Long Course Meters

Girls 10 & Under

		AAAA	AAA	AA	Q1	A	MI A	BB	B	MI B
50	Free	32.09	33.49	34.99	37.29	36.39	38.09	40.79	45.09	**43.69**
100	Free	1:10.79	1:14.49	1:18.19	1:21.79	1:21.89	1:26.79	1:32.99	1:43.99	**1:41.79**
200	Free	2:33.49	2:41.89	2:50.19	3:00.19	2:58.49	3:09.79	3:23.59	3:48.59	**3:38.09**
400	Free	5:20.19	5:35.39	5:50.59	6:20.09	6:05.89	7:05.99	6:51.59	7:37.29	8:27.29
50	Back	37.59	39.59	41.69	44.19	43.69	46.39	49.89	55.99	**52.99**
100	Back	1:21.69	1:26.19	1:30.69	1:36.99	1:35.29	1:43.49	1:48.89	2:02.39	**1:59.49**
50	Breast	41.59	43.89	46.09	50.89	48.29	50.79	54.89	1:01.59	**58.19**
100	Breast	1:31.69	1:36.79	1:41.89	1:48.39	1:46.99	1:52.09	2:02.29	2:17.49	**2:11.49**
50	Fly	35.59	37.69	39.89	43.59	42.09	45.19	48.59	55.09	**55.19**
100	Fly	1:20.49	1:26.29	1:32.09	1:46.39	1:37.89	1:48.59	1:55.19	2:12.59	**2:09.19**
200	IM	2:53.39	3:02.19	3:11.09	3:24.49	3:19.89	3:38.19	3:46.49	4:12.99	**4:11.09**

Girls 11-12

50	Free	29.69	30.99	32.39	32.19	33.69	33.79	36.39	39.19	**38.49**
100	Free	1:04.29	1:07.39	1:10.49	1:10.19	1:13.49	1:15.49	1:19.59	1:25.79	1:27.79
200	Free	2:17.99	2:24.49	2:31.09	2:31.59	2:37.69	2:42.99	2:50.79	3:03.89	3:11.99
400	Free	4:50.79	5:04.69	5:18.49	5:16.59	5:32.39	5:39.09	6:00.09	6:27.79	6:37.59
800	Free	10:08.79	10:37.69	11:06.69		11:35.69		12:33.69	13:31.69	
1500	Free	19:33.09	20:28.99	21:24.89		22:20.69		24:12.39	26:04.19	
50	Back	34.19	35.79	37.39	37.99	38.99	40.99	42.29	45.49	46.29
100	Back	1:11.59	1:15.49	1:19.39	1:22.69	1:23.29	1:30.29	1:31.09	1:38.89	1:43.49
200	Back	2:37.69	2:45.19	2:52.69	2:56.99	3:00.19	3:14.99	3:15.29	3:30.29	3:43.69
50	Breast	36.89	38.59	40.39	42.79	42.09	44.79	45.59	49.09	51.29
100	Breast	1:21.59	1:25.59	1:29.69	1:31.99	1:33.79	1:37.79	1:41.89	1:49.99	1:53.19
200	Breast	2:58.19	3:06.69	3:15.19	3:22.49	3:23.69	3:34.39	3:40.59	3:57.59	4:03.59
50	Fly	31.79	33.29	34.79	35.79	36.29	38.39	39.39	42.39	45.69
100	Fly	1:11.09	1:14.99	1:18.99	1:23.19	1:22.89	1:29.79	1:30.79	1:38.69	1:49.79
200	Fly	2:36.89	2:44.29	2:51.79	3:23.09	2:59.29	3:33.29	3:14.19	3:29.09	4:10.29
200	IM	2:37.29	2:44.79	2:52.29	2:53.99	2:59.79	3:06.89	3:14.79	3:29.69	3:35.89
400	IM	5:35.99	5:51.99	6:07.99	6:16.89	6:23.99	6:46.59	6:55.89	7:27.89	7:29.69

