

JO Time Standards

GIRLS				BOYS		
LCM	SCM	SCY	13-14	SCY	SCM	LCM
29.69	29.09	26.09	50 Free	24.49	27.39	27.89
1:03.79	1:02.79	56.39	100 Free	53.09	59.19	1:00.19
2:18.69	2:15.89	2:02.49	200 Free	1:56.29	2:09.19	2:11.89
4:55.59	4:47.59	5:31.29	500 Free	5:17.89	4:43.99	4:36.39
10:15.99	10:02.99	11:36.99	1000 Free	11:15.19	9:52.19	10:03.39
20:04.29	19:30.59	19:45.99	1650 Free	18:55.99	18:45.49	19:17.99
1:12.89	1:10.69	1:03.59	100 Back	1:00.39	1:07.49	1:09.59
2:36.89	2:32.89	2:17.59	200 Back	2:11.99	2:27.09	2:30.99
1:23.09	1:21.29	1:13.09	100 Breast	1:08.39	1:17.39	1:19.09
2:59.99	2:57.69	2:39.69	200 Breast	2:31.69	2:50.09	2:52.19
1:11.89	1:10.79	1:03.69	100 Fly	59.59	1:06.89	1:07.89
2:43.09	2:41.49	2:24.89	200 Fly	2:17.19	2:33.99	2:35.59
200 IM Cut	200 IM Cut	200 IM Cut	100 IM	200 IM Cut	200 IM Cut	200 IM Cut
2:38.49	2:34.29	2:18.99	200 IM	2:11.19	2:26.69	2:30.69
5:43.49	5:33.99	4:59.19	400 IM	4:44.59	5:19.19	5:28.19
LCM	SCM	SCY	11-12	SCY	SCM	LCM
30.99	30.49	27.29	50 Free	27.29	30.49	31.09
1:08.29	1:07.09	59.99	100 Free	59.99	1:06.59	1:07.79
2:27.99	2:24.99	2:09.89	200 Free	2:10.79	2:24.79	2:27.69
5:12.29	5:03.89	5:49.39	500 Free	5:49.99	5:03.99	5:12.29
10:58.39	10:45.89	12:25.99	1000 Free	12:25.99	10:45.89	10:58.39
21:39.69	21:03.99	21:19.99	1650 Free	21:19.99	21:03.99	21:39.69
36.59	35.39	31.59	50 Back	31.79	35.29	36.49
1:17.79	1:15.49	1:07.39	100 Back	1:08.29	1:16.79	1:18.09
2:48.69	2:44.39	2:26.79	200 Back	2:29.79	2:46.99	2:51.39
40.59	39.59	35.49	50 Breast	35.99	39.99	40.99
1:28.29	1:26.39	1:17.39	100 Breast	1:19.09	1:28.49	1:30.49
3:12.29	3:09.89	2:49.99	200 Breast	2:52.69	3:11.89	3:14.29
34.69	33.69	29.89	50 Fly	29.99	33.39	34.39
1:17.29	1:16.09	1:07.69	100 Fly	1:08.79	1:16.59	1:17.69
3:01.79	2:59.99	2:39.99	200 Fly	2:39.99	2:57.59	2:59.39
NA	1:16.49	1:08.49	100 IM	1:08.69	1:16.29	NA
2:49.99	2:45.59	2:28.09	200 IM	2:28.59	2:45.19	2:49.69
6:07.19	5:57.09	5:20.29	400 IM	5:21.99	5:58.69	6:08.89
LCM	SCM	SCY	10&U	SCY	SCM	LCM
35.99	35.39	31.59	50 Free	31.29	34.99	35.69
1:18.89	1:17.59	1:09.99	100 Free	1:09.99	1:17.59	1:18.89
2:51.59	2:48.09	2:31.89	200 Free	2:32.39	2:48.69	2:52.19
6:04.09	5:54.29	6:47.99	500 Free	6:48.99	5:54.79	6:04.59
42.09	40.79	36.59	50 Back	36.59	40.79	42.09
1:32.69	1:29.89	1:20.99	100 Back	1:20.99	1:29.89	1:32.69
48.39	47.19	42.59	50 Breast	42.79	47.39	48.59
1:44.39	1:41.99	1:31.39	100 Breast	1:32.29	1:42.59	1:44.79
40.39	39.29	35.19	50 Fly	35.19	39.29	40.39
1:35.59	1:34.09	1:23.99	100 Fly	1:24.39	1:33.69	1:35.09
NA	1:28.69	1:19.49	100 IM	1:19.49	1:28.69	NA
3:17.39	3:12.59	2:53.99	200 IM	2:54.99	3:13.49	3:18.29