

2011 WESTERN ZONE AGE GROUP TIME STANDARDS

REVISED AS OF APRIL 15, 2011

Page 1

Please note: Events for which the time standard has changed from the original distribution are marked with an asterisk at the left for the women and at the right for the men.

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
* 0:33.29	0:32.49	0:29.19	50 Free	0:33.09	0:32.29	0:29.09
1:12.39	1:10.79	1:03.69	100 Free	1:12.89	1:11.29	1:04.19
* 2:38.79	2:35.59	2:20.19	200 Free	2:38.19	2:34.99	2:19.59
* 0:39.29	0:38.69	0:34.89	50 Back	0:39.49	0:38.89	0:35.09
1:24.99	1:23.79	1:15.49	100 Back	1:25.19	1:23.99	1:15.59
0:44.29	0:43.29	0:39.09	50 Breast	0:44.99	0:43.99	0:39.69
1:36.79	1:34.79	1:25.39	100 Breast	1:37.99	1:35.99	1:26.49
* 0:36.69	0:35.99	0:32.39	50 Fly	0:36.79	0:36.09	0:32.59
* 1:24.79	1:23.39	1:15.09	100 Fly	1:24.59	1:23.19	1:14.89
* 2:58.39	2:55.19	2:37.79	200 IM	2:59.69	2:56.49	2:38.99

Women			11-12	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.99	50 Free	0:29.59	0:28.79	0:25.99
1:04.69	1:03.09	0:56.79	100 Free	1:04.39	1:02.79	0:56.49
2:20.59	2:17.39	2:03.79	200 Free	2:19.89	2:16.69	2:03.19
4:56.79	4:50.39	5:32.49	400/500 Free	4:55.49	4:49.09	5:31.09
0:34.59	0:33.99	0:30.59	50 Back	0:34.89	0:34.29	0:30.89
* 1:14.29	1:13.09	1:05.79	100 Back	1:15.09	1:13.89	1:06.59 *
0:38.59	0:37.59	0:33.89	50 Breast	0:38.29	0:37.29	0:33.59
1:24.09	1:22.09	1:13.99	100 Breast	1:24.59	1:22.59	1:14.39
0:32.39	0:31.69	0:28.49	50 Fly	0:32.49	0:31.79	0:28.69
1:12.59	1:11.19	1:04.09	100 Fly	1:12.99	1:11.59	1:04.49
* 2:38.69	2:35.49	2:20.09	200 IM	2:39.09	2:35.89	2:20.49

Women			13-14	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	50 Free	0:27.29	0:26.49	0:23.89
1:02.79	1:01.19	0:55.09	100 Free	0:59.09	0:57.49	0:51.79
2:15.19	2:11.99	1:58.89	200 Free	2:08.09	2:04.89	1:52.49
4:44.29	4:37.89	5:18.49	400/500 Free	4:32.29	4:25.89	5:04.99
* 9:51.59	9:38.79	11:02.89	800/1000 Free	9:29.39	9:16.59	10:37.99
* 18:47.69	18:23.69	18:25.59	1500/1650 Free	18:04.29	17:40.29	17:42.99 *
1:11.59	1:10.39	1:03.39	100 Back	1:08.09	1:06.89	1:00.19
2:33.39	2:30.99	2:16.09	200 Back	2:25.99	2:23.59	2:09.39
1:20.99	1:18.99	1:11.09	100 Breast	1:15.89	1:13.89	1:06.59
2:54.19	2:50.19	2:33.29	200 Breast	2:45.29	2:41.29	2:25.29
1:09.59	1:08.19	1:01.39	100 Fly	1:05.19	1:03.79	0:57.49
2:35.49	2:32.69	2:17.49	200 Fly	2:27.09	2:24.29	2:09.99
* 2:33.89	2:30.69	2:15.79	200 IM	2:25.19	2:21.99	2:07.89
5:25.59	5:19.19	4:47.59	400 IM	5:08.89	5:02.49	4:32.49

2011 WESTERN ZONE AGE GROUP TIME STANDARDS
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Page 2

Women			15-16	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.99	0:28.19	0:25.39	50 Free	0:26.29	0:25.49	0:22.99
* 1:02.79	1:01.19	0:55.19	100 Free	0:57.59	0:55.99	0:50.39
2:15.49	2:12.29	1:59.19	200 Free	2:05.89	2:02.69	1:50.49
* 4:44.49	4:38.09	5:18.79	400/500 Free	4:26.69	4:20.29	4:58.79 *
9:54.69	9:41.89	11:06.29	800/1000 Free	9:21.79	9:08.99	10:29.49
* 18:55.49	18:31.49	18:33.29	1500/1650 Free	17:48.39	17:24.39	17:27.39 *
1:11.89	1:10.69	1:03.69	100 Back	1:06.09	1:04.89	0:58.49
2:34.59	2:32.19	2:17.09	200 Back	2:23.79	2:21.39	2:07.39
1:19.69	1:17.69	1:09.99	100 Breast	1:14.29	1:12.29	1:05.19 *
2:55.99	2:51.99	2:34.89	200 Breast	2:43.09	2:39.09	2:23.29
1:09.89	1:08.49	1:01.69	100 Fly	1:03.39	1:01.99	0:55.79 *
2:37.19	2:34.39	2:19.09	200 Fly	2:26.89	2:24.09	2:09.79
2:34.89	2:31.69	2:16.69	200 IM	2:22.39	2:19.19	2:05.39 *
5:27.29	5:20.89	4:49.09	400 IM	5:04.59	4:58.19	4:28.69

Women			17-18	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.89	0:29.09	0:26.19	50 Free	0:26.59	0:25.79	0:23.29
* 1:04.99	1:03.39	0:57.19	100 Free	0:58.49	0:56.89	0:51.19
2:21.29	2:18.09	2:04.39	200 Free	2:08.09	2:04.89	1:52.49
5:00.49	4:54.09	5:36.69	400/500 Free	4:35.79	4:29.39	5:08.99
10:27.09	10:14.29	11:42.69	800/1000 Free	9:39.69	9:26.89	10:49.49
20:22.49	19:58.49	19:58.49	1500/1650 Free	18:41.99	18:17.99	18:19.99
1:16.59	1:15.29	1:07.89	100 Back	1:09.19	1:07.99	1:01.29
2:44.59	2:42.19	2:26.09	200 Back	2:31.29	2:28.89	2:14.19
* 1:25.79	1:23.79	1:15.49	100 Breast	1:17.49	1:15.49	1:07.99
* 3:07.59	3:03.59	2:45.39	200 Breast	2:51.19	2:47.19	2:30.59
* 1:13.49	1:12.09	1:04.99	100 Fly	1:05.09	1:03.69	0:57.29
2:51.69	2:48.89	2:32.19	200 Fly	2:33.79	2:30.99	2:15.99
2:40.59	2:37.39	2:21.79	200 IM	2:26.59	2:23.39	2:09.19
* 5:51.99	5:45.59	5:11.29	400 IM	5:22.39	5:15.99	4:44.69