

BOYS Time Standard, Short Course Pool

EVENT	13	14	15	16	17	18+
100m Freestyle	1:08.10	1:02.80	59.60	58.60	56.80	55.00
200m Freestyle	2:31.10	2:18.80	2:12.80	2:07.70	2:05.20	2:03.10
400m Freestyle	5:23.20	5:03.90	4:47.60	4:47.60	4:39.70	4:33.60
100m Backstroke	1:19.20	1:13.70	1:10.10	1:08.80	1:06.00	1:03.40
200m Backstroke	2:46.10	2:36.70	2:31.10	2:29.20	2:27.00	2:19.90
100m Breaststroke	1:30.00	1:22.50	1:20.40	1:19.30	1:16.50	1:12.60
200m Breaststroke	3:15.00	3:04.00	2:57.10	2:56.80	2:54.60	2:49.10
100m Butterfly	1:24.00	1:16.00	1:10.50	1:07.20	1:05.30	1:03.40
200m Butterfly	3:36.80	3:06.60	2:48.50	2:42.60	2:38.60	2:29.00
200m Individual Medley	2:48.60	2:35.90	2:31.70	2:26.20	2:23.00	2:18.30
400m Individual Medley	6:07.20	6:02.20	5:45.50	5:36.00	5:32.60	5:22.90

BOYS Time Standard, Long Course Pool

EVENT	13	14	15	16	17	18+
100m Freestyle	1:09.30	1:04.10	1:01.00	1:00.00	58.30	56.50
200m Freestyle	2:33.40	2:21.30	2:15.40	2:10.40	2:07.90	2:05.90
400m Freestyle	5:27.50	5:08.50	4:52.40	4:52.40	4:44.70	4:38.70
100m Backstroke	1:20.20	1:14.80	1:11.20	1:10.00	1:07.20	1:04.70
200m Backstroke	2:48.10	2:38.80	2:33.30	2:31.40	2:29.30	2:22.30
100m Breaststroke	1:31.40	1:24.00	1:22.00	1:20.90	1:18.10	1:14.30
200m Breaststroke	3:17.70	3:06.90	3:00.10	2:59.80	2:57.60	2:52.20
100m Butterfly	1:24.90	1:17.00	1:11.60	1:08.30	1:06.50	1:04.60
200m Butterfly	3:38.30	3:08.30	2:50.40	2:44.50	2:40.60	2:31.10
200m Individual Medley	2:50.90	2:38.40	2:34.30	2:28.90	2:25.70	2:21.10
400m Individual Medley	6:12.00	6:07.00	5:50.60	5:41.80	5:37.80	5:28.30

GIRLS Time Standard, Short Course Pool

EVENT	13	14	15	16	17	18+
100m Freestyle	1:07.80	1:04.10	1:03.80	1:02.00	1:01.50	1:01.00
200m Freestyle	2:27.70	2:20.60	2:19.10	2:16.00	2:15.50	2:14.90
400m Freestyle	5:19.40	5:00.00	5:00.00	5:00.00	4:56.00	4:52.20
100m Backstroke	1:17.00	1:13.90	1:12.20	1:12.20	1:11.20	1:09.60
200m Backstroke	2:45.00	2:39.50	2:37.00	2:37.00	2:35.70	2:33.90
100m Breaststroke	1:28.50	1:23.60	1:23.60	1:22.80	1:22.60	1:22.50
200m Breaststroke	3:10.70	3:01.70	3:01.70	3:01.70	2:58.00	2:55.00
100m Butterfly	1:21.00	1:14.80	1:14.80	1:12.40	1:11.00	1:10.00
200m Butterfly	3:16.00	2:58.00	2:54.00	2:54.00	2:54.00	2:54.00
200m Individual Medley	2:48.00	2:40.00	2:40.00	2:37.60	2:36.10	2:34.60
400m Individual Medley	6:11.00	5:50.00	5:50.00	5:50.00	5:50.00	5:50.00

GIRLS Time Standard, Long Course Pool

EVENT	13	14	15	16	17	18+
100m Freestyle	1:09.00	1:05.40	1:05.10	1:03.30	1:02.80	1:02.40
200m Freestyle	2:30.00	2:23.00	2:21.60	2:18.50	2:18.00	2:17.40
400m Freestyle	5:23.80	5:04.60	5:04.60	5:04.60	5:00.70	4:57.00
100m Backstroke	1:18.00	1:15.00	1:13.30	1:13.30	1:12.30	1:10.70
200m Backstroke	2:47.00	2:41.60	2:39.10	2:39.10	2:37.80	2:36.10
100m Breaststroke	1:29.90	1:25.10	1:25.10	1:24.30	1:24.10	1:24.00
200m Breaststroke	3:13.50	3:04.60	3:04.60	3:04.60	3:00.90	2:58.00
100m Butterfly	1:21.90	1:15.80	1:15.80	1:13.40	1:12.10	1:11.10
200m Butterfly	3:17.60	2:59.80	2:55.80	2:55.80	2:55.80	2:55.80
200m Individual Medley	2:50.30	2:42.40	2:42.40	2:40.10	2:38.60	2:37.10
400m Individual Medley	6:15.70	5:55.00	5:55.00	5:55.00	5:55.00	5:55.00