

**Winter 2018 and Spring 2019 JO Time Standards (SCY - LCM - SCM)**

*Published 8/17/18*

**Girls**

Event	10 & Under			11			12			13			14		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	30.49	35.19	33.59	28.89	32.79	31.89	27.89	31.89	30.89	27.09	30.79	29.99	26.79	30.69	29.59
100 FR	1:07.29	1:16.99	1:15.39	1:02.69	1:11.59	1:09.29	1:00.49	1:09.49	1:06.79	58.99	1:07.49	1:05.19	58.39	1:06.79	1:04.49
200 FR	2:28.29	2:50.09	2:43.89	2:16.19	2:36.29	2:30.49	2:12.09	2:30.29	2:25.99	2:08.39	2:26.59	2:21.79	2:05.79	2:23.89	2:18.99
400/500 FR	6:31.39	5:50.19	5:39.59	6:08.09	5:28.79	5:22.09	5:51.39	5:15.39	5:08.59	5:43.19	5:07.39	5:00.39	5:36.49	5:02.19	4:54.49
800/1000 FR				12:44.39	11:36.19	11:08.99	12:09.49	11:03.39	10:38.49	11:47.59	10:34.59	10:19.29	11:37.19	10:20.99	10:10.19
1500/1650 FR				21:29.89	22:25.09	21:22.39	20:27.19	21:13.19	20:20.09	19:45.39	20:20.49	19:38.49	19:14.59	19:48.09	19:07.89
50 BK	36.19	40.89	39.99	32.59	37.79	35.99	31.59	36.89	35.19						
100 BK	1:17.89	1:30.29	1:26.09	1:10.59	1:23.09	1:17.99	1:08.49	1:19.29	1:16.59	1:05.69	1:16.19	1:12.49	1:03.79	1:14.09	1:11.39
200 BK				2:32.89	2:57.69	2:48.79	2:27.29	2:50.59	2:43.29	2:21.19	2:43.59	2:36.09	2:17.89	2:39.69	2:32.89
50 BR	39.89	45.29	44.09	36.89	42.59	40.79	35.89	40.19	39.69						
100 BR	1:27.49	1:41.29	1:36.69	1:20.79	1:33.39	1:29.29	1:18.19	1:29.69	1:26.39	1:14.49	1:25.69	1:22.29	1:13.29	1:24.29	1:21.59
200 BR				2:53.89	3:21.09	3:12.09	2:49.19	3:12.69	3:06.99	2:41.79	3:04.89	2:58.79	2:37.89	3:03.19	2:56.59
50 FL	34.39	39.39	37.99	31.29	35.39	34.59	30.59	34.29	33.79						
100 FL	1:19.19	1:30.29	1:27.49	1:10.99	1:20.89	1:18.49	1:08.09	1:17.99	1:15.19	1:04.79	1:13.59	1:11.59	1:03.39	1:12.39	1:10.79
200 FL				2:43.09	3:05.29	2:59.09	2:31.39	2:55.09	2:48.89	2:23.99	2:42.49	2:39.09	2:22.09	2:39.59	2:36.99
100 IM	1:17.09		1:25.19	1:11.49		1:18.99	1:09.29		1:16.59						
200 IM	2:45.09	3:08.29	3:02.39	2:33.29	2:56.69	2:49.39	2:28.39	2:51.19	2:45.69	2:24.29	2:45.39	2:39.39	2:21.09	2:42.39	2:35.89
400 IM				5:27.59	6:17.69	6:01.89	5:19.19	6:04.59	5:52.69	5:06.79	5:50.79	5:38.99	5:00.19	5:43.99	5:31.69

**Boys**

Event	10 & Under			11			12			13			14		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	30.19	34.49	33.29	28.59	32.79	31.59	27.19	31.19	29.99	25.69	29.49	28.39	24.69	28.39	27.59
100 FR	1:06.69	1:16.49	1:13.69	1:02.49	1:11.59	1:08.99	59.29	1:07.49	1:04.49	55.99	1:04.09	1:01.79	53.89	1:01.99	59.59
200 FR	2:27.09	2:47.69	2:42.19	2:15.49	2:35.89	2:29.69	2:09.19	2:26.99	2:22.69	2:01.59	2:20.29	2:14.29	1:57.19	2:15.09	2:09.49
400/500 FR	6:31.39	5:40.49	5:39.19	6:07.19	5:32.69	5:21.89	5:47.49	5:08.49	5:04.09	5:27.39	4:56.39	4:46.49	5:16.99	4:45.99	4:37.39
800/1000 FR				12:38.69	11:33.39	11:03.99	11:56.79	10:51.99	10:27.29	11:19.79	10:17.19	9:54.89	10:57.79	9:56.29	9:35.59
1500/1650 FR				21:19.19	22:18.49	21:11.79	20:00.79	20:45.89	19:53.79	18:57.49	19:32.39	18:50.79	18:20.89	18:58.19	18:14.49
50 BK	35.99	40.99	38.99	33.09	38.29	36.59	31.59	36.49	34.89						
100 BK	1:16.49	1:28.19	1:24.39	1:11.79	1:23.89	1:19.19	1:07.49	1:18.49	1:14.59	1:01.89	1:12.19	1:08.39	1:00.49	1:09.39	1:06.79
200 BK				2:36.39	3:00.59	2:52.29	2:23.99	2:46.59	2:39.09	2:15.09	2:36.79	2:29.19	2:11.79	2:32.89	2:25.29
50 BR	40.19	46.19	43.49	37.19	42.69	41.09	35.19	40.09	38.09						
100 BR	1:27.79	1:41.09	1:36.79	1:20.99	1:34.39	1:29.39	1:15.89	1:27.69	1:23.79	1:09.59	1:20.49	1:16.89	1:08.09	1:17.89	1:13.99
200 BR				2:54.69	3:22.19	3:12.69	2:42.99	3:08.89	3:00.09	2:31.29	2:53.89	2:47.09	2:28.39	2:52.59	2:43.99
50 FL	34.39	38.19	38.09	31.79	36.39	35.09	30.19	34.09	33.49						
100 FL	1:19.89	1:29.49	1:28.29	1:11.39	1:21.59	1:18.79	1:07.09	1:16.39	1:14.19	1:01.09	1:09.49	1:07.49	59.59	1:07.49	1:05.89
200 FL				2:41.49	3:02.89	2:57.89	2:29.89	2:48.79	2:44.29	2:17.79	2:38.49	2:31.99	2:12.29	2:31.49	2:27.49
100 IM	1:16.99		1:24.19	1:11.79		1:19.29	1:08.09		1:15.19						
200 IM	2:46.19	3:06.89	3:03.59	2:34.89	2:57.79	2:51.09	2:27.09	2:48.19	2:42.29	2:16.59	2:36.99	2:30.89	2:11.39	2:32.29	2:27.09
400 IM				5:27.89	6:19.59	6:02.29	5:12.19	5:53.39	5:44.99	4:50.59	5:35.79	5:21.09	4:43.39	5:26.19	5:13.09