**2016 - 2017 Oregon Swimming Long Course B+ Time Standards**

| **Girls** | **10 & U** | **11 - 12** | **13 - 14** | **15 & Over** |
| --- | --- | --- | --- | --- |
| 50 Freestyle | 38.39 | 34.29 | 32.89 | 31.89 |
| 100 Freestyle | 1:26.29 | 1:15.29 | 1:11.39 | 1:09.39 |
| 200 Freestyle | 3:08.99 | 2:45.15 | 2:35.49 | 2:29.79 |
| 400 Freestyle |  | 5:50.19 | 5:26.59 | 5:16.59 |
| 800 Freestyle |  |  | 11:06.09 | 11:07.59 |
| 1500 Freestyle |  |  | 21:37.89 | 21:21.79 |
| 50 Backstroke | 45.19 | 40.59 |  |  |
| 100 Backstroke | 1:41.29 | 1:27.69 | 1:21.49 | 1:21.19 |
| 200 Backstroke |  |  | 2:55.79 | 2:52.39 |
| 50 Breaststroke | 51.59 | 45.79 |  |  |
| 100 Breaststroke | 1:55.79 | 1:38.89 | 1:34.39 | 1:32.99 |
| 200 Breaststroke |  |  | 3:22.89 | 3:20.39 |
| 50 Butterfly | 44.69 | 39.19 |  |  |
| 100 Butterfly | 1:52.19 | 1:31.09 | 1:20.89 | 1:18.89 |
| 200 Butterfly |  |  | 3:11.29 | 3:09.19 |
| 200 Individual Medley | 3:33.39 | 3:07.39 | 2:56.99 | 2:53.59 |
| 400 Individual Medley |  |  | 6:20.19 | 6:24.69 |
| **Boys** | **10 & U** | **11 - 12** | **13 - 14** | **15 & Over** |
| 50 Freestyle | 38.29 | 34.29 | 31.09 | 28.29 |
| 100 Freestyle | 1:25.59 | 1:15.89 | 1:08.39 | 1:01.89 |
| 200 Freestyle | 3:07.79 | 2:45.89 | 2:28.49 | 2:17.09 |
| 400 Freestyle |  | 5:52.39 | 5:20.59 | 4:57.19 |
| 800 Freestyle |  |  | 11:01.79 | 10:29.99 |
| 1500 Freestyle |  |  | 21:08.69 | 19:32.99 |
| 50 Backstroke | 47.29 | 41.29 |  |  |
| 100 Backstroke | 1:40.59 | 1:27.59 | 1:21.89 | 1:12.39 |
| 200 Backstroke |  |  | 2:52.59 | 2:39.99 |
| 50 Breaststroke | 51.09 | 47.19 |  |  |
| 100 Breaststroke | 1:55.29 | 1:41.19 | 1:30.69 | 1:22.69 |
| 200 Breaststroke |  |  | 3:18.59 | 3:01.49 |
| 50 Butterfly | 46.09 | 39.99 |  |  |
| 100 Butterfly | 1:53.09 | 1:33.39 | 1:22.59 | 1:10.59 |
| 200 Butterfly |  |  | 3:01.39 | 2:45.09 |
| 200 Individual Medley | 3:32.99 | 3:10.09 | 2:49.19 | 2:35.99 |
| 400 Individual Medley |  |  | 6:12.69 | 5:45.99 |