

Age Group Western Zone Time Standards
2014

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.29	0:32.49	0:29.29	50 Free	0:32.99	0:32.19	0:28.99
1:12.49	1:10.89	1:03.79	100 Free	1:12.09	1:10.59	1:03.59
2:38.49	2:35.29	2:19.89	200 Free	2:37.39	2:34.19	2:18.89
0:39.29	0:38.69	0:34.89	50 Back	0:39.39	0:38.79	0:34.89
1:24.69	1:23.49	1:15.19	100 Back	1:25.09	1:23.89	1:15.59
0:44.19	0:43.19	0:38.99	50 Breast	0:44.89	0:43.89	0:39.49
1:36.29	1:34.29	1:24.99	100 Breast	1:37.59	1:35.59	1:26.19
0:36.49	0:35.69	0:32.19	50 Fly	0:36.79	0:36.09	0:32.49
1:24.19	1:22.79	1:14.59	100 Fly	1:24.69	1:23.29	1:15.09
2:58.49	2:55.29	2:37.89	200 IM	2:59.19	2:55.99	2:38.49

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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
1:04.79	1:03.19	0:56.99	100 Free	1:04.19	1:02.59	0:56.39
2:20.69	2:17.49	2:03.89	200 Free	2:19.59	2:16.39	2:02.89
4:56.69	4:50.29	5:32.39	400/500 Free	4:55.99	4:49.59	5:31.59
0:34.59	0:33.99	0:30.69	50 Back	0:34.69	0:34.09	0:30.79
1:14.39	1:13.19	1:05.89	100 Back	1:14.79	1:13.59	1:06.29
2:49.09	2:46.69	2:30.19	200 Back	2:45.69	2:43.29	2:27.09
0:38.59	0:37.59	0:33.89	50 Breast	0:38.09	0:37.09	0:33.49
1:24.09	1:22.09	1:13.99	100 Breast	1:24.29	1:22.29	1:14.09
3:10.79	3:06.79	2:48.29	200 Breast	3:07.69	3:03.69	2:45.49
0:32.39	0:31.69	0:28.59	50 Fly	0:32.39	0:31.69	0:28.59
1:12.49	1:11.09	1:04.09	100 Fly	1:12.69	1:11.29	1:04.19
2:51.39	2:48.59	2:31.89	200 Fly	2:46.49	2:43.69	2:27.49
2:38.89	2:35.69	2:20.29	200 IM	2:38.59	2:35.39	2:19.99
5:59.79	5:53.39	5:18.39	400 IM	5:53.19	5:46.79	5:12.39

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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	0:58.99	0:57.39	0:51.69
2:15.49	2:12.29	1:59.19	200 Free	2:08.19	2:04.99	1:52.59
4:45.19	4:38.79	5:19.49	400/500 Free	4:33.19	4:26.79	5:06.09
9:54.59	9:41.79	11:06.19	800/1000 Free	9:31.09	9:18.29	10:39.79
18:58.89	18:34.89	18:36.59	1500/1650 Free	18:14.19	17:50.19	17:52.79
1:11.49	1:10.29	1:03.39	100 Back	1:07.99	1:06.79	1:00.19
2:33.19	2:30.79	2:15.89	200 Back	2:26.09	2:23.69	2:09.49
1:21.09	1:19.09	1:11.29	100 Breast	1:15.99	1:13.99	1:06.59
2:54.19	2:50.19	2:33.29	200 Breast	2:45.59	2:41.59	2:25.59
1:09.49	1:08.09	1:01.29	100 Fly	1:05.09	1:03.69	0:57.39
2:35.39	2:32.59	2:17.49	200 Fly	2:26.99	2:24.19	2:09.89
2:33.99	2:30.79	2:15.89	200 IM	2:25.49	2:22.29	2:08.19
5:26.09	5:19.69	4:47.99	400 IM	5:09.79	5:03.39	4:33.29