

2019-2020 SCY Progression Chart for Championships

GIRLS					SCY	BOYS				
SENIORS	15-18	13-14	11-12	10&U	EVENTS	10&U	11-12	13-14	15-18	SENIORS
25.39	25.69	26.29	27.69	32.19	50 FR	32.29	27.89	24.59	23.29	23.09
54.49	55.29	56.39	1:00.09	1:12.89	100 FR	1:12.69	1:00.69	53.19	50.59	49.99
01:57.8	1:58.99	2:01.49	2:11.49	2:37.09	200 FR	2:35.89	2:12.99	1:55.89	1:49.99	01:48.5
05:14.0	5:17.99	5:23.39	5:50.69	6:44.89	500 FR	6:37.39	5:56.59	5:14.59	4:58.59	04:54.7
10:43.2	10:59.99	11:15.69	11:59.99		1000 FR		12:29.09	10:59.09	10:25.99	10:09.3
18:00.0	18:30.99	18:54.49	20:32.99		1650 FR		21:00.09	18:27.59	17:39.99	17:13.9
01:00.9			31.99	38.09	50 BK	38.49	32.79			56.29
02:10.6	1:02.09	1:02.99	1:08.49	1:23.69	100 BK	1:23.69	1:10.79	59.99	57.49	02:03.1
01:10.5	2:14.09	2:14.59	2:26.39		200 BK		2:30.99	2:09.59	2:05.19	01:04.2
02:32.3			36.09	43.69	50 BR	44.39	36.99			02:20.0
59.99	1:11.69	1:13.39	1:19.29	1:36.79	100 BR	1:37.59	1:20.59	1:07.89	1:04.79	54.99
02:13.4	2:36.39	2:38.09	2:50.59		200 BR		2:53.39	2:28.29	2:22.99	02:04.6
02:12.6			30.69	37.39	50 FL	38.19	30.99			02:02.4
04:41.6	1:01.19	1:02.49	1:08.39	1:33.59	100 FL	1:35.19	1:11.49	59.09	55.29	04:23.0
use 400 time	2:17.79	2:19.29	2:36.39		200 FL		2:39.99	2:16.49	2:08.19	use 400 time
04:15.5			1:09.79	1:23.49	100 IM	1:23.79	1:10.19			03:55.5
01:42.8	2:14.59	2:17.59	2:28.99	2:59.59	200 IM	2:57.09	2:30.79	2:11.09	2:03.99	01:36.3
03:44.0	4:46.99	4:53.09	5:17.09		400 IM		5:26.89	4:43.39	4:28.09	03:27.0
08:01.0		1:46.69	1:52.69	2:15.99	200 FR-R	2:21.89	1:57.89	1:41.79		07:34.8
3:43.99	3:50.19	3:51.99	4:09.59	5:10.69	400 FR-R	5:21.19	4:20.79	3:40.99	3:35.99	3:26.99
8:00.99	8:10.99	8:12.39			800 FR-R			7:58.29	7:40.79	7:34.79
400 time		use 400	2:06.19	2:35.69	200 MR	2:43.99	2:12.19	use 400		400 time
4:15.49	4:16.09	4:17.89	4:42.49		400 MR		4:53.99	4:08.99	4:00.69	3:55.49

