Age Group Western Zone Time Standards (Proposed)

2016

# Women 10 & Under Men

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| --- | --- | --- | --- | --- | --- | --- |
| **LCM** | **SCM** | **SCY** | **Event** | **LCM** | **SCM** | **SCY** |
| 0:32.99 | 0:32.19 | 0:29.09 | **50 Free** | 0:32.99 | 0:32.19 | 0:28.99 |
| 1:12.29 | 1:10.69 | 1:03.69 | **100 Free** | 1:12.19 | 1:10.59 | 1:03.69 |
| 2:37.89 | 2:34.69 | 2:19.29 | **200 Free** | 2:37.49 | 2:34.29 | 2:18.99 |
| 0:39.09 | 0:38.49 | 0:34.69 | **50 Back** | 0:39.29 | 0:38.69 | 0:34.89 |
| 1:24.29 | 1:23.09 | 1:14.89 | **100 Back** | 1:24.99 | 1:23.79 | 1:15.49 |
| 0:44.19 | 0:43.19 | 0:38.89 | **50 Breast** | 0:44.39 | 0:43.39 | 0:39.09 |
| 1:35.99 | 1:33.99 | 1:24.69 | **100 Breast** | 1:37.09 | 1:35.09 | 1:25.69 |
| 0:36.39 | 0:35.69 | 0:32.19 | **50 Fly** | 0:36.49 | 0:35.79 | 0:32.29 |
| 1:23.69 | 1:22.29 | 1:14.09 | **100 Fly** | 1:23.99 | 1:22.59 | 1:14.39 |
| 2:58.19 | 2:54.99 | 2:37.69 | **200 IM** | 2:58.19 | 2:54.99 | 2:37.69 |

**11-12**

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| **LCM** | **SCM** | **SCY** | **Event** | **LCM** | **SCM** | **SCY** |
| 0:29.49 | 0:28.69 | 0:25.79 | **50 Free** | 0:29.39 | 0:28.59 | 0:25.79 |
| 1:04.89 | 1:03.29 | 0:56.99 | **100 Free** | 1:04.09 | 1:02.49 | 0:56.29 |
| 2:20.19 | 2:16.99 | 2:03.49 | **200 Free** | 2:20.09 | 2:16.89 | 2:03.29 |
| 4:55.39 | 4:48.99 | 5:30.99 | **400/500 Free** | 4:55.39 | 4:48.99 | 5:30.89 |
| 0:34.59 | 0:33.99 | 0:30.69 | **50 Back** | 0:34.59 | 0:33.99 | 0:30.59 |
| 1:14.19 | 1:12.99 | 1:05.69 | **100 Back** | 1:14.39 | 1:13.19 | 1:05.99 |
| 2:45.79 | 2:43.39 | 2:27.19 | **200 Back** | 2:42.69 | 2:40.29 | 2:24.39 |
| 0:38.49 | 0:37.49 | 0:33.79 | **50 Breast** | 0:38.09 | 0:37.09 | 0:33.39 |
| 1:23.89 | 1:21.89 | 1:13.79 | **100 Breast** | 1:23.99 | 1:21.99 | 1:13.89 |
| 3:06.89 | 3:02.89 | 2:44.79 | **200 Breast** | 3:04.69 | 3:00.69 | 2:42.79 |
| 0:32.39 | 0:31.69 | 0:28.49 | **50 Fly** | 0:32.19 | 0:31.49 | 0:28.29 |
| 1:12.39 | 1:10.99 | 1:03.89 | **100 Fly** | 1:12.39 | 1:10.99 | 1:03.89 |
| 2:48.79 | 2:45.99 | 2:29.59 | **200 Fly** | 2:45.79 | 2:42.99 | 2:26.89 |
| 2:38.79 | 2:35.59 | 2:20.19 | **200 IM** | 2:38.59 | 2:35.39 | 2:19.99 |
| 5:51.89 | 5:45.49 | 5:11.19 | **400 IM** | 5:47.69 | 5:41.29 | 5:07.49 |

**13-14**

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| **LCM** | **SCM** | **SCY** | **Event** | **LCM** | **SCM** | **SCY** |
| 0:28.79 | 0:27.99 | 0:25.29 | **50 Free** | 0:27.09 | 0:26.29 | 0:23.69 |
| 1:02.39 | 1:00.79 | 0:54.79 | **100 Free** | 0:58.59 | 0:56.99 | 0:51.29 |
| 2:14.79 | 2:11.59 | 1:58.59 | **200 Free** | 2:07.29 | 2:04.09 | 1:51.79 |
| 4:43.59 | 4:37.19 | 5:17.69 | **400/500 Free** | 4:31.29 | 4:24.89 | 5:03.99 |
| 9:49.69 | 9:36.89 | 11:00.69 | **800/1000 Free** | 9:27.79 | 9:14.99 | 10:36.09 |
| 18:49.09 | 18:25.09 | 18:26.89 | **1500/1650 Free** | 18:08.79 | 17:44.79 | 17:47.39 |
| 1:10.99 | 1:09.79 | 1:02.89 | **100 Back** | 1:07.59 | 1:06.39 | 0:59.79 |
| 2:32.29 | 2:29.89 | 2:14.99 | **200 Back** | 2:25.19 | 2:22.79 | 2:08.69 |
| 1:20.69 | 1:18.69 | 1:10.89 | **100 Breast** | 1:15.39 | 1:13.39 | 1:06.09 |
| 2:53.69 | 2:49.69 | 2:32.79 | **200 Breast** | 2:44.29 | 2:40.29 | 2:24.39 |
| 1:08.99 | 1:07.59 | 1:00.89 | **100 Fly** | 1:04.49 | 1:03.09 | 0:56.89 |
| 2:34.49 | 2:31.69 | 2:16.69 | **200 Fly** | 2:25.79 | 2:22.99 | 2:08.79 |
| 2:32.99 | 2:29.79 | 2:14.99 | **200 IM** | 2:24.59 | 2:21.39 | 2:07.39 |
| 5:23.99 | 5:17.59 | 4:46.19 | **400 IM** | 5:08.19 | 5:01.79 | 4:31.89 |