

REGIONAL STANDARDS	L/C							
FEMALE	10 &U	11	12	13	14	15	16	17 &O
50 FR	41.59	38.58	36.77	34.65	32.97	32.49	32.28	31.88
100 FR	1:32.23	1:24.40	1:19.57	1:15.39	1:11.14	1:10.36	1:09.93	1:08.88
200 FR	3:20.14	3:04.46	2:53.62	2:43.50	2:34.43	2:33.99	2:31.05	2:29.11
400 FR	7:05.59	6:36.58	6:10.87	5:51.90	5:26.93	5:25.11	5:20.78	5:17.07
800 FR		13:32.60	12:33.53	11:56.35	11:23.48	11:16.89	11:02.97	10:56.35
1500 FR				22:09.51	21:49.96	21:35.15	21:10.68	20:57.97
50 BK	45.58	43.2	41.32	39.11	38.40	37.55	37.00	36.50
100 BK	1:45.49	1:37.06	1:31.02	1:26.08	1:20.64	1:19.48	1:18.27	1:16.99
200 BK	3:47.87	3:27.37	3:15.31	3:06.02	2:52.57	2:50.66	2:49.23	2:46.35
50 BR	53.14	49.77	47.42	45.40	43.72	43.00	42.50	42.00
100 BR	1:59.36	1:52.13	1:45.49	1:38.21	1:32.87	1:32.16	1:31.66	1:30.74
200 BR		3:59.93	3:45.46	3:32.59	3:19.96	3:19.36	3:17.82	3:16.83
50 FLY	47.68	42.86	41.02	38.80	36.29	34.48	34.00	33.50
100 FLY	1:51.52	1:40.67	1:33.43	1:27.23	1:20.55	1:19.32	1:18.28	1:17.49
200 FLY		3:51.48	3:32.20	3:18.73	3:02.56	3:01.15	2:55.39	2:52.78
200 IM	3:51.34	3:31.75	3:19.51	3:07.68	2:56.03	2:54.21	2:51.65	2:50.05
400 IM		7:26.09	6:59.83	6:39.99	6:19.29	6:08.74	6:06.37	6:01.97
MALE	10 & U	11	12	13	14	15	16	17 &O
50 FR	42.19	38.89	35.93	32.92	30.90	30.34	29.21	28.84
100 FR	1:34.04	1:25.60	1:18.97	1:12.21	1:07.65	1:05.72	1:03.64	1:02.69
200 FR	3:26.16	3:08.08	2:52.40	2:38.87	2:28.02	2:23.21	2:19.08	2:17.39
400 FR	7:16.44	6:43.92	6:12.10	5:46.04	5:16.54	5:07.88	5:00.62	4:56.40
800 FR		14:09.97	12:43.18	11:48.26	11:04.30	10:44.75	10:27.31	10:21.05
1500 FR				21:56.05	21:13.56	20:36.09	20:02.66	19:50.63
50 BK	48.09	47.66	45.64	42.61	40.00	37.39	36.50	36.00
100 BK	1:48.50	1:38.25	1:32.23	1:23.19	1:17.30	1:15.29	1:12.04	1:11.23
200 BK	3:58.72	3:32.20	3:15.91	3:01.40	2:47.47	2:43.59	2:36.62	2:34.95
50 BR	56.14	54.21	52.73	46.29	44.55	42.77	41.95	41.00
100 BR	2:04.18	1:54.54	1:44.89	1:36.47	1:27.92	1:26.94	1:26.94	1:22.24
200 BR		4:10.78	3:45.46	3:27.98	3:11.69	3:08.97	3:01.01	2:59.18
50 FLY	53.41	48.47	45.23	40.00	37.04	35.50	34.60	34.60
100 FLY	1:56.95	1:43.68	1:32.83	1:23.77	1:16.14	1:13.77	1:11.31	1:10.59
200 FLY		4:19.21	3:35.81	3:16.42	2:55.71	2:50.95	2:40.38	2:38.77
200 IM	3:55.01	3:34.20	3:19.51	3:02.40	2:47.93	2:43.67	2:38.71	2:35.87
400 IM		7:56.23	7:08.40	6:31.78	6:01.08	5:55.40	5:46.89	5:42.42