

19 Senior Long Course Time Standards

Girls				Boys		
SCY	SCM	LCM		LCM	SCM	SCY
25.79	28.59	29.39	50 FR	26.79	25.99	23.49
56.59	1:02.79	1:04.39	100 FR	57.89	56.29	50.69
2:05.29	2:19.09	2:20.69	200 FR	2:07.39	2:04.19	1:51.89
5:45.49	5:01.99	5:08.39	400/500 FR	4:40.99	4:34.59	5:14.79
12:17.39	10:45.39	10:58.19	1000/800 FR	10:16.09	10:03.29	11:30.29
20:01.89	20:01.99	20:25.99	Mile	19:35.69	19:11.69	19:12.59
1:05.29	1:12.49	1:13.69	100 Bk	1:08.09	1:06.89	1:00.29
2:24.79	2:40.69	2:43.09	200 BK	2:33.19	2:30.79	2:15.79
1:16.49	1:24.89	1:26.89	100 BR	1:19.19	1:17.19	1:09.49
2:46.69	3:04.99	3:08.99	200 BR	2:59.69	2:55.69	2:38.19
1:05.49	1:12.69	1:14.09	100 FL	1:05.69	1:04.29	57.89
2:34.89	2:51.99	2:54.79	200 FL	2:41.29	2:38.49	2:22.69
2:22.69	2:38.39	2:41.59	200 IM	2:30.49	2:27.29	2:12.69
5:20.89	5:56.19	6:02.59	400 IM	5:32.49	5:26.09	4:53.69
1:55.69	2:08.39	2:12.29	200 Fr Relay	1:58.09	1:53.99	1:42.69
4:10.29	4:37.89	4:46.09	400 Fr Relay	4:17.89	4:08.49	3:43.89
2:08.49	2:22.69	2:26.59	200 Med Relay	2:14.79	2:09.59	1:56.79
4:45.99	5:17.49	5:24.29	400 Med Relay	4:53.39	4:37.79	4:10.29

2018-2019 Short Course Championships Time Standards

Girls				Boys		
SCY	SCM	LCM		LCM	SCM	SCY
26.39	29.29	30.09	50 FR	27.09	26.29	23.69
57.19	1:03.49	1:05.09	100 FR	58.99	57.39	51.69
2:03.09	2:16.59	2:19.79	200 FR	2:08.39	2:05.19	1:52.79
5:43.49	5:00.19	5:06.59	500 FR	4:45.09	4:38.69	5:19.39
11:50.79	10:21.59	10:34.39	1000/800 FR	9:51.39	9:38.59	11:02.59
19:47.29	19:47.09	20:11.09	Mile	18:52.59	18:28.59	18:30.39
1:05.29	1:12.49	1:13.69	100 Bk	1:08.09	1:06.89	1:00.29
2:24.79	2:40.69	2:43.09	200 BK	2:33.19	2:30.79	2:15.79
1:16.49	1:24.89	1:26.89	100 BR	1:19.19	1:17.19	1:09.49
2:46.69	3:04.99	3:08.99	200 BR	2:59.69	2:55.69	2:38.19
1:05.49	1:12.69	1:14.09	100 FL	1:05.69	1:04.29	57.89
2:34.89	2:51.99	2:54.79	200 FL	2:41.29	2:38.49	2:22.69
2:22.69	2:38.39	2:41.59	200 IM	2:30.49	2:27.29	2:12.69
5:06.49	5:40.19	5:46.59	400 IM	5:19.49	5:13.09	4:42.09
1:55.69	2:08.39	2:12.29	200 Fr Relay	1:58.09	1:53.99	1:42.69
4:10.29	4:37.79	4:46.09	400 Fr Relay	4:17.89	4:08.52	3:43.89
2:08.49	2:22.59	2:26.59	200 Med Relay	2:14.79	2:09.64	1:56.79
4:45.99	5:17.39	5:24.29	400 Med Relay	4:53.39	4:37.82	4:10.29