

NEW TRIER SWIM CLUB

Developmental Standards 2009-2012

GIRLS									10 & Under	BOYS								
LVL1			LVL2			LVL3				LVL3			LVL2			LVL1		
SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
:56.79	:58.19	:51.39	:52.49	:53.89	:47.59	:48.29	:49.49	:43.69	50 Free	:42.39	:48.49	:46.89	:46.09	:52.59	:50.89	:49.69	:56.69	:54.89
2:13.19	2:17.19	2:00.49	2:02.39	2:06.19	1:50.79	1:51.69	1:55.09	1:41.09	100 Free	1:38.39	1:52.09	1:48.69	1:47.59	2:02.59	1:58.89	1:56.79	2:13.09	2:09.09
4:53.99	5:03.69	4:25.99	4:29.69	4:38.69	4:04.09	4:05.49	4:13.59	3:42.19	200 Free	3:28.89	3:57.09	3:50.79	3:47.89	4:18.69	4:11.79	4:06.89	4:40.19	4:32.79
9:40.79	9:54.49	11:03.69	8:56.09	9:08.79	10:12.59	8:11.49	8:23.09	9:21.59	400/500 Free	9:16.39	8:24.39	8:06.89	10:06.89	9:10.19	8:51.19	10:57.49	9:56.09	9:35.39
1:11.69	1:14.39	1:04.89	1:05.79	1:08.19	:59.49	:59.89	1:02.09	:54.19	50 Back	:54.59	1:02.59	1:00.39	1:00.09	1:08.89	1:06.39	1:05.59	1:15.19	1:12.49
2:35.69	2:43.19	2:20.89	2:22.69	2:29.59	2:09.19	2:09.69	2:15.99	1:57.39	100 Back	1:53.69	2:10.49	2:05.59	2:04.39	2:22.79	2:17.49	2:15.19	2:35.19	2:29.39
1:18.39	1:21.49	1:10.99	1:11.99	1:14.89	1:05.19	1:05.59	1:08.19	:59.39	50 Breast	:59.29	1:08.19	1:05.49	1:04.99	1:14.69	1:11.79	1:10.69	1:21.29	1:18.09
2:56.79	3:03.29	2:39.99	2:41.99	2:47.99	2:26.59	2:27.29	2:32.79	2:13.29	100 Breast	2:07.59	2:27.39	2:20.99	2:19.49	2:41.19	2:34.19	2:31.49	2:54.99	2:47.39
1:12.99	1:14.59	1:06.09	1:06.59	1:08.09	1:00.29	1:00.29	1:01.59	:54.49	50 Fly	:52.59	:58.79	:58.09	:57.89	1:04.79	1:03.99	1:03.29	1:10.69	1:09.89
3:00.79	3:04.69	2:43.69	2:43.79	2:47.29	2:28.29	2:26.79	2:29.99	2:12.89	100 Fly	2:09.99	2:26.49	2:23.69	2:24.79	2:43.19	2:39.99	2:39.59	2:59.89	2:56.39
2:32.99	No Event	2:18.49	2:20.69	No Event	2:07.29	2:08.29	No Event	1:56.19	100 IM	1:51.39	No Event	2:03.09	2:01.59	No Event	2:14.29	2:11.69	No Event	2:25.49
5:23.49	5:32.59	4:52.79	4:57.69	5:05.99	4:29.39	4:31.89	:4:39.49	4:06.09	200 IM	4:03.69	4:36.59	4:29.29	4:26.59	5:02.49	4:54.49	4:49.39	5:28.39	5:19.79