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GIRLS					SCM	BOYS				
SENIORS	15-18	13-14	11-12	10&U	Events	10&U	11-12	13-14	15-18	SENIORS
27.19	28.19	28.79	30.58	35.89	50 FR	36.09	30.79	26.79	25.99	25.29
59.69	1:01.19	1:02.09	1:07.09	1:21.39	100 FR	1:21.09	1:07.89	59.09	55.99	54.99
2:08.79	2:11.99	2:14.09	2:26.09	2:55.79	200 FR	2:53.99	2:27.69	2:06.69	2:01.79	2:01.09
4:32.09	4:35.59	4:41.69	5:03.09	5:54.29	400 FR	5:49.79	5:07.39	4:33.29	4:22.39	4:15.99
9:23.99	9:34.99	9:44.99	10:24.49		800 FR		10:51.99	9:32.29	9:03.19	8:46.99
17:54.99	18:34.79	18:39.99	20:17.19		1500 FR		20:43.99	18:13.29	17:38.59	17:05.99
			35.99	43.19	50 BK	42.89	36.39			
1:07.59	1:09.89	1:10.89	1:17.89	1:33.29	100 BK	1:33.29	1:15.19	1:07.09	1:03.79	1:02.49
2:25.99	2:28.89	2:29.59	2:47.59		200 BK		2:50.89	2:26.39	2:18.99	2:16.49
			39.99	48.69	50 BR	49.59	40.09			
1:17.09	1:18.99	1:20.59	1:28.49	1:47.89	100 BR	1:48.89	1:28.99	1:15.09	1:12.59	1:11.99
2:48.69	2:50.89	2:53.99	3:09.89		200 BR		3:12.89	2:43.49	2:36.49	2:34.99
			33.59	41.59	50 FL	42.49	34.19			
1:05.99	1:06.99	1:07.89	1:16.89	1:44.39	100 FL	1:46.19	1:15.49	1:03.79	1:02.09	1:01.29
2:28.79	2:31.99	2:34.49	2:56.69		200 FL		2:57.79	2:32.09	2:22.89	2:17.19
			1:18.69	1:33.09	100 IM	1:33.49	1:15.79			
2:26.49	2:28.99	2:31.29	2:44.09	3:20.29	200 IM	3:17.59	2:47.39	2:26.29	2:18.59	2:16.59
5:10.99	5:18.99	5:20.49	5:53.09		400 IM		6:03.59	5:14.59	4:53.19	4:52.19
04:48.79					400 MR					04:24.99
01:58.99					200 FR-R					01:48.99
04:15.59					400 FR-R					03:56.39
09:07.99					800 FR-R					08:31.99

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GIRLS					LCM	BOYS				
SENIORS	15-18	13-14	11-12	10&U	Events	10&U	11-12	13-14	15-18	SENIORS
28.29	28.99	29.39	31.39	36.99	50 FR	37.49	31.59	27.89	26.99	26.09
1:01.39	1:02.79	1:03.39	1:08.69	1:23.39	100 FR	1:24.19	1:09.49	1:00.22	57.59	56.59
2:13.09	2:15.49	2:16.69	2:29.29	2:59.99	200 FR	3:00.19	2:30.89	2:09.19	2:04.99	2:04.29
4:38.99	4:41.99	4:48.09	5:09.09	6:04.09	400 FR	5:59.99	5:13.79	4:39.69	4:28.79	4:23.09
9:38.29	9:47.79	9:56.89	10:37.19		800 FR		11:00.19	9:43.89	9:15.99	9:05.99
18:31.49	18:58.79	19:11.79	20:51.79		1500 FR		21:30.09	18:54.29	18:02.59	17:45.99
			36.59	44.49	50 BK	44.69	37.09			
1:09.99	1:11.09	1:12.19	1:19.09	1:37.99	100 BK	1:37.69	1:19.29	1:08.39	1:05.99	1:04.99
2:29.59	2:31.29	2:33.49	2:49.99		200 BK		2:53.29	2:29.29	2:21.39	2:19.99
			40.99	50.09	50 BR	51.59	41.09			
1:20.59	1:20.99	1:21.99	1:30.49	1:51.09	100 BR	1:53.99	1:30.99	1:17.09	1:14.59	1:12.79
2:53.99	2:57.89	2:58.89	3:13.89		200 BR		3:16.99	2:47.49	2:40.49	2:38.29
			34.39	44.29	50 FL	45.59	34.89			
1:07.99	1:08.19	1:09.19	1:18.29	1:49.69	100 FL	1:49.99	1:18.89	1:05.19	1:02.99	1:02.59
2:31.79	2:34.99	2:36.39	2:59.49		200 FL		3:00.59	2:34.89	2:25.69	2:20.79
					100 IM					
2:30.79	2:32.59	2:34.29	2:47.29	3:24.89	200 IM	3:24.59	2:50.69	2:29.19	2:21.79	2:20.99
5:20.99	5:25.99	5:27.79	5:59.49		400 IM		6:09.99	5:20.99	5:01.79	4:58.99
use 400 time					200 MR					use 400 time
04:48.79					400 MR					04:24.99
01:58.99					200 FR-R					01:48.99
04:15.59					400 FR-R					03:56.39
09:07.99					800 FR-R					08:31.99