



TIME STANDARDS

2019 REGIONAL & AGE GROUP CHAMPIONSHIPS

GIRLS

BOYS

LCM		SCM		SCY		10 & Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
:34.79	:38.29	:33.39	:36.69	:30.09	:33.09	50 Free	:30.19	:33.19	:33.49	:36.79	:34.89	38.39
1:17.59	1:25.39	1:14.59	1:21.99	1:07.19	1:13.89	100 Free	1:06.59	1:13.29	1:13.89	1:21.29	1:18.29	1:26.09
2:49.89	3:06.89	2:44.49	3:00.99	2:28.19	2:42.09	200 Free	2:27.79	2:42.59	2:44.09	3:00.49	2:51.89	3:09.09
5:49.29	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
:40.79	:45.09	:39.49	:43.49	:35.59	:39.19	50 Back	:35.79	:39.39	:39.69	:43.69	:41.59	:45.79
1:29.29	1:38.29	1:25.49	1:33.99	1:16.99	1:24.69	100 Back	1:17.49	1:25.29	1:25.99	1:34.69	1:29.29	1:38.39
:46.89	:51.59	:44.49	:48.89	:40.09	:44.09	50 Breast	:40.89	:44.99	:45.39	:49.89	:48.49	:53.39
1:42.89	1:53.19	1:37.49	1:47.19	1:27.79	1:36.59	100 Breast	1:29.89	1:39.09	1:39.89	1:49.99	1:44.79	1:55.49
:38.79	:42.69	:37.79	:41.59	:34.09	:37.49	50 Fly	:34.09	:37.49	:37.79	:41.59	:39.79	:43.79
1:34.29	1:43.69	1:28.79	1:37.69	1:19.99	1:27.99	100 Fly	1:20.79	1:28.89	1:29.69	1:38.69	1:37.99	1:47.79
		1:25.79	1:34.39	1:17.29	1:24.99	100 IM	1:17.79	1:25.59	1:26.39	1:34.99		
3:13.89	3:33.29	3:05.69	3:24.29	2:47.29	3:03.99	200 IM	2:48.09	3:05.09	3:06.59	3:25.49	3:11.39	3:31.19
2:30.29		2:22.59		2:08.49		200 Free Relay	2:10.59		2:24.99		2:35.59	
2:50.99		2:41.19		2:25.19		200 Med. Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11 & 12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
:30.69	:33.99	:29.59	:32.99	:26.99	:29.69	50 Free	:26.59	:29.59	:28.99	:32.89	:30.09	:34.19
1:06.99	1:13.49	1:04.79	1:11.29	:58.29	1:04.09	100 Free	:57.89	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.49	2:42.89	2:19.89	2:37.49	2:08.19	2:21.79	200 Free	2:08.19	2:21.89	2:19.49	2:37.49	2:24.99	2:44.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.19	6:18.59	400/500 Free	5:43.59	6:18.29	4:57.49	5:30.59	5:09.39	5:51.29
11:12.79	12:30.89	10:59.99	12:14.19	11:48.99	13:04.49	800/1000 Free	11:56.29	13:08.69	11:01.89	12:15.59	11:14.69	12:46.09
20:45.49	23:10.09	20:17.99	22:39.19	20:10.79	22:19.59	1500/1650 Free	20:00.79	22:02.09	20:07.99	22:35.59	20:43.29	23:31.69
:35.49	:38.99	:34.49	:37.69	:30.99	:33.89	50 Back	:31.09	34.49	:34.59	:38.39	:35.89	:40.79
1:16.59	1:25.59	1:13.49	1:21.89	1:06.19	1:13.79	100 Back	1:06.99	1:14.49	1:14.79	1:22.69	1:17.79	1:27.99
2:42.49	2:56.09	2:37.79	2:51.59	2:21.39	2:34.39	200 Back	2:23.69	2:37.59	2:39.19	2:54.59	2:43.89	2:59.79