Girls 13-14

50	Free	28.39	29.79	31.09	30.59	32.49	31.79	35.19	37.89	**36.79**
100	Free	1:01.59	1:04.49	1:07.39	1:06.79	1:10.39	1:10.49	1:16.19	1:22.09	**1:21.19**
200	Free	2:12.79	2:19.09	2:25.39	2:23.69	2:31.79	2:34.59	2:44.39	2:57.09	2:57.29
400	Free	4:37.09	4:50.29	5:03.49	5:03.59	5:16.59	5:33.79	5:42.99	6:09.39	6:05.59
800	Free	9:26.99	9:53.99	10:20.99	10:27.09	10:47.99	11:44.99	11:41.99	12:35.99	13:36.49
1500	Free	18:04.79	18:56.49	19:48.09	20:00.09	20:39.79	23:04.79	22:23.09	24:06.39	26:34.49
100	Back	1:08.09	1:11.39	1:14.59	1:17.09	1:17.79	1:23.99	1:24.29	1:30.79	1:37.79
200	Back	2:26.49	2:33.49	2:40.39	2:44.29	2:47.39	3:02.89	3:01.29	3:15.29	3:31.39
100	Breast	1:17.89	1:21.59	1:25.29	1:27.79	1:28.99	1:33.79	1:36.39	1:43.89	1:48.09
200	Breast	2:47.99	2:55.99	3:03.99	3:09.89	3:11.99	3:21.09	3:27.99	3:43.99	3:50.09
100	Fly	1:06.89	1:10.09	1:13.29	1:16.49	1:16.49	1:22.29	1:22.89	1:29.19	1:36.69
200	Fly	2:27.19	2:34.19	2:41.29	2:55.99	2:48.29	3:07.49	3:02.29	3:16.29	3:50.69
200	IM	2:29.99	2:37.19	2:44.29	2:44.29	2:51.49	2:56.09	3:05.69	3:19.99	3:25.69
400	IM	5:15.89	5:30.99	5:45.99	5:54.39	6:00.99	6:22.89	6:31.09	7:01.19	7:25.39

Girls 15-16 [Use as Open Time Standards]

50	Free	27.79	29.19	30.49	29.49	31.79	32.09	34.49	37.09	**36.79**
100	Free	1:00.09	1:02.89	1:05.79	1:03.69	1:08.59	1:10.29	1:14.39	1:20.09	1:21.19
200	Free	2:08.79	2:14.99	2:21.09	2:17.59	2:27.19	2:32.29	2:39.49	2:51.79	2:57.29
400	Free	4:30.29	4:43.19	4:55.99	4:53.19	5:08.89	5:21.29	5:34.69	6:00.39	6:05.89
800	Free	9:17.49	9:44.09	10:10.59	10:08.09	10:37.09	11:35.99	11:30.19	12:23.29	13:36.49
1500	Free	17:54.79	18:45.99	19:37.19	19:30.99	20:28.39	23:04.79	22:10.69	23:53.09	26:34.39
100	Back	1:06.79	1:09.89	1:13.09	1:15.39	1:16.29	1:23.49	1:22.69	1:28.99	1:37.39
200	Back	2:23.79	2:30.69	2:37.49	2:40.99	2:44.29	3:01.79	2:57.99	3:11.69	3:31.39
100	Breast	1:15.79	1:19.49	1:23.09	1:24.49	1:26.69	1:33.29	1:33.89	1:41.09	1:48.09
200	Breast	2:42.49	2:50.19	2:57.99	3:04.89	3:05.69	3:19.99	3:21.19	3:36.59	3:50.09
100	Fly	1:04.99	1:08.09	1:11.19	1:11.29	1:14.19	1:20.59	1:20.39	1:26.59	1:38.69
200	Fly	2:22.29	2:29.09	2:35.89	2:48.89	2:42.69	3:07.49	2:56.19	3:09.69	3:50.69
200	IM	2:26.39	2:33.39	2:40.29	2:38.99	2:47.29	2:54.39	3:01.19	3:15.19	3:25.69

