

2020 ISCA North East Showcase Championship STANDARDS
2019-2020 SHORT COURSE

GIRLS	9&U		10		11		12		13		14		15-18		GIRLS
50 Free	35.19		35.19		32.39		31.39		28.99		28.79		28.79		50 Free
100 Free	1:18.49		1:18.49		1:08.29		1:08.29		1:03.09		1:03.09		1:01.99		100 Free
200 Free	2:49.59		2:49.59		2:25.89		2:25.89		2:16.99		2:16.99		2:12.59		200 Free
500 Free	7:04.99		7:04.99		6:20.79		6:20.79		5:50.59		5:50.59		5:41.99		500 Free
1000 Free											13:00.99		12:45.99		1000 Free
1650 Free															1650 Free
50 Back	41.89		41.89		36.09		36.09								50 Back
100 Back	1:33.09		1:33.09		1:19.49		1:19.49		1:12.69		1:12.69		1:11.59		100 Back
200 Back					2:46.99		2:46.99		2:36.29		2:36.29		2:33.29		200 Back
50 Breast	47.79		47.79		40.59		40.59								50 Breast
100 Breast	1:46.19		1:46.19		1:28.69		1:28.69		1:23.49		1:23.49		1:22.89		100 Breast
200 Breast					3:11.19		3:11.19		2:56.99		2:56.99		2:52.99		200 Breast
50 Fly	42.39		42.39		34.59		34.59								50 Fly
100 Fly	1:37.99		1:37.99		1:19.39		1:19.39		1:11.59		1:11.59		1:10.59		100 Fly
200 Fly					2:49.39		2:49.39		2:36.59		2:36.59		2:35.99		200 Fly
100 IM	1:28.59		1:28.59		1:18.69		1:18.69								100 IM
200 IM	3:13.99		3:13.99		2:48.09		2:48.09		2:41.49		2:41.49		2:33.99		200 IM
400 IM					5:50.99		5:50.99		5:25.99		5:25.99		5:24.29		400 IM

BOYS	9&U		10		11		12		13		14		15-18		BOYS
50 Free	35.19		35.19		32.39		31.39		26.79		26.79		25.99		50 Free
100 Free	1:18.49		1:18.49		1:06.99		1:06.99		59.59		59.59		57.89		100 Free
200 Free	2:49.59		2:49.50		2:25.99		2:25.99		2:14.19		2:14.19		2:02.99		200 Free
500 Free	7:05.99		7:05.99		6:31.99		6:31.99		5:50.99		5:50.99		5:29.29		500 Free
1000 Free													12:29.99		1000 Free
1650 Free															1650 Free
50 Back	42.89		42.89		38.99		36.09								50 Back
100 Back	1:37.09		1:37.09		1:17.49		1:17.49		1:08.29		1:08.29		1:04.89		100 Back
200 Back					2:42.79		2:42.79		2:27.09		2:27.09		2:18.89		200 Back
50 Breast	48.59		48.59		40.29		40.29								50 Breast
100 Breast	1:48.39		1:48.39		1:26.49		1:26.49		1:19.99		1:16.99		1:13.89		100 Breast
200 Breast					3:03.49		3:03.49		2:47.89		2:47.89		2:41.79		200 Breast
50 Fly	43.89		43.89		34.69		34.69								50 Fly
100 Fly	1:37.99		1:37.99		1:17.59		1:17.59		1:07.09		1:07.09		1:04.29		100 Fly
200 Fly					2:45.39		2:45.39		2:29.59		2:29.59		2:28.99		200 Fly
100 IM	1:28.59		1:28.59		1:17.19		1:17.19								100 IM
200 IM	3:13.99		3:13.99		2:47.99		2:47.99		2:31.09		2:31.09		2:29.79		200 IM
400 IM					5:52.99		5:52.99		5:09.79		5:09.79		5:05.89		400 IM

ISCA North East Showcase Championship age as of March 13, 2020