

2022-2023 Oregon Swimming Long Course Time Standards Valid 11/2022-8/2023

Girls		8 & Under	Boys	
LCM A	LCM B	Event	LCM A	LCM B
54.19	59.69	50 Free	51.19	56.39
2:05.89	2:18.49	100 Free	1:55.69	2:07.29
1:04.09	1:10.59	50 Back	1:01.39	1:07.59
1:12.39	1:19.69	50 Breast	1:10.69	1:17.79
1:08.99	1:15.89	50 Fly	1:09.89	1:16.89

Girls		9	Boys	
LCM A	LCM B	Event	LCM A	LCM B
46.09	50.79	50 Free	42.89	47.19
1:45.39	1:55.99	100 Free	1:35.69	1:45.29
3:45.19	4:07.79	200 Free	3:32.99	3:54.29
53.39	58.79	50 Back	51.59	56.79
2:00.79	2:12.89	100 Back	1:53.19	2:04.59
1:01.99	1:08.19	50 Breast	1:00.29	1:06.39
2:15.69	2:29.29	100 Breast	2:09.09	2:22.09
56.69	1:02.39	50 Fly	54.89	1:00.39
2:17.49	2:31.29	100 Fly	2:05.19	2:17.79
4:22.09	4:48.39	200 IM	4:01.09	4:25.29

Girls		10	Boys	
LCM A	LCM B	Event	LCM A	LCM B
37.99	41.79	50 Free	38.99	42.89
1:25.19	1:33.79	100 Free	1:27.19	1:35.99
3:06.19	3:24.89	200 Free	3:11.49	3:30.69
44.89	49.39	50 Back	48.19	53.09
1:38.39	1:48.29	100 Back	1:42.49	1:52.79
51.29	56.49	50 Breast	51.99	57.19
1:53.69	2:05.09	100 Breast	1:56.29	2:07.99
44.29	48.79	50 Fly	46.79	51.49
1:48.49	1:59.39	100 Fly	1:55.29	2:06.89
3:31.39	3:52.59	200 IM	3:36.39	3:58.09

Girls		10 & Under	Boys
LCM A		Event	LCM A
2:49.59		200 F.R.	2:54.39
3:14.09		200 M.R.	3:19.69

Girls		11	Boys	
LCM A	LCM B	Event	LCM A	LCM B
35.39	38.99	50 Free	36.29	39.99
1:15.49	1:23.09	100 Free	1:18.89	1:26.79
2:53.89	3:11.29	200 Free	2:53.69	3:11.09
6:14.09	6:51.59	400 Free	6:25.79	7:04.39
11:07.09	12:13.89	800 Free	11:05.29	12:11.89
21:41.69	23:51.89	1500 Free	21:55.69	24:07.29
42.79	47.09	50 Back	43.29	47.69
1:31.09	1:40.29	100 Back	1:33.79	1:43.19
2:53.09	3:10.49	200 Back	2:52.99	3:10.29
47.99	52.79	50 Breast	48.89	53.79
1:44.69	1:55.19	100 Breast	1:46.69	1:57.39
3:16.59	3:36.29	200 Breast	3:16.99	3:36.69
40.19	44.29	50 Fly	42.19	46.49
1:36.59	1:46.29	100 Fly	1:39.09	1:49.09
3:15.89	3:35.49	200 Fly	3:13.99	3:33.39
3:17.29	3:37.09	200 IM	3:18.69	3:38.59
6:17.29	6:55.09	400 IM	6:17.99	6:55.79

Girls		12	Boys	
LCM A	LCM B	Event	LCM A	LCM B
32.99	36.29	50 Free	33.29	36.69
1:12.29	1:19.59	100 Free	1:12.19	1:19.49
2:39.49	2:55.49	200 Free	2:39.59	2:55.59
5:40.19	6:14.29	400 Free	5:38.49	6:12.39
11:07.09	12:13.89	800 Free	11:05.29	12:11.89
21:41.69	23:51.89	1500 Free	21:55.69	24:07.29
38.79	42.69	50 Back	39.69	43.69
1:24.29	1:32.79	100 Back	1:24.19	1:32.69
2:53.09	3:10.49	200 Back	2:52.99	3:10.29
44.19	48.69	50 Breast	45.29	49.89
1:35.09	1:44.69	100 Breast	1:37.99	1:47.79
3:16.59	3:36.29	200 Breast	3:16.99	3:36.69
36.59	40.29	50 Fly	38.39	42.29
1:24.99	1:33.49	100 Fly	1:27.89	1:36.69
3:15.89	3:35.49	200 Fly	3:13.99	3:33.39
3:01.29	3:19.49	200 IM	3:03.89	3:22.29
6:17.29	6:55.09	400 IM	6:17.99	6:55.79

