



# WINTER SENIOR TIME STANDARDS



| WOMENS         | REGIONAL CHAMPS |          | SENIOR CHAMPS |          | SPRING SECTIONALS |          | FUTURES (18&U) |          | WINTER JUNIORS |          | U.S OPEN |          | SUMMER JUNIORS |          | NATIONALS (18&U) |          |
|----------------|-----------------|----------|---------------|----------|-------------------|----------|----------------|----------|----------------|----------|----------|----------|----------------|----------|------------------|----------|
|                | SCY             | LCM      | SCY           | LCM      | SCY               | LCM      | SCY            | LCM      | SCY            | LCM      | SCY      | LCM      | SCY            | LCM      | SCY              | LCM      |
| 50 Free        | :27.39          | :31.69   | :24.79        | :28.59   | :25.29            | :28.79   | :23.89         | :27.39   | :23.29         | :26.89   | :22.49   | :26.19   | :22.99         | :26.59   | :22.79           | :26.19   |
| 100 Free       | :59.09          | 1:08.19  | :53.39        | 1:01.59  | :54.49            | 1:01.79  | :51.89         | :59.29   | :50.39         | :58.19   | :48.99   | :56.79   | :49.99         | :57.69   | :49.49           | :56.69   |
| 200 Free       | 2:09.19         | 2:29.49  | 1:56.79       | 2:13.39  | 1:57.89           | 2:13.09  | 1:52.29        | 2:07.79  | 1:49.09        | 2:04.99  | 1:45.99  | 2:03.09  | 1:48.19        | 2:04.99  | 1:47.19          | 2:03.19  |
| 400/500 Free   | 5:44.99         | 5:17.19  | 5:11.99       | 4:45.89  | 5:14.99           | 4:42.39  | 5:02.59        | 4:28.79  | 4:53.59        | 4:26.69  | 4:44.49  | 4:20.29  | 4:49.99        | 4:23.59  | 4:46.29          | 4:19.89  |
| 800/1000 Free  | 12:02.69        | 10:57.79 | 10:56.99      | 9:46.99  | 10:48.39          | 9:41.39  | 10:20.49       | 9:13.79  | 10:11.49       | 9:06.79  | 9:53.19  | 8:56.79  | 10:04.69       | 9:06.79  | 9:55.99          | 8:57.89  |
| 1500/1650 Free | 20:27.39        | 20:53.99 | 18:31.19      | 18:55.39 | 18:16.49          | 18:36.49 | 17:14.39       | 17:40.19 | 17:02.19       | 17:26.79 | 16:24.29 | 17:07.99 | 16:50.99       | 17:26.79 | 16:37.99         | 17:10.79 |
| 50 Back        |                 |          |               |          |                   |          | :26.29         | :30.89   |                |          | :24.39   | :29.19   | :25.19         | :29.79   | :25.09           | :29.69   |
| 100 Back       | 1:06.29         | 1:17.59  | :59.69        | 1:09.59  | 1:00.49           | 1:10.49  | :57.09         | 1:06.79  | :55.09         | 1:04.79  | :52.99   | 1:03.29  | :54.39         | 1:04.29  | :53.69           | 1:03.19  |
| 200 Back       | 2:23.99         | 2:49.39  | 2:10.29       | 2:31.29  | 2:11.49           | 2:31.39  | 2:04.19        | 2:23.99  | 1:59.39        | 2:19.59  | 1:55.39  | 2:16.99  | 1:58.19        | 2:19.29  | 1:55.69          | 2:16.69  |
| 50 Breast      |                 |          |               |          |                   |          | :29.79         | :34.79   |                |          | :27.99   | :33.19   | :28.79         | :33.69   | :28.69           | :33.29   |