NEW TRIER SWIM CLUB

Developmental Standards 2009-2012

GIRLS									BOYS									
LVL1			LVL2			LVL3			11-12	LVL3			LVL2			LVL1		
SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
:45.69	:47.29	:41.39	:43.09	:44.59	:38.99	:40.49	:41.89	:36.59	50 Free	:35.79	:40.69	:39.49	:38.09	:43.39	:42.09	:40.49	:46.09	:44.79
1:38.69	1:44.09	1:29.39	1:32.89	1:37.99	1:24.09	1:27.09	1:31.89	1:18.79	100 Free	1:18.29	1:29.29	1:26.49	1:23.49	1:35.19	1:32.29	1:28.69	1:41.19	1:38.09
3:38.99	3:43.29	3:18.19	3:26.09	3:30.19	3:06.49	3:13.19	3:17.09	2:54.79	200 Free	2:50.19	3:13.59	3:08.09	3:01.59	3:26.49	3:20.69	3:12.89	3:39.49	3:33.19
7:37.79	7:50.89	8:43.09	7:10.89	7:23.19	8:12.39	6:43.99	6:55.49	7:41.59	400/500 Free	7:35.89	6:48.89	6:38.99	8:06.29	7:16.19	7:05.49	8:36.59	7:43.39	7:32.09
15:56.69	16:25.59	18:13.19	15:00.39	15:27.59	17:08.89	14:04.19	14:29.59	16:04.59	800/1000 Free	15:53.59	14:23.79	13:54.59	16:57.19	15:21.29	14:50.19	18:00.79	16:18.89	15:45.89
30:30.39	31:39.29	30:41.09	28:42.69	29:47.59	28:52.79	26:55.09	27:55.89	27:04.49	1500/1650 Free	26:44.39	27:47.69	26:35.09	28:31.39	29:38.89	28:21.39	30:18.39	31:30.09	30:07.79
:53.09	:55.29	:48.09	:49.99	:51.99	:45.19	:46.89	:48.79	:42.39	50 Back	:42.59	:49.19	:46.99	:45.59	:52.69	:50.39	:48.59	:56.19	:53.69
2:00.29	2:02.19	1:48.89	1:52.59	1:54.39	1:41.89	1:44.99	1:46.59	1:34.99	100 Back	1:32.59	1:46.99	1:42.29	1:39.39	1:54.79	1:49.79	1:46.09	2:02.59	1:57.29
4:04.09	4:15.29	3:40.89	3:49.69	4:00.29	3:27.89	3:35.39	3:45.29	3:14.89	200 Back	3:11.09	3:40.49	3:31.19	3:23.89	3:55.19	3:45.29	3:36.59	4:09.89	3:59.29
:59.09	:59.69	:53.49	:55.69	:56.09	:50.39	:52.19	:52.59	:47.19	50 Breast	:47.79	:55.09	:52.79	:51.29	:59.19	:56.59	:54.69	1:03.19	1:00.49
2:10.19	2:14.39	1:57.79	2:02.29	2:06.29	1:50.69	1:54.39	1:58.19	1:43.59	100 Breast	1:42.29	1:57.49	1:53.09	1:49.59	2:05.89	2:01.09	1:56.79	2:14.19	2:09.09
4:36.99	4:48.49	4:10.59	4:20.69	4:31.49	3:55.89	4:04.39	4:14.59	3:41.19	200 Breast	3:36.09	4:10.89	3:58.79	3:50.49	4:27.69	4:14.69	4:04.89	4:44.39	4:30.59
:50.69	:51.49	:45.89	:47.69	:48.39	:43.19	:44.79	:45.39	:40.49	50 Fly	:41.29	:46.49	:45.59	:44.39	:49.89	:48.99	:47.39	:53.39	:52.39
1:59.39	2:02.29	1:48.09	1:51.69	1:54.49	1:41.09	1:43.99	1:46.59	1:34.09	100 Fly	1:32.79	1:45.49	1:42.59	1:39.89	1:53.59	1:50.39	1:46.89	2:01.59	1:58.19
4:08.29	4:13.89	3:44.69	3:53.69	3:58.99	3:31.49	3:39.09	3:44.09	3:18.19	200 Fly	3:14.09	3:43.19	3:34.49	3:27.09	3:57.99	3:48.79	3:39.99	4:12.89	4:03.09
1:55.79	4:14.69	1:44.79	1:48.99	3:59.69	1:38.59	1:42.19	3:44.69	1:32.39	200 IM	1:29.79	3:45.39	1:39.19	1:35.79	4:01.09	1:45.89	1:41.89	4:16.89	1:52.59
4:06.59	9:03.89	3:43.19	3:52.09	8:31.89	3:30.09	3:37.59	7:59.99	3:16.89	400 IM	3:16.89	7:55.19	3:37.59	3:30.69	8:26.89	3:52.79	3:44.39	8:58.49	4:07.99

