

Age Group Western Zone Time Standards  
2020

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:32.79	0:31.99	0:28.89	<b>50 Free</b>	0:32.79	0:31.99	0:28.89
1:11.99	1:10.39	1:03.39	<b>100 Free</b>	1:11.79	1:10.19	1:03.19
2:36.99	2:33.79	2:18.59	<b>200 Free</b>	2:36.39	2:33.19	2:17.99
0:38.79	0:38.19	0:34.39	<b>50 Back</b>	0:38.99	0:38.39	0:34.59
1:23.59	1:22.39	1:14.19	<b>100 Back</b>	1:24.09	1:22.89	1:14.69
0:43.79	0:42.79	0:38.59	<b>50 Breast</b>	0:44.19	0:43.19	0:38.99
1:35.09	1:33.09	1:23.89	<b>100 Breast</b>	1:36.29	1:34.29	1:24.89
0:35.99	0:35.19	0:31.79	<b>50 Fly</b>	0:36.19	0:35.49	0:31.99
1:22.59	1:21.19	1:13.19	<b>100 Fly</b>	1:22.69	1:21.29	1:13.19
2:56.79	2:53.59	2:36.39	<b>200 IM</b>	2:57.69	2:54.49	2:37.19

**11-12**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.59	<b>50 Free</b>	0:29.19	0:28.39	0:25.59
1:04.39	1:02.79	0:56.59	<b>100 Free</b>	1:03.79	1:02.19	0:55.99
2:19.79	2:16.59	2:03.09	<b>200 Free</b>	2:18.89	2:15.69	2:02.19
4:54.69	4:48.29	5:30.19	<b>400/500 Free</b>	4:54.39	4:47.99	5:29.89
0:34.19	0:33.59	0:30.29	<b>50 Back</b>	0:34.19	0:33.59	0:30.29
1:13.39	1:12.19	1:05.09	<b>100 Back</b>	1:13.29	1:12.09	1:04.99
2:42.09	2:39.69	2:23.89	<b>200 Back</b>	2:39.39	2:36.99	2:21.49
0:38.19	0:37.19	0:33.49	<b>50 Breast</b>	0:37.79	0:36.79	0:33.09
1:23.29	1:21.29	1:13.19	<b>100 Breast</b>	1:23.29	1:21.29	1:13.19
3:02.39	2:58.39	2:40.69	<b>200 Breast</b>	3:01.09	2:57.09	2:39.59
0:31.99	0:31.29	0:28.19	<b>50 Fly</b>	0:31.89	0:31.19	0:28.09
1:11.19	1:09.79	1:02.89	<b>100 Fly</b>	1:11.49	1:10.09	1:03.09
2:45.89	2:43.09	2:26.89	<b>200 Fly</b>	2:44.89	2:42.09	2:25.99
2:37.69	2:34.49	2:19.19	<b>200 IM</b>	2:36.69	2:33.49	2:18.29
5:44.39	5:37.99	5:04.49	<b>400 IM</b>	5:39.69	5:33.29	5:00.29

**13-14**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.59	0:27.79	0:25.09	<b>50 Free</b>	0:26.69	0:25.89	0:23.39
1:01.89	1:00.29	0:54.39	<b>100 Free</b>	0:57.99	0:56.39	0:50.79
2:14.29	2:11.09	1:58.09	<b>200 Free</b>	2:06.19	2:02.99	1:50.79
4:40.99	4:34.59	5:14.79	<b>400/500 Free</b>	4:29.69	4:23.29	5:02.09
9:51.29	9:38.49	11:02.49	<b>800/1000 Free</b>	9:28.29	9:15.49	10:36.79
18:51.09	18:27.09	18:28.99	<b>1500/1650 Free</b>	18:07.89	17:43.89	17:46.49
1:10.29	1:09.09	1:02.29	<b>100 Back</b>	1:06.49	1:05.29	0:58.89
2:30.89	2:28.49	2:13.79	<b>200 Back</b>	2:23.59	2:21.19	2:07.19
1:20.09	1:18.09	1:10.39	<b>100 Breast</b>	1:14.69	1:12.69	1:05.49
2:52.69	2:48.69	2:31.99	<b>200 Breast</b>	2:42.59	2:38.59	2:22.89
1:08.19	1:06.79	1:00.19	<b>100 Fly</b>	1:03.59	1:02.19	0:56.09
2:32.79	2:29.99	2:15.09	<b>200 Fly</b>	2:24.09	2:21.29	2:07.29
2:32.09	2:28.89	2:14.19	<b>200 IM</b>	2:22.79	2:19.59	2:05.79
5:22.99	5:16.59	4:45.19	<b>400 IM</b>	5:04.99	4:58.59	4:28.99