

2009 Junior Olympic Time Standards

15-18

Girls		Event	Boys	
LCM	SCY		LCM	SCY
33.59	29.29	50 Free	30.59	26.29
01:12.5	01:03.5	100 Free	01:06.7	57.49
02:35.7	02:16.8	200 Free	02:24.7	02:05.5
05:29.6	06:07.8	400/500 Free	05:09.6	05:43.4
11:17.6	12:35.7	800/1000 Free	10:38.2	11:49.6
21:36.7	21:05.6	1500/1650 Free	20:27.6	19:50.7
01:22.7	01:11.5	100 Back	01:15.7	01:04.7
02:56.7	02:34.0	200 Back	02:42.9	02:20.1
01:32.6	01:20.7	100 Breast	01:25.1	01:33.1
03:19.0	02:53.9	200 Breast	03:03.9	02:38.5
01:20.1	01:10.6	100 Fly	01:13.0	01:03.9
02:53.9	02:34.8	200 Fly	02:40.7	02:21.9
02:57.5	02:36.7	200 IM	02:43.9	02:23.3
06:16.4	05:31.6	400 IM	05:48.9	05:05.2
--	02:00.4	200 FRelay	--	01:45.9
--	04:22.6	400 FRelay	--	03:59.0
--	09:17.8	800 FRelay	--	08:40.9
--	02:19.0	200 MRelay	--	02:12.8
--	04:46.9	400 MRelay	--	04:21.1

13-14

Girls		Event	Boys	
LCM	SCY		LCM	SCY
34.59	29.79	50 Free	32.29	28.59
01:15.1	01:04.7	100 Free	01:10.3	01:02.3
02:41.1	02:19.7	200 Free	02:33.1	02:14.8
05:34.2	06:12.6	400/500 Free	05:22.6	05:58.3
11:24.0	12:48.1	800/1000 Free	11:06.4	12:20.5
21:48.7	21:19.6	1500/1650 Free	21:20.5	20:34.5
01:24.6	01:12.6	100 Back	01:19.3	01:09.5
03:00.7	02:35.5	200 Back	02:50.6	02:29.8
01:34.1	01:22.4	100 Breast	01:28.3	01:17.4
03:22.7	02:57.4	200 Breast	03:12.6	02:47.0
01:21.6	01:11.9	100 Fly	01:16.0	01:08.0
02:58.9	02:36.9	200 Fly	02:48.8	02:30.7
03:02.0	02:39.7	200 IM	02:51.9	02:31.8
06:22.5	05:37.4	400 IM	06:05.5	05:19.2
--	02:02.9	200 FRelay	--	01:54.2
--	04:26.6	400 FRelay	--	04:08.8
--	09:29.8	800 FRelay	--	09:02.9
--	02:19.0	200 MRelay	--	02:17.9
--	04:58.4	400 MRelay	--	04:38.9

11-12.

Girls		Event	Boys	
LCM	SCY		LCM	SCY
35.59	30.89	50 Free	35.29	30.69
01:18.2	01:06.6	100 Free	01:16.2	01:07.4
02:48.1	02:28.0	200 Free	02:46.4	02:26.2
05:50.6	06:29.8	400/500 Free	05:47.5	06:25.0
41.39	36.19	50 Back	41.69	36.29
01:31.7	01:18.6	100 Back	01:29.9	01:17.8
44.09	40.09	50 Breast	46.29	40.59
01:39.2	01:27.0	100 Breast	01:40.3	01:27.0
38.69	34.49	50 Fly	39.39	34.99
01:28.2	01:18.3	100 Fly	01:28.5	01:18.0
--	01:17.3	100 IM	--	01:17.3
03:10.2	02:47.4	200 IM	03:08.6	02:43.1
--	02:06.6	200 FRelay	--	02:03.3
--	04:38.6	400 FRelay	--	04:29.9
--	02:23.6	200 MRelay	--	02:22.4
--	05:20.0	400 MRelay	--	05:15.0

10 & Under

Girls		Event	Boys	
LCM	SCY		LCM	SCY
39.49	34.49	50 Free	39.49	34.89
01:28.3	01:17.9	100 Free	01:28.6	01:18.0
03:15.5	02:49.0	200 Free	03:08.8	02:46.6
--	07:22.5	400/500 Free	--	07:18.4
47.79	41.29	50 Back	48.89	42.59
01:44.4	01:29.1	100 Back	01:43.0	01:28.9
52.79	45.89	50 Breast	53.39	46.79
01:57.3	01:42.3	100 Breast	01:56.2	01:41.8
46.49	40.69	50 Fly	45.99	40.79
01:50.4	01:37.0	100 Fly	01:49.4	01:36.6
--	01:29.7	100 IM	--	01:29.1
03:38.4	03:11.6	200 IM	03:38.2	03:12.5
--	02:20.0	200 FRelay	--	02:18.3
--	02:46.3	200 MRelay	--	02:46.0