

OHIO SWIMMING

2019 Long Course Junior Olympics

TIME STANDARDS

Ohio Swimming 2019 Long Course Junior Olympic Qualifying Times						
GIRLS			BOYS			
<u>13-14</u>	<u>11-12</u>	<u>10 & Under</u>		<u>10 & Under</u>	<u>11-12</u>	<u>13-14</u>
29.79	31.09	34.79	50 Free	35.89	31.39	28.09
1:03.79	1:07.79	1:18.49	100 Free	1:19.49	1:08.79	1:00.99
2:18.59	2:28.09	2:51.19	200 Free	2:54.19	2:28.69	2:13.79
4:55.29	5:14.99		400 Free		5:15.49	4:46.29
10:19.65			800 Free (qual time for 1500 Free)			9:52.99
20:10.59			1500 Free			19:16.79
	36.49	41.69	50 Back	43.09	36.99	
1:14.29	1:19.69	1:31.09	100 Back	1:34.29	1:20.69	1:11.29
2:38.19	2:48.79		200 Back		2:51.09	2:33.99
	41.49	47.29	50 Breast	49.69	42.19	
1:23.99	1:30.99	1:44.59	100 Breast	1:49.79	1:32.79	1:21.99
3:03.59	3:17.29		200 Breast		3:20.99	2:57.79
	34.29	39.49	50 Fly	41.69	35.19	
1:11.39	1:18.39	1:36.09	100 Fly	1:43.29	1:19.99	1:09.49
2:46.99	3:07.99		200 Fly		3:18.59	2:39.79
2:38.99	2:49.79	3:15.09	200 IM	3:22.89	2:54.39	2:30.99
5:40.69	6:09.49		400 IM		6:10.99	5:25.79
2:05.19	2:10.59	2:27.19	200 Free Relay	2:31.09	2:11.89	1:57.99
4:27.99	4:44.79		400 Free Relay		4:48.99	4:16.19
9:42.09			800 Free Relay			9:21.99
(see 400 MR)	2:30.59	2:51.99	200 Med Relay	2:58.89	2:33.09	(see 400 MR)
5:08.19	5:32.79		400 Med Relay		5:38.39	4:57.99

Approved 4/23/19