NEW TRIER SWIM CLUB

Developmental Standards 2009-2012

GIRLS									13-14	BOYS								
LVL1			LVL2			LVL3				LVL3			LVL2			LVL1		
SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
:44.89	:45.99	:40.59	:42.19	:43.29	:38.19	:39.59	:40.59	:35.79	50 Free	:32.89	:37.89	:36.29	:35.09	:40.39	:38.69	:37.19	:42.89	:41.19
1:37.29	1:39.69	1:28.09	1:31.59	1:33.79	1:22.89	1:25.89	1:27.89	1:17.69	100 Free	1:11.79	1:22.49	1:19.29	1:16.59	1:27.99	1:24.59	1:21.39	1:33.49	1:29.89
3:29.49	3:34.99	3:09.59	3:17.09	3:22.29	2:58.39	3:04.79	3:09.69	2:47.29	200 Free	2:36.59	2:59.09	2:52.99	2:46.99	3:10.99	3:04.49	2:57.39	3:22.89	3:16.09
7:17.59	7:28.59	8:19.99	6:51.89	7:02.19	7:50.59	6:26.09	6:35.79	7:21.19	400/500 Free	6:58.99	6:18.49	6:06.69	7:26.99	6:43.69	6:31.19	7:54.89	7:08.99	6:55.59
15:02.09	15:17.99	17:10.79	14:08.99	14:23.99	16:10.19	13:15.99	13:29.99	15:09.49	800/1000 Free	14:30.49	13:06.69	12:41.79	15:28.49	13:59.19	13:32.59	16:26.59	14:51.59	14:23.39
28:27.29	29:16.29	28:37.29	26:46.79	27:32.99	26:56.29	25:06.39	25:49.69	25:15.19	1500/1650 Free	24:04.59	24:54.59	23:56.19	25:40.89	26:34.29	25:31.99	27:17.29	28:13.89	27:07.69
1:47.19	1:50.29	1:36.99	1:40.89	1:43.79	1:31.29	1:34.59	1:37.29	1:25.59	100 Back	1:20.29	1:32.99	1:28.69	1:25.59	1:39.29	1:34.59	1:30.99	1:45.49	1:40.49
3:50.59	3:57.09	3:28.69	3:36.99	3:43.19	3:16.39	3:23.39	3:29.19	3:04.09	200 Back	2:52.79	3:20.89	3:10.89	3:04.29	3:34.29	3:23.69	3:15.79	3:47.59	3:36.39
2:01.49	2:06.09	1:49.99	1:54.39	1:58.69	1:43.49	1:47.19	1:51.29	1:36.99	100 Breast	1:30.09	1:41.69	1:39.59	1:36.09	1:48.39	1:46.19	1:42.09	1:55.19	1:52.89
4:21.09	4:31.99	3:56.29	4:05.69	4:15.99	3:42.39	3:50.39	3:59.99	3:28.49	200 Breast	3:15.39	3:47.49	3:35.89	3:28.39	4:02.69	3:50.29	3:41.49	4:17.89	4:04.69
1:46.19	1:48.29	1:36.09	1:39.89	1:41.99	1:30.39	1:33.69	1:35.59	1:24.79	100 Fly	1:18.59	1:28.79	1:26.79	1:23.79	1:34.69	1:32.59	1:28.99	1:40.69	1:38.39
3:52.69	3:58.39	3:30.59	3:38.99	3:44.29	3:18.19	3:25.29	3:30.29	3:05.79	200 Fly	2:55.39	3:18.39	3:13.79	3:07.09	3:31.69	3:26.69	3:18.69	3:44.89	3:39.59
3:55.49	4:02.89	3:33.09	3:41.69	3:48.59	3:20.59	3:27.79	3:34.29	3:08.09	200 IM	2:55.39	3:22.99	3:13.79	3:07.09	3:36.59	3:26.69	3:18.69	3:50.09	3:39.59
8:17.49	8:31.49	7:30.19	7:48.19	8:01.39	7:03.69	7:18.99	7:31.29	6:37.29	400 IM	6:15.59	7:10.59	6:55.09	6:40.69	7:39.29	7:22.69	7:05.69	8:07.99	7:50.39

