

2009 Junior Olympics Long Course Time Standards (updated 5/07/09)

SCM	SCY	LCM	EVENT	LCM	SCY	SCM
GIRLS 10 & UNDER				BOYS 10 & UNDER		
35.79	32.09	37.99	50 Free	38.99	31.99	35.19
1:18.59	1:11.49	1:24.99	100 Free	1:27.99	1:11.59	1:18.59
2:50.69	2:35.99	3:09.99	200 Free	3:09.99	2:39.99	2:50.69
5:52.09	6:44.99	6:14.99	400 Free	6:14.99	6:44.99	5:52.09
40.99	37.49	45.59	50 Back	47.59	37.99	41.09
1:31.09	1:22.19	1:40.99	100 Back	1:42.99	1:22.19	1:31.09
47.59	42.99	51.99	50 Breast	53.99	43.99	48.19
1:43.49	1:33.99	1:51.99	100 Breast	1:56.99	1:35.99	1:45.79
40.59	36.59	45.99	50 Fly	46.99	36.79	40.69
1:37.09	1:27.09	1:53.99	100 Fly	1:53.99	1:27.99	1:37.19
3:13.79	2:55.99	3:30.99	200 IM	3:43.99	2:59.99	3:18.99

SCM	SCY	LCM	EVENT	LCM	SCY	SCM
GIRLS 11-12				BOYS 11-12		
31.59	28.59	32.99	50 Free	32.99	28.29	31.29
1:08.29	1:01.79	1:11.49	100 Free	1:11.99	1:02.19	1:08.99
2:27.69	2:13.99	2:37.99	200 Free	2:36.99	2:15.49	2:30.29
5:17.59	6:03.99	5:29.99	400 Free	5:29.99	6:03.99	5:17.59
37.09	33.29	38.99	50 Back	39.99	33.29	36.69
1:18.59	1:11.09	1:24.99	100 Back	1:25.99	1:11.59	1:18.79
2:51.39	2:35.99	3:03.99	200 Back	3:03.99	2:37.99	2:54.89
41.49	37.19	43.99	50 Breast	44.59	37.59	41.49
1:29.29	1:20.49	1:35.99	100 Breast	1:36.99	1:21.59	1:30.29
3:13.39	2:55.99	3:27.99	200 Breast	3:27.99	2:59.99	3:17.59
35.29	31.59	36.99	50 Fly	37.99	32.09	35.49
1:19.59	1:12.09	1:25.99	100 Fly	1:25.99	1:13.49	1:20.99
2:56.79	2:39.99	3:03.99	200 Fly	3:03.99	2:39.99	2:56.79
2:47.79	2:31.49	2:59.99	200 IM	3:02.99	2:32.59	2:48.89
6:02.39	5:27.99	6:25.99	400 IM	6:25.99	5:27.99	6:02.39

SCM	SCY	LCM	EVENT	LCM	SCY	SCM
GIRLS 13-14				BOYS 13-14		
29.89	26.99	31.39	50 Free	30.19	25.29	27.99
1:04.89	57.49	1:08.99	100 Free	1:05.99	54.99	1:00.59
2:21.29	2:07.99	2:30.99	200 Free	2:25.99	2:00.99	2:13.79
4:53.89	5:35.99	5:14.99	400 Free	5:05.99	5:24.99	4:45.09
1:13.99	1:06.59	1:20.99	100 Back	1:16.99	1:02.99	1:09.29
2:37.39	2:22.59	2:54.99	200 Back	2:45.99	2:16.99	2:30.59
1:24.59	1:16.49	1:31.99	100 Breast	1:26.99	1:12.99	1:20.59
2:59.99	2:42.99	3:16.99	200 Breast	3:09.99	2:39.99	2:55.79
1:12.39	1:05.69	1:19.99	100 Fly	1:13.99	1:01.59	1:08.09
2:45.79	2:30.99	2:55.99	200 Fly	2:49.99	2:24.99	2:39.69
2:38.09	2:23.49	2:50.99	200 IM	2:43.99	2:14.99	2:28.59
5:39.59	5:06.99	5:59.99	400 IM	5:48.99	4:54.99	5:28.99

SCM	SCY	LCM	EVENT	LCM	SCY	SCM
GIRLS 15-18				BOYS 15-18		
29.49	26.59	31.99	50 Free	28.69	23.79	26.29
1:03.89	57.79	1:08.49	100 Free	1:02.69	52.29	57.69
2:18.49	2:04.49	2:29.99	200 Free	2:15.99	1:54.99	2:06.69
4:50.29	5:31.99	5:11.99	400 Free	4:49.99	5:19.99	4:39.59
1:13.79	1:06.49	1:19.99	100 Back	1:11.99	1:00.49	1:07.29
2:39.99	2:23.99	2:49.99	200 Back	2:34.99	2:13.09	2:27.99
1:22.39	1:15.19	1:29.99	100 Breast	1:21.99	1:07.49	1:14.99
3:00.49	2:42.99	3:14.99	200 Breast	2:59.99	2:30.99	2:46.99
1:13.19	1:05.49	1:18.99	100 Fly	1:09.99	58.99	1:05.09
2:44.19	2:29.99	2:50.99	200 Fly	2:36.99	2:17.99	2:32.39
2:39.09	2:22.09	2:49.99	200 IM	2:36.99	2:10.99	2:25.19
5:38.99	5:04.99	5:55.09	400 IM	5:29.99	4:45.19	5:08.09

2009 Long Course Senior Mets Standards

updated 5/07/09

SCM	SCY	LCM		LCM	SCY	SCM
29.19	26.09	30.29	50 Free	27.49	23.29	25.99
1:03.29	56.69	1:05.49	100 Free	59.99	51.29	57.29
2:16.19	2:01.99	2:19.99	200 Free	2:10.99	1:51.49	2:04.49
4:39.99	5:19.99	4:55.99	400 Free	4:34.99	5:01.99	4:24.29
9:37.49	10:59.99	10:20.99	800 Free	9:49.99	10:35.99	9:16.49
18:47.69	18:50.99	19:54.99	1500 Free	18:44.99	18:03.49	18:00.29
1:11.49	1:03.99	1:15.99	100 Back	1:09.99	58.49	1:05.29
2:32.89	2:16.99	2:44.99	200 Back	2:33.99	2:07.99	2:22.89
1:21.09	1:12.59	1:24.99	100 Breast	1:19.99	1:06.49	1:14.29
2:55.29	2:36.99	3:05.99	200 Breast	2:52.99	2:26.49	2:43.49
1:09.79	1:02.49	1:12.49	100 Fly	1:05.99	57.09	1:03.79
2:36.29	2:19.99	2:45.99	200 Fly	2:36.99	2:11.99	2:27.39
2:34.09	2:17.99	2:38.99	200 IM	2:29.99	2:04.99	2:19.59
5:24.79	4:50.99	5:38.99	400 IM	5:21.99	4:32.99	5:04.69
NCT	NCT	NCT	400 Free Relay	NCT	NCT	NCT
NCT	NCT	NCT	800 Free Relay	NCT	NCT	NCT
NCT	NCT	NCT	400 Medley Relay	NCT	NCT	NCT