

**2021 Western Zone Age Group Championship Time Standards: Team Colorado ONLY**  
**Qualifying Period = 8/7/2019 – 6/27/2021**

Women				10 & Under	Men			
2020 WZ Qual*			CO Qual*		2020 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
0:32.79	0:31.99	0:28.89	0:31.79	50 Free	0:32.79	0:31.99	0:28.89	0:30.99
1:11.99	1:10.39	1:03.39	1:08.99	100 Free	1:11.79	1:10.19	1:03.19	1:08.69
2:36.99	2:33.79	2:18.59	2:30.39	200 Free	2:36.39	2:33.19	2:17.99	2:28.99
0:38.79	0:38.19	0:34.39	0:37.29	50 Back	0:38.99	0:38.39	0:34.59	0:36.79
1:23.59	1:22.39	1:14.19	1:19.89	100 Back	1:24.09	1:22.89	1:14.69	1:20.09
0:43.79	0:42.79	0:38.59	0:41.39	50 Breast	0:44.19	0:43.19	0:38.99	0:40.69
1:35.09	1:33.09	1:23.89	1:30.89	100 Breast	1:36.29	1:34.29	1:24.89	1:28.99
0:35.99	0:35.19	0:31.79	0:34.79	50 Fly	0:36.19	0:35.49	0:31.99	0:34.19
1:22.59	1:21.19	1:13.19	1:18.29	100 Fly	1:22.69	1:21.29	1:13.19	1:16.49
2:56.79	2:53.59	2:36.39	2:50.19	200 IM	2:57.69	2:54.49	2:37.19	2:47.19
Women				11-12	Men			
2020 WZ Qual*			CO Qual*		2020 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
0:29.39	0:28.59	0:25.59	0:28.69	50 Free	0:29.19	0:28.39	0:25.59	0:28.09
1:04.39	1:02.79	0:56.59	1:02.29	100 Free	1:03.79	1:02.19	0:55.99	1:01.19
2:19.79	2:16.59	2:03.09	2:16.89	200 Free	2:18.89	2:15.69	2:02.19	2:14.09
4:54.69	4:48.29	5:30.19	4:45.69	400/ 500 Free	4:54.39	4:47.99	5:29.89	4:42.89
0:34.19	0:33.59	0:30.29	0:33.09	50 Back	0:34.19	0:33.59	0:30.29	0:32.59
1:13.39	1:12.19	1:05.09	1:11.49	100 Back	1:13.29	1:12.09	1:04.99	1:10.59
2:42.09	2:39.69	2:23.89	2:34.29	200 Back	2:39.39	2:36.99	2:21.49	2:30.69
0:38.19	0:37.19	0:33.49	0:36.49	50 Breast	0:37.79	0:36.79	0:33.09	0:36.59
1:23.29	1:21.29	1:13.19	1:19.89	100 Breast	1:23.29	1:21.29	1:13.19	1:18.49
3:02.39	2:58.39	2:40.69	2:52.69	200 Breast	3:01.09	2:57.09	2:39.59	2:52.19
0:31.99	0:31.29	0:28.19	0:30.69	50 Fly	0:31.89	0:31.19	0:28.09	0:29.99
1:11.19	1:09.79	1:02.89	1:08.19	100 Fly	1:11.49	1:10.09	1:03.09	1:06.79
2:45.89	2:43.09	2:26.89	2:36.59	200 Fly	2:44.89	2:42.09	2:25.99	2:31.29
2:37.69	2:34.49	2:19.19	2:34.19	200 IM	2:36.69	2:33.49	2:18.29	2:31.29
5:44.39	5:37.99	5:04.49	5:30.19	400 IM	5:39.69	5:33.29	5:00.29	5:23.69
Women				13-14	Men			
2020 WZ Qual*			CO Qual*		2020 WZ Qual*			CO Qual*
LCM	SCM	SCY	LCM	Event	LCM	SCM	SCY	LCM
0:28.59	0:27.79	0:25.09	0:28.19	50 Free	0:26.69	0:25.89	0:23.39	0:25.69
1:01.89	1:00.29	0:54.39	1:00.49	100 Free	0:57.99	0:56.39	0:50.79	0:54.89
2:14.29	2:11.09	1:58.09	2:11.59	200 Free	2:06.19	2:02.99	1:50.79	2:02.49
4:40.99	4:34.59	5:14.79	4:37.59	400/ 500 Free	4:29.69	4:23.29	5:02.09	4:21.39
9:51.29	9:38.49	11:02.49	9:35.69	800/ 1000 Free	9:28.29	9:15.49	10:36.79	9:06.29
18:51.09	18:27.09	18:28.99	18:23.09	1500/ 1650 Free	18:07.89	17:43.89	17:46.49	17:24.89
1:10.29	1:09.09	1:02.29	1:08.09	100 Back	1:06.49	1:05.29	0:58.89	1:02.89
2:30.89	2:28.49	2:13.79	2:28.59	200 Back	2:23.59	2:21.19	2:07.19	2:17.89
1:20.09	1:18.09	1:10.39	1:17.09	100 Breast	1:14.69	1:12.69	1:05.49	1:11.29
2:52.69	2:48.69	2:31.99	2:48.09	200 Breast	2:42.59	2:38.59	2:22.89	2:37.19
1:08.19	1:06.79	1:00.19	1:06.79	100 Fly	1:03.59	1:02.19	0:56.09	1:00.79
2:32.79	2:29.99	2:15.09	2:27.99	200 Fly	2:24.09	2:21.29	2:07.29	2:18.69
2:32.09	2:28.89	2:14.19	2:30.49	200 IM	2:22.79	2:19.59	2:05.79	2:18.79
5:22.99	5:16.59	4:45.19	5:14.49	400 IM	5:04.99	4:58.59	4:28.99	4:55.89

\* ALL TIMES (including CO Qual) are sea level times. See Altitude Conversion Table to adjust times swam at altitude to sea level.

## Altitude Conversion Table

Event	Elevation of Achieved Time		
	3,000-4,250 ft	4,251-6,500 ft	Above 6,500 ft
	Conversion Amount		
50 Free	n/c	n/c	n/c
100 Free	n/c	n/c	n/c
200 Free	0.5	1.2	1.6
400/ 500 Free	2.5	5.0	7.0
800/ 1000 Free	5.0	10.0	15.0
1500/ 1650 Free	11.0	23.0	32.5
100 Back	n/c	n/c	n/c
200 Back	0.5	1.2	1.6
100 Breast	n/c	n/c	n/c
200 Breast	0.5	1.2	1.6
100 Fly	n/c	n/c	n/c
200 Fly	0.5	1.2	1.6
200 IM	0.5	1.2	1.6
400 IM	2.5	5.0	7.0

### Sea Level Time → Altitude Time

Sea level time + **Conversion Amount** for appropriate elevation.

Example: Achieving a time of 2:28.59 in the 200 Backstroke at sea level (or below 3,000 feet) is equivalent to achieving a 2:29.79 at an elevation of 5,280 feet.

### Altitude Time → Sea Level Time

Achieved time - **Conversion Amount** for appropriate elevation of achieved time.

Example: Achieving a time of 5:28.69 in the 400 IM at an elevation of 5,280 feet is equivalent to achieving a 5:23.69 at sea level (or below 3,000 feet).