NEW TRIER SWIM CLUB

Developmental Standards 2009-2012

GIRLS									BOYS									
LVL1			LVL2			LVL3			15-16	LVL3			LVL2			LVL1		
SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
:43.89	:45.09	:39.69	:41.29	:42.39	:37.39	:38.69	:39.79	:34.99	50 Free	:31.59	:35.99	:34.99	:33.69	:38.39	:37.29	:35.89	:40.79	:39.59
1:35.09	1:37.19	1:26.09	1:29.49	1:31.49	1:20.99	1:23.89	1:25.79	1:15.89	100 Free	1:08.99	1:18.89	1:16.19	1:13.59	1:24.09	1:21.29	1:18.19	1:29.39	1:26.39
3:24.09	3:28.59	3:04.69	3:12.09	3:16.29	2:53.79	3:00.09	3:03.99	2:42.89	200 Free	2:30.09	2:51.49	2:45.89	2:40.09	3:02.89	2:56.89	2:50.09	3:14.29	3:07.99
7:10.69	7:17.59	8:12.09	6:45.39	6:51.89	7:43.19	6:19.99	6:26.09	7:14.19	400/500 Free	6:45.39	6:02.79	5:54.79	7:12.39	6:26.99	6:18.39	7:39.39	6:51.19	6:42.09
14:47.49	15:02.59	16:54.09	13:55.29	14:09.49	15:54.49	13:03.09	13:16.39	14:54.79	800/1000 Free	14:00.19	12:32.39	12:15.29	14:56.29	13:22.59	13:04.39	15:52.29	14:12.69	13:53.39
28:08.59	29:00.19	28:18.49	26:29.29	27:17.79	26:38.59	24:49.99	25:35.39	24:58.69	1500/1650 Free	23:29.99	24:01.69	23:21.69	25:03.89	25:37.79	24:55.19	26:37.89	27:13.89	26:28.59
1:44.19	1:48.09	1:34.29	1:38.09	1:41.69	1:28.79	1:31.99	1:35.39	1:23.19	100 Back	1:16.39	1:28.29	1:24.39	1:21.49	1:34.19	1:29.99	1:26.59	1:40.09	1:35.69
3:45.19	3:52.79	3:23.79	3:31.99	3:39.09	3:11.89	3:18.69	3:25.39	2:59.89	200 Back	2:45.39	3:09.09	3:02.79	2:56.49	3:21.69	3:14.99	3:07.49	3:34.29	3:27.19
1:58.49	2:02.79	1:47.19	1:51.49	1:55.59	1:40.89	1:44.49	1:48.29	1:34.59	100 Breast	1:26.09	1:39.69	1:35.19	1:31.89	1:46.29	1:41.49	1:37.59	1:52.89	1:47.89
4:14.89	4:23.09	3:50.69	3:59.89	4:07.59	3:37.09	3:44.89	3:52.09	3:23.49	200 Breast	3:07.59	3:37.79	3:27.29	3:20.09	3:52.29	3:41.19	3:32.69	4:06.89	3:54.99
1:43.79	1:45.19	1:33.89	1:37.69	1:38.99	1:28.39	1:31.59	1:32.79	1:22.89	100 Fly	1:15.09	1:24.69	1:22.99	1:20.09	1:30.29	1:28.49	1:25.09	1:35.89	1:34.09
3:46.19	3:50.39	3:24.69	3:32.89	3:36.89	3:12.59	3:19.59	3:23.29	3:00.59	200 Fly	2:46.69	3:08.29	3:04.19	2:57.79	3:20.79	3:16.49	3:08.89	3:33.39	3:28.79
3:50.19	3:56.99	3:28.29	3:36.59	3:43.09	3:15.99	3:23.09	3:29.09	3:03.79	200 IM	2:48.89	3:14.79	3:06.69	3:00.19	3:27.79	3:19.09	3:11.39	3:40.79	3:31.59
8:05.09	8:16.69	7:18.99	7:36.59	7:47.49	6:53.19	7:07.99	7:18.19	6:27.39	400 IM	5:59.79	6:48.89	6:37.59	6:23.79	7:16.09	7:04.09	6:47.79	7:43.39	7:30.59

