

## 2010 Western Zone Championship Time Standards

<i>LCM</i>	<i>SCY</i>	<i>10 &amp; Under</i>	<i>LCM</i>	<i>SCY</i>
33.39	29.29	50 Free	33.09	29.09
1:12.29	1:03.69	100 Free	1:12.79	1:04.09
2:39.09	2:20.39	200 Free	2:38.09	2:19.59
39.39	34.99	50 Back	39.49	35.09
1:24.89	1:15.39	100 Back	1:25.09	1:15.59
44.29	39.09	50 Breast	44.99	39.69
1:36.69	1:25.29	100 Breast	1:37.89	1:26.39
36.79	32.49	50 Fly	36.79	32.59
1:25.09	1:15.39	100 Fly	1:24.49	1:14.79
2:58.59	2:37.99	200 IM	2:59.59	2:38.89
<i>LCM</i>	<i>SCY</i>	<i>11-12</i>	<i>LCM</i>	<i>SCY</i>
29.39	25.99	50 Free	29.59	25.99
1:04.69	56.79	100 Free	1:04.19	56.39
2:20.59	2:03.79	200 Free	2:19.69	2:03.09
4:56.49	5:32.19	400/500 Free	4:55.99	5:31.19
34.59	30.59	50 Back	34.89	30.89
1:14.19	1:05.79	100 Back	1:15.19	1:06.59
38.59	33.89	50 Breast	38.29	33.59
1:24.09	1:13.99	100 Breast	1:24.39	1:14.29
32.39	28.49	50 Fly	32.49	28.69
1:12.49	1:03.99	100 Fly	1:12.79	1:04.39
2:58.59	2:20.19	200 IM	2:38.89	2:20.39
<i>LCM</i>	<i>SCY</i>	<i>13-14</i>	<i>LCM</i>	<i>SCY</i>
28.89	25.39	50 Free	27.29	23.89
1:02.69	54.99	100 Free	58.89	51.69
2:15.09	1:58.79	200 Free	2:08.09	1:52.49
4:43.99	5:18.19	400/500 Free	4:31.99	5:04.69
9:51.69	11:02.99	800/1000 Free	9:28.49	10:36.99
18:55.69	18:33.39	1500/1650 Free	18:06.09	17:44.79
1:11.59	1:03.49	100 Back	1:08.09	1:00.19
2:33.29	2:15.89	200 Back	2:25.89	2:09.29
1:20.89	1:10.99	100 Breast	1:15.99	1:06.99
2:54.09	2:33.29	200 Breast	2:45.39	2:25.39
1:09.59	1:01.49	100 Fly	1:05.19	57.49
2:35.49	2:17.59	200 Fly	2:26.99	2:09.89
2:33.99	2:15.79	200 IM	2:25.09	2:07.79
5:25.79	4:47.69	400 IM	5:08.59	4:32.19
<i>LCM</i>	<i>SCY</i>	<i>15-16</i>	<i>LCM</i>	<i>SCY</i>
28.99	25.39	50 Free	26.29	22.99
1:02.89	55.19	100 Free	57.49	50.29
2:15.59	1:59.19	200 Free	2:05.79	1:50.39
4:44.69	5:18.99	400/500 Free	4:26.79	4:58.89
9:53.69	11:05.19	800/1000 Free	9:20.89	10:28.49
19:01.49	18:39.19	1500/1650 Free	18:03.69	17:42.49
1:11.89	1:03.69	100 Back	1:06.19	58.59
2:34.69	2:17.19	200 Back	2:23.79	2:07.39
1:19.59	1:09.89	100 Breast	1:14.39	1:05.19
2:55.99	2:34.99	200 Breast	2:43.09	2:23.39
1:09.89	1:01.69	100 Fly	1:03.39	55.79
2:37.09	2:18.99	200 Fly	2:23.39	2:07.09
2:34.99	2:16.79	200 IM	2:22.39	2:05.39
5:27.39	4:49.19	400 IM	5:04.59	4:28.69
<i>LCM</i>	<i>SCY</i>	<i>17-18</i>	<i>LCM</i>	<i>SCY</i>
29.89	26.19	50 Free	26.59	23.29
1:05.09	57.19	100 Free	58.39	51.09
2:21.19	2:04.29	200 Free	2:07.99	1:52.39
5:00.19	5:36.29	400/500 Free	4:35.49	5:08.59
10:26.09	11:41.59	800/1000 Free	9:38.69	10:478.39
20:18.79	19:54.89	1500/1650 Free	18:38.59	18:136.69
1:16.69	1:07.99	100 Back	1:09.19	1:01.29
2:44.79	2:26.29	200 Back	2:31.29	2:14.19
1:25.99	1:15.69	100 Breast	1:17.39	1:07.89
3:07.79	2:45.59	200 Breast	2:51.09	2:30.59
1:13.69	1:05.09	100 Fly	1:04.99	57.29
2:51.59	2:32.09	200 Fly	2:33.69	2:15.99
2:40.69	2:21.89	200 IM	2:26.49	2:09.09
5:52.59	5:11.69	400 IM	5:22.09	4:44.39