

Winter 2019 and Spring 2020 JO Time Standards (SCY - LCM - SCM)

Published 7/23/19

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	40.99	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	30.39	34.99	33.49	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	36.19	40.99	39.99	33.09	38.29	36.59	31.59	36.49	34.89						
100 BK	1:17.89	1:30.29	1:26.09	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