400	IM	5:06.79	5:21.39	5:35.99	5:42.99	5:50.59	6:20.59	6:19.79	6:48.99	7:25.39
Girls 17-18										
50	Free	27.59	28.89	30.19	29.49	31.49	32.09	34.09	36.79	36.79
100	Free	59.89	1:02.69	1:05.59	1:03.69	1:08.39	1:10.29	1:14.09	1:19.79	1:21.19
200	Free	2:08.29	2:14.39	2:20.59	2:17.59	2:26.69	2:32.29	2:38.89	2:51.09	2:57.29
400	Free	4:30.69	4:43.59	4:56.49	4:53.19	5:09.39	5:21.29	5:35.19	6:00.99	6:05.89
800	Free	9:14.69	9:41.09	10:07.59	10:08.09	10:33.99	11:35.99	11:26.79	12:19.59	13:36.49
1500	Free	17:44.89	18:35.59	19:26.39	19:30.99	20:17.09	23:04.79	21:58.49	23:39.89	26:34.39
100	Back	1:07.19	1:10.39	1:13.49	1:15.39	1:16.69	1:23.49	1:23.09	1:29.49	1:37.39
200	Back	2:23.99	2:30.79	2:37.69	2:40.99	2:44.49	3:01.79	2:58.19	3:11.89	3:31.39
100	Breast	1:14.69	1:18.19	1:21.79	1:24.49	1:25.29	1:33.29	1:32.49	1:39.59	1:48.09
200	Breast	2:42.19	2:49.89	2:57.59	3:04.89	3:05.29	3:19.99	3:20.79	3:36.19	3:50.09
100	Fly	1:04.19	1:07.29	1:10.29	1:11.29	1:13.39	1:20.59	1:19.49	1:25.59	1:38.69
200	Fly	2:21.39	2:28.09	2:34.89	2:48.89	2:41.59	3:07.49	2:55.09	3:08.49	3:50.69
200	IM	2:25.09	2:31.99	2:38.99	2:38.99	2:45.89	2:54.39	2:59.69	3:13.49	3:25.69
400	IM	5:07.99	5:22.69	5:37.29	5:42.99	5:51.99	6:20.59	6:21.29	6:50.69	7:25.39
Boys 10 & Under										
50	Free	31.99	33.29	34.69	37.49	36.09	37.59	40.19	44.29	**43.09**
100	Free	1:10.19	1:13.69	1:17.19	1:22.39	1:20.59	1:27.59	1:31.09	1:41.59	**1:39.49**
200	Free	2:30.89	2:38.09	2:45.29	2:58.79	2:52.39	3:07.49	3:13.99	3:35.49	3:37.39
400	Free	5:20.99	5:36.29	5:51.49	6:32.09	6:06.79	7:07.99	6:52.69	7:38.49	8:23.59
50	Back	37.59	39.69	41.79	45.29	43.89	45.49	50.09	56.39	**52.49**
100	Back	1:20.89	1:25.09	1:29.19	1:39.39	1:33.29	1:41.79	1:45.69	1:58.09	1:58.89
50	Breast	41.99	44.09	46.29	52.19	48.49	51.29	55.09	1:01.59	**58.29**
100	Breast	1:32.19	1:36.79	1:41.39	1:54.79	1:45.99	1:53.09	1:59.79	2:13.59	**2:08.09**
50	Fly	35.09	36.99	38.99	44.29	40.99	45.09	46.89	52.89	56.89
100	Fly	1:19.79	1:25.29	1:30.89	1:50.79	1:36.49	1:46.29	1:53.19	2:09.79	**2:09.19**
200	IM	2:52.99	3:01.69	3:10.29	3:31.29	3:18.89	3:38.19	3:44.79	4:10.69	4:14.69
Boys 11-12										
50	Free	28.49	29.79	31.19	32.89	32.59	33.79	35.29	37.99	38.69
100	Free	1:02.49	1:05.49	1:08.49	1:11.99	1:11.39	1:15.49	1:17.39	1:23.29	1:28.09