Girls		11 - 12	Boys	
LCM A		Event	LCM A	
2:16.59		200 F.R.	2:16.29	
5:06.49		400 F.R.	5:05.69	
2:35.69		200 M.R.	2:38.99	
5:50.39		400 M.R.	5:46.19	

Girls		13	Boys	
LCM A	LCM B	Event	LCM A	LCM B
32.09	35.39	50 Free	30.39	33.49
1:09.59	1:16.59	100 Free	1:06.89	1:13.59
2:32.09	2:47.39	200 Free	2:30.19	2:45.29
5:18.79	5:50.69	400 Free	5:20.19	5:52.29
11:07.09	12:13.89	800 Free	11:05.29	12:11.89
21:41.69	23:51.89	1500 Free	21:55.69	24:07.29
1:19.49	1:27.49	100 Back	1:19.79	1:27.79
2:53.09	3:10.49	200 Back	2:52.99	3:10.29
1:32.89	1:42.19	100 Breast	1:33.09	1:42.49
3:16.59	3:36.29	200 Breast	3:16.99	3:36.69
1:19.19	1:27.19	100 Fly	1:18.59	1:26.49
3:15.89	3:35.49	200 Fly	3:13.99	3:33.39
2:52.69	3:09.99	200 IM	2:49.59	3:06.59
6:17.29	6:55.09	400 IM	6:17.99	6:55.79

Girls		14	Boys	
LCM A	LCM B	Event	LCM A	LCM B
31.29	34.49	50 Free	29.39	32.39
1:07.89	1:14.69	100 Free	1:04.89	1:11.39
2:27.19	2:41.99	200 Free	2:21.99	2:36.19
5:12.19	5:43.49	400 Free	5:04.69	5:35.19
10:41.09	11:45.29	800 Free	10:38.19	11:42.09
20:28.09	22:52.99	1500 Free	20:20.19	22:22.29
1:18.39	1:26.29	100 Back	1:18.39	1:26.29
2:47.89	3:04.69	200 Back	2:45.29	3:01.89
1:30.39	1:39.49	100 Breast	1:26.99	1:35.69
3:14.69	3:34.19	200 Breast	3:08.59	3:27.49
1:16.39	1:24.09	100 Fly	1:14.89	1:22.39
3:00.59	3:18.69	200 Fly	2:54.59	3:12.09
2:49.29	3:06.29	200 IM	2:43.09	2:59.49
6:06.69	6:43.39	400 IM	5:57.29	6:33.09

Girls		13-14	Boys	
LCM A		Event	LCM A	
2:06.09		200 F.R.	2:02.79	
4:39.49		400 F.R.	4:33.59	
10:21.99		800 F.R.	9:33.69	
2:23.09		200 M.R.	2:21.79	
5:15.29		400 M.R.	5:15.09	

Girls		15 & Over	Boys	
LCM A	LCM B	Event	LCM A	LCM B
30.39	33.39	50 Free	26.79	29.49
1:05.49	1:11.99	100 Free	59.59	1:05.49
2:21.09	2:35.09	200 Free	2:10.79	2:23.79
4:59.99	5:29.69	400 Free	4:40.69	5:08.49
10:31.19	11:33.59	800 Free	9:43.39	10:41.09
20:20.69	22:21.39	1500 Free	18:54.49	20:46.69
1:13.79	1:21.09	100 Back	1:07.89	1:14.09
2:39.59	2:55.39	200 Back	2:27.79	2:42.09
1:24.09	1:32.39	100 Breast	1:16.79	1:24.39
3:00.19	3:18.09	200 Breast	2:50.79	3:07.69
1:11.79	1:18.99	100 Fly	1:05.29	1:11.79
2:53.49	3:10.69	200 Fly	2:32.39	2:47.79
2:39.49	2:55.29	200 IM	2:26.39	2:40.89
5:46.59	6:20.89	400 IM	5:15.79	5:47.09
2:02.49		200 F.R.	1:49.59	
4:33.89		400 F.R.	4:03.99	
10:18.59		800 F.R.	9:05.99	
2:17.49		200 M.R.	2:05.69	
5:08.89		400 M.R.	4:35.39	