

## Oregon Swimming Short Course B+ Time Standards

<b>Girls</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 &amp; O</b>
50 Freestyle	32.19	30.09	29.89	29.39	27.39
100 Freestyle	1:10.49	1:05.69	1:04.29	1:02.49	1:00.09
200 Freestyle	2:40.29	2:25.49	2:21.49	2:15.69	2:10.69
500 Freestyle	6:51.16	6:24.99	6:16.59	6:11.49	5:48.59
1000 Freestyle	12:55.99	12:55.99	12:55.99	12:42.99	12:09.29
1650 Freestyle	21:58.79	21:58.79	21:58.79	21:38.39	20:08.79
50 Backstroke	38.19	35.59			
100 Backstroke	1:21.19	1:16.59	1:16.09	1:12.69	1:06.99
200 Backstroke	2:41.79	2:41.79	2:41.79	2:33.89	2:23.59
50 Breaststroke	42.19	39.19			
100 Breaststroke	1:33.29	1:25.99	1:25.49	1:23.79	1:16.89
200 Breaststroke	3:05.49	3:05.49	3:05.49	3:00.99	2:47.99
50 Butterfly	37.19	33.79			
100 Butterfly	1:24.89	1:17.79	1:17.09	1:12.19	1:07.99
200 Butterfly	2:53.09	2:53.09	2:53.09	2:48.99	2:31.69
100 Individual Medley	1:21.99	1:16.29			
200 Individual Medley	2:57.19	2:45.29	2:42.49	2:33.19	2:26.89
400 Individual Medley	5:59.59	5:59.59	5:59.59	5:33.29	5:09.59

<b>Boys</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 &amp; O</b>
50 Freestyle	32.49	30.49	29.59	26.99	24.29
100 Freestyle	1:11.39	1:07.39	1:03.59	59.39	52.89
200 Freestyle	2:40.09	2:30.49	2:22.79	2:10.19	1:58.59
500 Freestyle	6:53.39	6:30.79	6:08.29	5:52.19	5:24.49
1000 Freestyle	12:51.19	12:51.19	12:51.19	12:15.99	11:18.19
1650 Freestyle	22:13.49	22:13.49	22:13.49	21:03.29	18:43.89
50 Backstroke	39.09	36.39			
100 Backstroke	1:25.49	1:18.29	1:16.09	1:08.89	1:01.30
200 Backstroke	2:39.29	2:39.29	2:39.29	2:31.39	2:14.39
50 Breaststroke	46.89	40.59			
100 Breaststroke	1:42.89	1:29.29	1:25.29	1:17.39	1:09.29
200 Breaststroke	3:02.09	3:02.09	3:02.09	2:49.69	2:35.99
50 Butterfly	37.49	35.39			
100 Butterfly	1:28.89	1:21.09	1:19.19	1:10.09	1:00.59
200 Butterfly	2:56.49	2:56.49	2:56.49	2:45.49	2:21.69
100 Individual Medley	1:22.99	1:17.29			
200 Individual Medley	3:06.48	2:48.19	2:38.39	2:27.69	2:15.49
400 Individual Medley	5:46.99	5:46.99	5:46.99	5:23.59	4:56.29