:40.29	:45.49	:38.79	:42.89	:34.49	:38.59	50 Breast	:34.69	:39.19	:38.49	:43.59	:39.99	:46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.59	1:24.19	100 Breast	1:15.69	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:02.39	3:22.39	2:59.19	3:19.89	2:42.19	2:59.69	200 Breast	2:48.29	3:09.29	3:05.59	3:30.19	3:08.89	3:38.09
:33.39	:37.69	:32.19	:36.59	:29.39	:32.99	50 Fly	:29.69	:32.89	:32.59	:36.49	:33.69	:38.09
1:15.59	1:25.99	1:12.69	1:21.99	1:05.89	1:13.79	100 Fly	1:07.29	1:14.59	1:14.09	1:22.69	1:16.99	1:28.09
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:06.29	200 Fly	2:43.39	3:04.69	3:01.09	3:24.09	3:06.29	3:30.99
		1:15.19	1:22.19	1:07.59	1:13.89	100 IM	1:07.19	1:14.89	1:14.69	1:23.19		
2:45.79	3:04.99	2:39.49	2:57.79	2:24.99	2:39.99	200 IM	2:25.59	2:41.29	2:40.59	2:56.59	2:46.99	3:07.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
4:40.89		4:30.09		4:03.69		400 Free Relay	4:07.29		4:34.99		4:45.99	
5:19.69		5:07.39		4:34.79		400 Med. Relay	4:41.79		5:15.29		5:30.39	
LCM		SCM		SCY		13 & 14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG	Event	CHMP	REG	CHMP	REG	CHMP	REG
:29.29	:31.89	:28.19	:30.79	:25.49	:27.79	50 Free	:23.89	:26.29	:26.49	:29.19	:27.59	:30.39
1:03.49	1:09.29	1:01.39	1:06.99	:55.29	1:00.29	100 Free	:51.89	:57.09	:57.99	1:03.79	:59.59	1:05.69
2:18.39	2:31.59	2:13.19	2:25.29	1:59.59	2:10.89	200 Free	1:53.59	2:05.19	2:06.29	2:18.99	2:12.19	2:25.49
4:52.49	5:21.79	4:41.29	5:09.49	5:22.69	5:53.59	400/500 Free	5:08.59	5:36.19	4:32.29	4:59.59	4:43.19	5:13.59
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:01.59	21:03.39	18:45.59	20:41.49	18:49.19	20:44.49	1500/1650 Free	18:18.29	20:10.99	18:28.39	20:20.09	18:45.29	20:42.09
1:12.29	1:18.89	1:09.59	1:14.59	1:01.59	1:07.19	100 Back	:58.39	1:04.39	1:04.79	1:11.49	1:09.69	1:16.79
2:35.29	2:49.99	2:29.89	2:42.69	2:13.99	2:26.49	200 Back	2:08.29	2:21.19	2:24.39	2:36.69	2:30.89	2:46.19
1:22.99	1:30.59	1:19.59	1:26.79	1:11.09	1:17.39	100 Breast	1:06.99	1:13.89	1:14.49	1:22.19	1:18.09	1:26.79
3:00.29	3:18.49	2:53.39	3:09.59	2:35.19	2:50.79	200 Breast	2:27.09	2:41.99	2:43.39	2:59.79	2:51.39	3:08.89
1:10.39	1:16.99	1:08.19	1:14.49	1:01.39	1:07.09	100 Fly	:57.69	1:03.49	1:03.99	1:10.49	1:06.69	1:13.49
2:39.79	2:55.79	2:33.69	2:49.09	2:18.79	2:32.69	200 Fly	2:12.99	2:26.29	2:29.39	2:42.39	2:34.99	2:50.29
2:37.49	2:52.09	2:31.49	2:45.39	2:16.29	2:28.89	200 IM	2:08.79	2:21.89	2:23.09	2:37.49	2:27.89	2:43.09
5:33.69	6:07.09	5:20.89	5:52.99	4:50.89	5:19.99	400 IM	4:39.29	5:07.29	5:14.89	5:46.39	5:19.99	5:52.79
4:22.19		4:12.19		3:49.29		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Free Relay	8:01.59		9:01.49		9:23.29	
4:56.39		4:44.89		4:14.89		400 Med. Relay	4:02.69		4:32.89		4:48.29	