NEW TRIER SWIM CLUB

Developmental Standards 2009-2012

GIRLS									BOYS									
LVL1			LVL2			LVL3			17-18	LVL3			LVL2			LVL1		
SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
:43.49	:44.59	:39.29	:40.89	:41.99	:36.99	:38.39	:39.39	:34.69	50 Free	:30.69	:34.99	:33.89	:32.69	:37.29	:36.09	:34.69	:39.59	:38.39
1:33.79	1:36.89	1:24.79	1:28.19	1:31.19	1:19.89	1:22.69	1:25.49	1:14.89	100 Free	1:06.99	1:17.19	1:14.09	1:11.49	1:22.39	1:18.99	1:15.99	1:27.49	1:23.89
3:22.69	3:27.79	3:03.39	3:10.79	3:15.49	2:52.59	2:58.79	3:03.29	2:41.79	200 Free	2:27.59	2:48.49	2:43.09	2:37.39	2:59.79	2:53.89	2:47.19	3:10.99	3:04.79
7:07.69	7:18.29	8:08.69	6:42.49	6:52.49	7:39.89	6:17.29	6:26.69	7:11.19	400/500 Free	6:37.09	5:58.99	5:47.49	7:03.59	6:22.89	6:10.69	7:30.09	6:46.79	6:33.89
14:44.79	14:58.09	16:50.99	13:52.69	14:05.29	15:51.49	13:00.69	13:12.39	14:51.99	800/1000 Free	13:49.79	12:28.79	12:06.19	14:45.09	13:18.79	12:54.59	15:40.49	14:08.69	13:43.09
27:53.49	28:44.19	28:03.29	26:14.99	27:02.69	26:24.29	24:36.59	25:21.29	24:45.19	1500/1650 Free	23:03.99	23:45.99	22:55.89	24:36.19	25:20.99	24:27.59	26:08.49	26:56.09	25:59.39
1:43.59	1:48.69	1:33.69	1:37.49	1:42.29	1:28.19	1:31.39	1:35.89	1:22.69	100 Back	1:13.99	1:26.39	1:21.79	1:18.99	1:32.19	1:27.29	1:23.89	1:37.99	1:32.69
3:44.49	3:53.09	3:23.19	3:31.29	3:39.29	3:11.19	3:18.09	3:25.59	2:59.29	200 Back	2:41.39	3:08.79	2:58.29	2:52.09	3:21.39	3:10.19	3:02.89	3:33.99	3:22.09
1:57.79	2:00.89	1:46.59	1:50.89	1:53.79	1:40.29	1:43.99	1:46.69	1:34.09	100 Breast	1:24.39	1:37.99	1:33.29	1:30.09	1:44.59	1:39.49	1:35.69	1:51.09	1:45.79
4:13.99	4:22.49	3:49.89	3:59.09	4:07.09	3:36.29	3:44.09	3:51.69	3:22.79	200 Breast	3:03.79	3:32.59	3:23.09	3:16.09	3:46.69	3:36.69	3:28.29	4:00.89	3:50.19
1:42.49	1:43.89	1:32.79	1:36.49	1:37.79	1:27.29	1:30.49	1:31.69	1:21.89	100 Fly	1:13.29	1:23.29	1:20.99	1:18.19	1:28.79	1:26.39	1:23.09	1:34.39	1:31.79
3:43.39	3:48.89	3:22.09	3:30.19	3:35.49	3:10.29	3:17.09	3:21.99	2:58.39	200 Fly	2:41.99	3:03.29	2:58.99	2:52.79	3:15.49	3:10.89	3:03.59	3:27.69	3:22.89
3:47.49	3:54.99	3:25.89	3:34.09	3:41.09	3:13.69	3:20.69	3:27.29	3:01.59	200 IM	2:44.59	3:09.09	3:01.89	2:55.49	3:21.69	3:13.99	3:06.49	3:34.29	3:26.09
8:04.79	8:18.69	7:18.69	7:36.29	7:49.29	6:52.89	7:07.79	7:19.99	6:27.09	400 IM	5:52.99	6:42.29	6:30.09	6:16.59	7:09.09	6:56.09	6:40.09	7:35.89	7:22.09