200	Free	2:15.59	2:21.99	2:28.49	2:38.99	2:34.89	2:42.49	2:47.79	3:00.69	3:11.99
400	Free	4:46.29	4:59.89	5:13.49	5:23.09	5:27.09	5:37.29	5:54.39	6:21.69	6:34.39
800	Free	10:04.69	10:33.39	11:02.19		11:30.99		12:28.59	13:26.19	
1500	Free	19:27.39	20:22.99	21:18.59		22:14.19		24:05.29	25:56.49	
50	Back	33.49	35.19	36.99	39.99	38.69	40.99	42.19	45.69	47.59
100	Back	1:11.79	1:15.69	1:19.69	1:25.09	1:23.59	1:29.49	1:31.39	1:39.19	1:46.29
200	Back	2:34.29	2:41.69	2:48.99	3:02.39	2:56.39	3:19.09	3:11.09	3:25.79	3:56.99
50	Breast	36.99	38.99	41.09	45.79	43.09	44.39	47.09	51.09	52.09
100	Breast	1:19.99	1:24.19	1:28.29	1:39.99	1:32.49	1:38.59	1:40.89	1:49.19	1:55.49
200	Breast	2:55.69	3:03.99	3:12.39	3:36.99	3:20.79	3:38.29	3:37.49	3:54.19	4:11.19
50	Fly	30.99	32.69	34.49	37.29	36.19	38.49	39.59	42.99	47.39
100	Fly	1:09.49	1:13.49	1:17.49	1:28.59	1:21.49	1:30.39	1:29.49	1:37.49	1:53.09
200	Fly	2:36.19	2:43.69	2:51.09	3:31.29	2:58.49	3:30.89	3:13.39	3:28.29	4:14.69
200	IM	2:34.49	2:42.39	2:50.19	2:59.99	2:58.09	3:07.09	3:13.89	3:29.59	3:38.09
400	IM	5:32.59	5:48.49	6:04.29	6:41.79	6:20.19	6:41.09	6:51.79	7:23.49	7:43.99
Boys 13-14										
50	Free	26.49	27.79	29.09	29.29	30.29	30.59	32.79	35.39	**34.39**
100	Free	57.79	1:00.49	1:03.29	1:05.39	1:05.99	1:07.59	1:11.49	1:16.99	**1:16.59**
200	Free	2:05.39	2:11.29	2:17.29	2:20.09	2:23.29	2:27.69	2:35.19	2:47.09	2:48.19
400	Free	4:24.99	4:37.59	4:50.19	4:57.59	5:02.79	5:16.79	5:27.99	5:53.29	5:52.49
800	Free	9:10.69	9:36.89	10:03.19	10:20.19	10:29.39	11:18.19	11:21.79	12:14.29	12:29.59
1500	Free	17:26.19	18:16.09	19:05.89	19:50.99	19:55.69	21:48.29	21:35.29	23:14.99	24:16.39
100	Back	1:05.09	1:08.19	1:11.39	1:16.09	1:14.49	1:22.89	1:20.59	1:26.89	1:32.59
200	Back	2:20.59	2:27.29	2:33.99	2:43.49	2:40.69	2:54.99	2:54.09	3:07.49	3:24.49
100	Breast	1:11.19	1:14.59	1:17.89	1:26.99	1:21.29	1:29.79	1:28.09	1:34.89	1:40.59
200	Breast	2:39.29	2:46.89	2:54.39	3:11.49	3:01.99	3:16.49	3:17.19	3:32.39	3:38.19
100	Fly	1:02.19	1:05.09	1:08.09	1:16.09	1:11.09	1:18.89	1:16.99	1:22.89	1:34.89
200	Fly	2:18.89	2:25.49	2:32.19	2:59.99	2:38.79	3:01.79	2:51.99	3:05.19	3:35.89
200	IM	2:22.09	2:28.89	2:35.69	2:42.69	2:42.39	2:50.39	2:55.99	3:09.49	3:17.19

