

2010 Long Course Time Standards

Women			10&U	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:38.09	0:35.49	0:31.99	50 Free	0:38.99	0:36.19	0:32.59
1:24.79	1:17.89	1:10.19	100 Free	1:26.09	1:20.29	1:12.39
3:06.69	2:55.69	2:38.29	200 Free	3:14.29	3:00.49	2:42.59
0:44.99	0:42.59	0:38.39	50 Back	0:47.99	0:44.49	0:40.09
1:38.99	1:32.09	1:22.99	100 Back	1:43.49	1:35.39	1:25.99
0:52.19	0:48.39	0:43.69	50 Breast	0:54.79	0:50.49	0:45.49
1:52.79	1:45.19	1:34.79	100 Breast	1:59.99	1:49.89	1:38.99
0:44.79	0:40.89	0:36.79	50 Fly	0:47.39	0:42.99	0:38.69
1:55.59	1:40.19	1:30.29	100 Fly	2:09.69	1:49.59	1:38.69
3:29.99	3:17.79	2:58.19	200 IM	3:43.59	3:25.19	3:04.79

Women			11/12 12&U	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.09	0:31.49	0:28.39	50 Free	0:34.39	0:32.09	0:28.89
1:12.59	1:08.89	1:02.09	100 Free	1:15.99	1:10.59	1:03.59
2:38.29	2:30.89	2:15.99	200 Free	2:44.39	2:35.09	2:19.69
5:26.59	5:20.19	6:05.89	12&U 400 Free	5:41.09	5:34.69	6:22.19
0:39.29	0:36.99	0:33.29	50 Back	0:41.39	0:38.39	0:34.59
1:23.99	1:19.59	1:11.79	100 Back	1:28.69	1:22.59	1:14.39
2:56.99	2:54.59	2:37.29	12&U 200 Back	3:06.09	3:03.69	2:45.49
0:44.19	0:41.59	0:37.49	50 Breast	0:46.79	0:43.29	0:38.99
1:36.29	1:30.89	1:21.89	100 Breast	1:43.49	1:35.69	1:26.19
3:22.49	3:18.49	2:58.79	12&U 200 Breast	3:36.49	3:32.49	3:11.49
0:37.49	0:34.99	0:31.59	50 Fly	0:39.79	0:36.19	0:32.59
1:28.29	1:20.79	1:12.79	100 Fly	1:39.29	1:25.49	1:17.09
3:10.99	3:08.19	2:49.59	12&U 200 Fly	3:15.79	3:12.99	2:53.89
2:57.69	2:49.89	2:32.99	200 I M	3:08.49	2:57.09	2:39.59
6:13.59	6:07.19	5:30.89	12&U 400 IM	6:32.39	6:25.99	5:47.69

Women

13-14/14&U

Men

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.79	0:29.59	0:26.69	50 Free	0:30.09	0:28.69	0:25.89
1:06.69	1:04.29	0:57.89	100 Free	1:04.99	1:02.49	0:56.29
2:25.79	2:19.99	2:06.09	200 Free	2:24.59	2:18.19	2:04.59
5:00.99	4:54.59	5:37.19	400 Free	5:02.19	4:55.79	5:38.59
10:54.49	10:41.69	12:06.79	800 Free	10:52.59	10:39.79	11:56.19
20:49.09	20:25.09	19:50.49	1500 Free	21:13.09	20:49.09	19:00.09
1:16.89	1:14.29	1:06.99	100 Back	1:16.49	1:13.29	1:05.99
2:44.99	2:39.59	2:23.79	200 Back	2:46.19	2:38.79	2:23.09
1:29.99	1:24.49	1:16.09	100 Breast	1:28.09	1:24.09	1:15.79
3:10.49	3:00.79	2:42.89	200 Breast	3:11.99	3:02.99	2:44.89
1:17.49	1:13.69	1:06.39	100 Fly	1:16.39	1:12.79	1:05.59
3:03.69	2:50.29	2:33.69	200 Fly	3:27.19	3:00.69	2:42.79
2:45.39	2:39.19	2:23.49	200 IM	2:43.39	2:35.79	2:22.79
5:48.89	5:42.49	5:08.49	400 IM	5:50.89	5:44.49	5:10.39

Women

Open

Men

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.69	0:28.49	0:25.69	50 Free	0:27.09	0:25.89	0:23.29
1:04.39	1:01.99	0:55.79	100 Free	0:58.99	0:56.79	0:51.19
2:20.29	2:14.09	2:00.79	200 Free	2:09.29	2:03.59	1:51.29
4:50.69	4:44.29	5:25.69	400 Free	4:35.49	4:29.09	5:08.59
10:17.39	10:04.59	11:31.79	800 Free	10:05.39	9:52.59	10:36.99
20:14.99	19:50.99	19:12.69	1500 Free	19:32.29	19:08.29	17:30.19
1:15.09	1:10.99	1:03.69	100 Back	1:07.69	1:05.49	0:58.99
2:41.79	2:35.09	2:19.69	200 Back	2:29.59	2:23.29	2:09.09
1:24.89	1:20.19	1:12.19	100 Breast	1:17.39	1:13.69	1:06.39
3:03.99	2:55.99	2:38.59	200 Breast	2:55.59	2:46.69	2:30.09
1:12.89	1:09.89	1:02.99	100 Fly	1:05.89	1:03.19	0:56.89
2:53.49	2:39.89	2:24.09	200 Fly	2:44.09	2:32.09	2:16.99
2:37.99	2:32.29	2:17.19	200 IM	2:26.29	2:19.09	2:05.29
5:34.09	5:27.69	4:55.19	400 IM	5:15.99	5:09.59	4:38.89