2:31.79	2:17.39	2:37.86
1:08.59	1:06.69	1:00.39	1:07.43	100 Fly	1:03.09	1:01.19	55.39	1:01.97
2:33.79	2:28.59	2:14.49	2:32.33	200 Fly	2:21.19	2:16.19	2:03.19	2:20.27
2:34.89	2:29.09	2:14.99	2:31.85	200 IM	2:23.69	2:17.09	2:04.09	2:20.31
5:28.39	5:17.59	4:47.39	5:23.93	400 IM	5:06.99	4:53.19	4:25.39	5:00.53

* ALL TIMES (including CO Qual) are sea level times. See Altitude Conversion Table to adjust times swam at altitude to sea level.

Altitude Conversion Table			
Event	Elevation of Achieved Time		
	3,000-4,250 ft	4,251-6,500 ft	Above 6,500 ft
	Conversion Amount		
50 Free	n/c	n/c	n/c
100 Free	n/c	n/c	n/c
200 Free	0.5	1.2	1.6
400/ 500 Free	2.5	5.0	7.0
800/ 1000 Free	5.0	10.0	15.0
1500/ 1650 Free	11.0	23.0	32.5
100 Back	n/c	n/c	n/c
200 Back	0.5	1.2	1.6
100 Breast	n/c	n/c	n/c
200 Breast	0.5	1.2	1.6
100 Fly	n/c	n/c	n/c
200 Fly	0.5	1.2	1.6
200 IM	0.5	1.2	1.6
400 IM	2.5	5.0	7.0

Sea Level Time ⇄ Altitude Time

Sea level time + **Conversion Amount** for appropriate elevation.

Example: Achieving a time of 2:28.59 in the 200 Backstroke at sea level (or below 3,000 feet) is equivalent to achieving a 2:29.79 at an elevation of 5,280 feet.

Altitude Time ⇄ Sea Level Time

Achieved time - **Conversion Amount** for appropriate elevation of achieved time.

Example: Achieving a time of 5:28.69 in the 400 IM at an elevation of 5,280 feet is equivalent to achieving a 5:23.69 at sea level (or below 3,000 feet).