400	IM	5:01.39	5:15.79	5:30.09	5:53.79	5:44.49	6:05.79	6:13.19	6:41.89	7:11.69
Boys 15-16 [Use as Open Time Standards]										
50	Free	25.19	26.39	27.59	26.49	28.79	29.79	31.19	33.59	34.39
100	Free	55.19	57.89	1:00.49	58.09	1:03.09	1:05.29	1:08.39	1:13.59	1:16.59
200	Free	1:59.99	2:05.79	2:11.49	2:07.09	2:17.19	2:24.29	2:28.59	2:39.99	2:48.19
400	Free	4:13.99	4:26.09	4:38.09	4:34.99	4:50.19	5:07.89	5:14.39	5:38.59	5:52.49
800	Free	8:46.69	9:11.79	9:36.89	9:38.79	10:01.89	11:00.29	10:52.09	11:42.19	12:29.59
1500	Free	16:49.19	17:37.29	18:25.29	18:50.99	19:13.39	21:07.29	20:49.49	22:25.59	24:16.39
100	Back	1:01.79	1:04.79	1:07.69	1:09.59	1:10.59	1:19.99	1:16.49	1:22.39	1:32.59
200	Back	2:12.39	2:18.69	2:24.99	2:31.89	2:31.29	2:52.69	2:43.89	2:56.49	3:24.49
100	Breast	1:09.79	1:13.09	1:16.39	1:18.99	1:19.69	1:24.29	1:26.39	1:32.99	1:40.59
200	Breast	2:32.49	2:39.69	2:46.99	2:55.69	2:54.29	3:07.49	3:08.79	3:23.29	3:38.19
100	Fly	59.29	1:02.09	1:04.89	1:05.29	1:07.69	1:15.99	1:13.39	1:18.99	1:34.89
200	Fly	2:11.79	2:18.09	2:24.29	2:40.99	2:30.59	2:53.79	2:43.19	2:55.69	3:35.89
200	IM	2:16.39	2:22.89	2:29.39	2:25.99	2:35.89	2:44.79	2:48.89	3:01.79	3:17.19
400	IM	4:46.19	4:59.89	5:13.49	5:23.99	5:27.09	5:57.89	5:54.39	6:21.59	7:11.69
Boys 17-18										
50	Free	24.49	25.69	26.79	26.49	27.99	29.79	30.29	32.59	34.39
100	Free	54.09	56.59	59.19	58.09	1:01.79	1:05.29	1:06.89	1:12.09	1:16.59
200	Free	1:57.99	2:03.59	2:09.19	2:07.09	2:14.79	2:24.29	2:26.09	2:37.29	2:48.19
400	Free	4:11.29	4:23.29	4:35.19	4:34.99	4:47.19	5:07.89	5:11.09	5:34.99	5:52.49
800	Free	8:44.19	9:09.19	9:34.09	9:38.79	9:59.09	11:00.29	10:48.99	11:38.89	12:29.59
1500	Free	16:38.19	17:25.69	18:13.29	18:50.99	19:00.79	21:07.29	20:35.79	22:10.89	24:16.39
100	Back	1:00.49	1:03.39	1:06.29	1:09.59	1:09.19	1:19.99	1:14.89	1:20.69	1:32.59
200	Back	2:12.19	2:18.49	2:24.79	2:31.89	2:30.99	2:52.69	2:43.59	2:56.19	3:24.49
100	Breast	1:08.59	1:11.89	1:15.19	1:18.99	1:18.39	1:24.29	1:24.99	1:31.49	1:40.59
200	Breast	2:28.79	2:35.89	2:42.99	2:55.69	2:50.09	3:07.49	3:04.19	3:18.39	3:38.19
100	Fly	58.29	1:01.09	1:03.89	1:05.29	1:06.59	1:15.99	1:12.19	1:17.69	1:34.89
200	Fly	2:08.29	2:14.39	2:20.49	2:40.99	2:26.69	2:53.79	2:38.89	2:51.09	3:35.89
200	IM	2:12.39	2:18.69	2:24.99	2:25.99	2:31.29	2:44.79	2:43.89	2:56.49	3:17.19
400	IM	4:41.59	4:54.99	5:08.39	5:23.99	5:21.79	5:57.89	5:48.69	6:15.49	7:11.69