

2016

approved

LCM

**SES BONUS Time Standards - LCM**

LCM		BOYS				GIRLS			
10 & u	11-12	13-14	Senior	Event	Senior	13-14	11-12	10 & u	
:38.69	:33.99	:29.09	:27.19	<b>50 FREE</b>	:30.09	:30.29	:32.59	:38.29	
1:26.99	1:14.99	1:03.39	:58.29	<b>100 FREE</b>	1:04.99	1:05.89	1:12.59	1:24.89	
3:05.39	2:40.59	2:18.89	2:05.89	<b>200 FREE</b>	2:19.39	2:22.19	2:35.59	3:02.29	
<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	<b>400 FREE</b>	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	
	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	<b>800 FREE</b>	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>		
		<i>no bonus</i>	<i>no bonus</i>	<b>1500 FREE</b>	<i>no bonus</i>	<i>no bonus</i>			
:47.59	:41.49	<i>any time</i>	<i>any time</i>	<b>50 BACK</b>	<i>any time</i>	<i>any time</i>	:38.89	:45.69	
1:43.09	1:28.69	1:14.09	1:09.19	<b>100 BACK</b>	1:15.29	1:15.79	1:23.29	1:37.69	
		2:38.89	2:28.49	<b>200 BACK</b>	2:42.49	2:43.19			
:55.39	:47.59	<i>any time</i>	<i>any time</i>	<b>50 BREAST</b>	<i>any time</i>	<i>any time</i>	:44.79	:52.79	
2:00.39	1:42.99	1:23.89	1:19.69	<b>100 BREAST</b>	1:29.19	1:29.19	1:38.89	1:54.39	
		3:04.89	2:54.29	<b>200 BREAST</b>	3:10.19	3:10.19			
:47.19	:38.39	<i>any time</i>	<i>any time</i>	<b>50 FLY</b>	<i>any time</i>	<i>any time</i>	:36.09	:45.19	
1:53.09	1:29.89	1:11.09	1:04.39	<b>100 FLY</b>	1:14.39	1:14.39	1:25.09	1:48.69	
		2:48.29	2:28.19	<b>200 FLY</b>	2:53.59	2:53.59			
3:38.09	3:05.89	2:38.09	2:26.19	<b>200 IM</b>	2:39.49	2:41.59	2:59.19	3:21.69	
		<i>no bonus</i>	<i>no bonus</i>	<b>400 IM</b>	<i>no bonus</i>	<i>no bonus</i>			

Events 400 meters and longer are not allowed for Bonus Swims

13-14 and Senior 50 meter Back, Breast, and Fly shall have no minimum Bonus Standard