| 100 Breast     | 1:16.69         | 1:30.29  | 1:08.89       | 1:20.99  | 1:09.49           | 1:19.99  | 1:05.49        | 1:15.99  | 1:03.09        | 1:13.79  | 1:00.79  | 1:11.79  | 1:02.39        | 1:13.29  | 1:01.59          | 1:11.29  |
| 200 Breast     | 2:47.19         | 3:16.29  | 2:31.59       | 2:57.09  | 2:30.99           | 2:52.79  | 2:22.69        | 2:43.39  | 2:17.19        | 2:38.59  | 2:11.99  | 2:35.49  | 2:15.39        | 2:38.59  | 2:14.29          | 2:34.19  |
| 50 Fly         |                 |          |               |          |                   |          | :25.69         | :29.49   |                |          | :24.09   | :28.19   | :24.69         | :28.39   | :24.29           | :28.09   |
| 100 Fly        | 1:05.89         | 1:15.99  | :59.39        | 1:08.59  | :59.59            | 1:08.09  | :56.59         | 1:04.69  | :54.69         | 1:02.69  | :52.79   | 1:01.39  | :54.09         | 1:02.49  | :53.29           | 1:01.39  |
| 200 Fly        | 2:29.59         | 2:51.79  | 2:14.99       | 2:32.09  | 2:13.09           | 2:31.89  | 2:05.39        | 2:21.89  | 2:01.69        | 2:18.39  | 1:57.49  | 2:16.49  | 2:00.49        | 2:18.39  | 1:59.39          | 2:17.59  |
| 200 IM         | 2:25.29         | 2:49.89  | 2:12.09       | 2:33.09  | 2:12.99           | 2:31.29  | 2:06.39        | 2:26.19  | 2:02.19        | 2:22.09  | 1:58.39  | 2:19.09  | 2:01.09        | 2:21.29  | 1:58.99          | 2:18.19  |
| 400 IM         | 5:16.59         | 6:06.89  | 4:46.39       | 5:30.59  | 4:43.99           | 5:24.39  | 4:30.69        | 5:07.29  | 4:21.69        | 5:00.29  | 4:13.69  | 4:56.09  | 4:18.79        | 5:00.29  | 4:12.69          | 4:52.69  |

| MENS           | REGIONAL CHAMPS |          | SENIOR CHAMPS |          | SPRING SECTIONALS |          | FUTURES (18&U) |          | WINTER JUNIORS |          | U.S OPEN |          | SUMMER JUNIORS |          | NATIONALS (18&U) |          |
|----------------|-----------------|----------|---------------|----------|-------------------|----------|----------------|----------|----------------|----------|----------|----------|----------------|----------|------------------|----------|
|                | SCY             | LCM      | SCY           | LCM      | SCY               | LCM      | SCY            | LCM      | SCY            | LCM      | SCY      | LCM      | SCY            | LCM      | SCY              | LCM      |
| 50 Free        | :24.59          | :28.79   | :22.29        | :26.09   | :22.59            | :25.99   | :21.29         | :24.59   | :20.49         | :24.09   | :19.69   | :23.29   | :20.39         | :23.79   | :20.09           | :23.19   |
| 100 Free       | :53.49          | 1:01.89  | :48.29        | :55.69   | :48.99            | :56.59   | :46.39         | :53.59   | :44.89         | :52.59   | :43.09   | :50.89   | :44.39         | :51.99   | :43.69           | :51.09   |
| 200 Free       | 1:57.79         | 2:17.69  | 1:47.09       | 2:04.09  | 1:47.49           | 2:03.49  | 1:41.59        | 1:57.79  | 1:38.39        | 1:55.29  | 1:34.99  | 1:51.99  | 1:37.59        | 1:54.09  | 1:36.19          | 1:52.09  |
| 400/500 Free   | 5:21.79         | 4:52.49  | 4:51.49       | 4:22.19  | 4:52.89           | 4:22.19  | 4:37.09        | 4:09.99  | 4:28.79        | 4:04.99  | 4:19.89  | 3:59.09  | 4:25.59        | 4:02.19  | 4:23.99          | 3:58.39  |
