



2009-2012 Niagara LSC Short Course Time Standards

The following pages show the current standards in use for Niagara LSC for the 09-12 Short Course seasons. Below are the list of Niagara SC meets and the qualifying standards used for those meets.

- **NI PP Qualifier** – Slower than NI Championship. (lower chart)
- **NI 14 & Under PP Champs** – Faster than BB Standards (top chart)
- **NI BB Qualifier Meets** - Slower than BB Standards (top chart)
- **NI Championship Qualifier Meets** - Faster than BB Standards (top chart) and Slower than NI Championship. (lower chart)
- **NI Short Course Championship** - Faster than NI Championship. (lower chart)

These standards are generated from USA Swimming's 2009-2012 Motivational Charts. The Niagara Championship standards represent "A" times from the charts. The only exceptions are the 13-14 and 15-18 50, 100, 200 Freestyle, which are equal to "AA" to reflect our LSC's strength in these events. The Niagara BB Standards which are used for the BB Qualifier and the Niagara Championship Qualifier meets are equivalent to the "BB" times from the motivational charts. Single age (9,11,13) cut times are the power point equivalent times for the age group BB time from the charts.

Additionally, you can use a SWIMS verifiable Long Course LCM or Short Course Meters (SCM) time to qualify for the Niagara Short Course Championships so long as the time meets the above criteria using the 2009-2012 LCM Motivational Charts that correspond with the standards and rules as explained above.

- [USA Swimming's 2009-2012 Motivational Charts](#) (p1 LCM, p2 SCY, p3 SCM)

2010-11 Niagara BB Time Standards (Minimum times to enter the NI Champs Qualifier & Max times for the BB Qualifier Meets)

Girls							Boys							
9&U	10	11	12	13	14	15-18	BB	9 & U	10	11	12	13	14	15-18
38.19	35.99	34.19	31.89	31.59	30.99	30.39	50 Free	37.89	35.19	33.29	30.99	29.89	28.49	27.39
1:29.09	1:21.59	1:15.19	1:08.29	1:07.84	1:07.39	1:05.79	100 Free	1:25.89	1:19.99	1:14.04	1:07.89	1:05.49	1:02.19	59.79
3:11.79	2:58.29	2:45.04	2:31.49	2:28.59	2:24.99	2:21.19	200 Free	3:02.34	2:50.89	2:39.44	2:27.49	2:22.14	2:15.69	2:10.09
8:08.09	7:39.49	7:09.79	6:40.09	6:31.24	6:22.39	6:16.29	500 Free	8:05.14	7:35.19	7:05.14	6:35.09	6:21.39	6:03.19	5:51.29
		14:17.39	13:55.99	13:32.84	13:08.29	12:55.49	1000 Free			14:12.39	13:46.49	13:16.49	12:34.39	12:08.19
		24:10.19	23:27.89	22:41.69	21:53.19	21:38.89	1650 Free			24:04.19	23:10.49	22:15.44	20:51.99	20:21.89
46.09	43.49	40.29	36.79				50 Back	47.44	43.69	40.34	36.49			
1:39.99	1:33.99	1:27.94	1:21.09	1:18.14	1:14.19	1:12.09	100 Back	1:39.19	1:32.09	1:25.79	1:19.09	1:14.69	1:09.59	1:06.19
		2:54.39	2:48.89	2:44.89	2:39.59	2:35.89	200 Back			2:52.99	2:45.59	2:38.84	2:29.79	2:23.39
51.09	47.79	44.44	40.89				50 Breast	51.74	47.89	44.64	40.79			
1:54.89	1:46.69	1:37.99	1:29.29	1:26.89	1:24.09	1:21.99	100 Breast	1:52.99	1:43.69	1:36.59	1:27.79	1:23.39	1:18.09	1:14.69
		3:18.49	3:11.69	3:07.24	3:00.69	2:56.39	200 Breast			3:15.59	3:07.29	2:58.39	2:49.39	2:42.59
46.79	42.99	39.19	35.09				50 Fly	45.24	41.99	38.74	35.19			
1:52.84	1:42.09	1:31.34	1:20.19	1:17.19	1:13.49	1:11.79	100 Fly	1:51.24	1:40.39	1:29.94	1:18.69	1:13.99	1:08.09	1:05.09
		2:59.19	2:51.79	2:46.99	2:40.99	2:36.39	200 Fly			2:59.09	2:48.29	2:42.04	2:31.99	2:24.49
1:41.44	1:33.79	1:27.34	1:20.09				100 IM	1:37.94	1:31.19	1:24.84	1:17.59			
3:33.19	3:19.39	3:05.59	2:50.69	2:47.84	2:42.99	2:39.29	200 IM	3:32.29	3:18.09	3:03.89	2:49.39	2:41.69	2:31.99	2:26.39
		6:16.19	6:04.19	5:56.19	5:44.29	5:35.69	400 IM			6:10.59	5:56.29	5:43.59	5:25.49	5:11.79

2010-11 Niagara Championship (NI) Time Standards

Girls				Boys				
10&U	11-12	13-14	15-18	NI	10&U	11-12	13-14	15-18
32.19	29.49	27.49	26.89	50 Free	31.59	28.59	25.19	24.29
1:11.89	1:03.09	59.59	58.19	100 Free	1:10.79	1:02.69	55.09	52.89
2:36.39	2:19.89	2:08.19	2:04.89	200 Free	2:31.89	2:16.19	1:59.99	1:55.09
6:48.39	6:09.29	5:52.99	5:47.39	500 Free	6:44.59	6:04.69	5:35.19	5:24.29
	12:51.69	12:07.59	11:55.89	1000 Free		12:42.89	11:36.39	11:12.19
	21:39.59	20:12.19	19:58.89	1650 Free		21:33.59	19:15.69	18:47.99
38.09	33.89			50 Back	38.29	33.49		
1:22.19	1:14.19	1:08.49	1:06.59	100 Back	1:21.29	1:12.29	1:04.19	1:01.09
	2:35.89	2:27.29	2:23.89	200 Back		2:32.89	2:18.19	2:12.39
41.99	37.79			50 Breast	42.19	37.29		
1:33.39	1:22.19	1:17.59	1:15.69	100 Breast	1:31.79	1:20.49	1:12.09	1:08.89
	2:56.89	2:46.79	2:42.79	200 Breast		2:52.89	2:36.29	2:30.09
37.29	32.39			50 Fly	36.69	32.09		
1:26.69	1:13.19	1:07.79	1:06.29	100 Fly	1:25.59	1:11.69	1:02.89	1:00.09
	2:38.59	2:28.59	2:24.49	200 Fly		2:35.29	2:20.29	2:13.39
1:22.59	1:13.99			100 IM	1:21.09	1:11.49		
2:55.99	2:37.59	2:30.49	2:26.99	200 IM	2:55.29	2:35.59	2:20.29	2:15.09
	5:36.09	5:17.79	5:09.89	400 IM		5:28.89	5:00.49	4:47.79