

**2009—Central California Swimming
Western Zone Time Standards**

WOMEN			10 & Under	MEN		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.29	0:32.49	0:29.29	50 Free	0:33.09	0:32.29	0:29.09
1:12.29	1:10.69	1:03.69	100 Free	1:12.79	1:11.19	1:04.09
2:39.09	2:35.89	2:20.39	200 Free	2:38.09	2:34.89	2:19.59
0:39.39	0:38.79	0:34.99	50 Back	0:39.49	0:38.89	0:35.09
1:24.89	1:23.69	1:15.39	100 Back	1:25.09	1:23.89	1:15.59
0:44.29	0:43.29	0:39.09	50 Breast	0:44.99	0:43.99	0:39.69
1:36.69	1:34.69	1:25.29	100 Breast	1:37.89	1:35.89	1:26.39
0:36.79	0:36.09	0:32.49	50 Fly	0:36.79	0:36.09	0:32.59
1:25.09	1:23.69	1:15.39	100 Fly	1:24.49	1:23.09	1:14.79
2:58.59	2:55.39	2:37.99	200 IM	2:59.59	2:56.39	2:38.89

WOMEN			11-12	MEN		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.99	50 Free	0:29.59	0:28.79	0:25.99
1:04.69	1:03.09	0:56.79	100 Free	1:04.29	1:02.69	0:56.39
2:20.59	2:17.39	2:03.79	200 Free	2:19.79	2:16.59	2:03.09
4:56.49	4:50.09	5:32.19	400/500 Free	4:55.59	4:49.19	5:31.19
0:34.59	0:33.99	0:30.59	50 Back	0:34.89	0:34.29	0:30.89
1:14.19	1:12.99	1:05.79	100 Back	1:15.09	1:13.89	1:06.59
0:38.59	0:37.59	0:33.89	50 Breast	0:38.29	0:37.29	0:33.59
1:24.09	1:22.09	1:13.99	100 Breast	1:24.49	1:22.49	1:14.29
0:32.39	0:31.69	0:28.49	50 Fly	0:32.49	0:31.79	0:28.69
1:12.49	1:11.09	1:03.99	100 Fly	1:12.89	1:11.49	1:04.39
2:38.79	2:35.59	2:20.19	200 IM	2:38.99	2:35.79	2:20.39

WOMEN			13-14	MEN		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:27.29	0:26.49	0:23.89
1:02.69	1:01.09	0:54.99	100 Free	0:58.99	0:57.39	0:51.69
2:15.09	2:11.89	1:58.79	200 Free	2:08.09	2:04.89	1:52.49
4:43.99	4:37.59	5:18.19	400/500 Free	4:31.99	4:25.59	5:04.69
9:51.69	9:38.89	11:02.99	800/1000 Free	9:28.49	9:15.69	10:36.99
18:55.69	18:31.69	18:33.39	1500/1650 Free	18:06.09	17:42.09	17:44.79
1:11.59	1:10.39	1:03.49	100 Back	1:08.09	1:06.89	1:00.19
2:33.29	2:30.89	2:15.89	200 Back	2:25.89	2:23.49	2:09.29
1:20.89	1:18.89	1:10.99	100 Breast	1:15.99	1:13.99	1:06.69
2:54.09	2:50.09	2:33.29	200 Breast	2:45.39	2:41.39	2:25.39
1:09.59	1:08.19	1:01.49	100 Fly	1:05.19	1:03.79	0:57.49
2:35.49	2:32.69	2:17.59	200 Fly	2:26.99	2:24.19	2:09.89
2:33.99	2:30.79	2:15.79	200 IM	2:25.09	2:21.89	2:07.79
5:25.79	5:19.39	4:47.69	400 IM	5:08.59	5:02.19	4:32.19

WOMEN			15-16	MEN		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:26.29	0:25.49	0:22.99
1:02.69	1:01.09	0:54.99	100 Free	0:57.49	0:55.89	0:50.29
2:15.09	2:11.89	1:58.79	200 Free	2:05.79	2:02.59	1:50.39
4:43.99	4:37.59	5:18.19	400/500 Free	4:26.79	4:20.39	4:58.89
9:51.69	9:38.89	11:02.99	800/1000 Free	9:20.89	9:08.09	10:28.49
18:55.69	18:31.69	18:33.39	1500/1650 Free	18:03.69	17:39.69	17:42.49
1:11.59	1:10.39	1:03.49	100 Back	1:06.19	1:04.99	0:58.59
2:33.29	2:30.89	2:15.89	200 Back	2:23.79	2:21.39	2:07.39
1:19.59	1:17.59	1:09.89	100 Breast	1:14.39	1:12.39	1:05.19
2:54.09	2:50.09	2:33.29	200 Breast	2:43.09	2:39.09	2:23.39
1:09.59	1:08.19	1:01.49	100 Fly	1:03.39	1:01.99	0:55.79
2:35.49	2:32.69	2:17.59	200 Fly	2:23.89	2:21.09	2:07.09
2:33.99	2:30.79	2:15.79	200 IM	2:22.39	2:19.19	2:05.39
5:25.79	5:19.39	4:47.69	400 IM	5:04.59	4:58.19	4:28.69

WOMEN			17-18	MEN		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:26.29	0:25.49	0:22.99
1:02.69	1:01.09	0:54.99	100 Free	0:57.49	0:55.89	0:50.29
2:15.09	2:11.89	1:58.79	200 Free	2:05.79	2:02.59	1:50.39
4:43.99	4:37.59	5:18.19	400/500 Free	4:26.79	4:20.39	4:58.89
9:51.69	9:38.89	11:02.99	800/1000 Free	9:20.89	9:08.09	10:28.49
18:55.69	18:31.69	18:33.39	1500/1650 Free	18:03.69	17:39.69	17:42.49
1:11.59	1:10.39	1:03.49	100 Back	1:06.19	1:04.99	0:58.59
2:33.29	2:30.89	2:15.89	200 Back	2:23.79	2:21.39	2:07.39
1:19.59	1:17.59	1:09.89	100 Breast	1:14.39	1:12.39	1:05.19
2:54.09	2:50.09	2:33.29	200 Breast	2:43.09	2:39.09	2:23.39
1:09.59	1:08.19	1:01.49	100 Fly	1:03.39	1:01.99	0:55.79
2:35.49	2:32.69	2:17.59	200 Fly	2:23.89	2:21.09	2:07.09
2:33.99	2:30.79	2:15.79	200 IM	2:22.39	2:19.19	2:05.39
5:25.79	5:19.39	4:47.69	400 IM	5:04.59	4:58.19	4:28.69