| 800/1000 Free  | 11:26.39        | 10:19.29 | 10:16.99      | 9:15.99  | 10:08.49          | 9:10.79  | 9:34.29        | 8:40.69  | 9:22.69        | 8:28.19  | 9:04.79  | 8:15.39  | 9:13.19        | 8:23.09  | 9:07.59          | 8:16.99  |
| 1500/1650 Free | 19:23.49        | 19:59.89 | 17:28.99      | 17:59.29 | 17:03.29          | 17:39.99 | 16:05.49       | 16:38.99 | 15:40.39       | 16:14.79 | 15:07.99 | 15:51.39 | 15:31.39       | 16:05.09 | 15:21.49         | 15:52.69 |
| 50 Back        |                 |          |               |          |                   |          | :23.69         | :27.89   |                |          | :21.49   | :26.09   | :22.49         | :26.69   | :22.39           | :26.39   |
| 100 Back       | 1:01.29         | 1:12.29  | :55.19        | 1:04.29  | :56.09            | 1:04.39  | :51.49         | 1:00.59  | :49.19         | :58.79   | :46.99   | :56.89   | :48.59         | :58.19   | :47.89           | :56.89   |
| 200 Back       | 2:14.69         | 2:38.29  | 2:02.09       | 2:20.99  | 2:01.39           | 2:19.79  | 1:52.79        | 2:11.89  | 1:47.79        | 2:08.29  | 1:43.29  | 2:04.59  | 1:46.49        | 2:06.99  | 1:44.79          | 2:03.59  |
| 50 Breast      |                 |          |               |          |                   |          | :26.29         | :30.89   |                |          | :24.39   | :29.19   | :25.29         | :29.59   | :25.19           | :29.19   |
| 100 Breast     | 1:08.79         | 1:22.79  | 1:01.89       | 1:12.99  | 1:03.59           | 1:12.79  | :57.99         | 1:08.19  | :55.49         | 1:05.89  | :53.29   | 1:03.69  | :54.99         | 1:05.09  | :53.99           | 1:03.29  |
| 200 Breast     | 2:32.09         | 3:01.49  | 2:18.29       | 2:42.99  | 2:18.59           | 2:39.79  | 2:07.99        | 2:29.09  | 2:01.59        | 2:24.09  | 1:56.39  | 2:19.39  | 2:00.39        | 2:22.39  | 1:57.99          | 2:18.09  |
| 50 Fly         |                 |          |               |          |                   |          | :22.89         | :26.29   |                |          | :21.19   | :24.89   | :21.99         | :25.39   | :21.89           | :24.99   |
| 100 Fly        | 1:00.19         | 1:09.29  | :54.19        | 1:02.19  | :53.99            | 1:01.49  | :50.59         | :57.99   | :48.69         | :56.49   | :46.69   | :54.69   | :48.19         | :55.89   | :47.49           | :54.69   |
| 200 Fly        | 2:17.89         | 2:41.09  | 2:04.69       | 2:22.99  | 2:02.79           | 2:19.49  | 1:53.69        | 2:10.19  | 1:49.09        | 2:06.39  | 1:44.79  | 2:02.99  | 1:47.89        | 2:05.09  | 1:45.89          | 2:02.89  |
| 200 IM         | 2:13.29         | 2:35.99  | 2:00.59       | 2:20.99  | 2:00.99           | 2:19.39  | 1:53.89        | 2:12.79  | 1:49.59        | 2:09.29  | 1:45.39  | 2:05.49  | 1:48.49        | 2:07.99  | 1:46.79          | 2:04.69  |
| 400 IM         | 4:52.49         | 5:41.49  | 4:24.89       | 5:07.99  | 4:23.99           | 5:01.89  | 4:06.99        | 4:42.39  | 3:56.49        | 4:35.89  | 3:47.69  | 4:28.89  | 3:52.69        | 4:33.09  | 3:49.79          | 4:25.39  |