

## Girls Freestyle, Backstroke and Breaststroke Standard Times.

| <u>50m free</u>  | secs    | min/sec  | <u>50m back</u>    | secs   | min/sec |
|------------------|---------|----------|--------------------|--------|---------|
| 18/0             | 25.84   |          | 18/0               | 29.73  |         |
| 17y              | 26.32   |          | 17y                | 29.95  |         |
| 16y              | 26.68   |          | 16y                | 30.31  |         |
| 15y              | 27.02   |          | 15y                | 30.82  |         |
| 14y              | 27.43   |          | 14y                | 31.50  |         |
| 13y              | 27.99   |          | 13y                | 32.35  |         |
| 12y              | 28.90   |          | 12y                | 32.75  |         |
| 11y/u            | 29.95   |          | 11y/u              | 34.60  |         |
| <u>100m free</u> |         |          | <u>100m back</u>   |        |         |
| 18/0             | 56.85   |          | 18/0               | 62.02  | 1.02.02 |
| 17y              | 57.07   |          | 17y                | 62.71  | 1.02.71 |
| 16y              | 57.15   |          | 16y                | 63.12  | 1.03.12 |
| 15y              | 57.25   |          | 15y                | 63.48  | 1.03.48 |
| 14y              | 57.56   |          | 14y                | 64.05  | 1.04.05 |
| 13y              | 58.25   |          | 13y                | 65.07  | 1.05.07 |
| 12y              | 59.50   |          | 12y                | 66.80  | 1.06.80 |
| 11y              | 61.47   | 1.01.47  | 11y                | 69.48  | 1.09.48 |
| 10y              | 64.35   | 1.04.35  | 10y                | 73.37  | 1.13.37 |
| 9/u              | 68.31   | 1.08.31  | 9/u                | 78.70  | 1.18.70 |
| <u>200m free</u> |         |          | <u>200m back</u>   |        |         |
| 18/0             | 120.13  | 2.00.13  | 18/0               | 130.20 | 2.10.20 |
| 17y              | 121.41  | 2.01.41  | 17y                | 133.43 | 2.13.43 |
| 16y              | 121.38  | 2.01.38  | 16y                | 134.44 | 2.14.44 |
| 15y              | 121.52  | 2.01.52  | 15y                | 135.80 | 2.14.80 |
| 14y              | 121.80  | 2.01.80  | 14y                | 138.36 | 2.18.36 |
| 13y              | 122.19  | 2.02.19  | 13y                | 140.43 | 2.20.43 |
| 12y              | 124.67  | 2.04.67  | 12y                | 162.74 | 2.42.74 |
| 11y              | 129.42  | 2.09.42  | 11y                | 168.82 | 2.48.82 |
| 10/u             | 137.09  | 2.17.09  | 10/u               | 177.40 | 2.57.40 |
| <u>400m free</u> |         |          | <u>50m breast</u>  |        |         |
| Open             | 246.92  | 4.06.92  | Open               |        |         |
| 17y              | 248.57  | 4.08.57  | 18/0               | 32.15  |         |
| 16y              | 249.06  | 4.09.06  | 17y                | 33.61  |         |
| 15y              | 249.41  | 4.09.41  | 16y                | 34.39  |         |
| 14y              | 250.65  | 4.10.65  | 15y                | 34.76  |         |
| 13y              | 253.78  | 4.13.78  | 14y                | 35.02  |         |
| 12y              | 259.84  | 4.19.84  | 13y                | 35.45  |         |
| 11y              | 269.83  | 4.29.83  | 12y                | 36.33  |         |
| 10/u             | 284.78  | 4.44.78  | 11/u               | 37.96  |         |
| <u>800m free</u> |         |          | <u>100m breast</u> |        |         |
| 18/0             | 504.15  | 8.24.15  | 18/0               | 68.96  | 1.08.96 |
| 17y              | 508.43  | 8.28.43  | 17y                | 70.89  | 1.10.89 |
| 16y              | 509.18  | 8.29.18  | 16y                | 71.63  | 1.11.63 |
| 15y              | 509.47  | 8.29.47  | 15y                | 71.75  | 1.11.75 |
| 14y              | 512.35  | 8.32.35  | 14y                | 71.80  | 1.11.80 |
| 13y              | 520.87  | 8.40.87  | 13y                | 72.35  | 1.12.35 |
| 12y              | 538.10  | 8.58.10  | 12y                | 73.97  | 1.13.97 |
| 11/u             | 567.08  | 9.27.08  | 11y                | 77.21  | 1.17.21 |
|                  |         |          | 10y                | 82.65  | 1.22.65 |
|                  |         |          | 9/u                | 90.85  | 1.30.85 |
| <u>1500 free</u> |         |          | <u>200m breast</u> |        |         |
| Open             | 965.70  | 16.05.70 | 18/0               | 151.41 | 2.31.41 |
| 16y              | 968.62  | 16.08.62 | 17y                | 152.20 | 2.32.20 |
| 15y              | 975.26  | 16.15.26 | 16y                | 152.63 | 2.32.63 |
| 14y              | 990.16  | 16.30.16 | 15y                | 153.11 | 2.33.11 |
| 13y              | 1011.91 | 16.51.91 | 14y                | 154.08 | 2.34.08 |
| 12y              | 1043.05 | 17.23.05 | 13y                | 155.94 | 2.35.94 |
|                  |         |          | 12y                | 159.12 | 2.39.12 |
|                  |         |          | 11y                | 164.04 | 2.44.04 |
|                  |         |          | 10/u               | 171.11 | 2.51.11 |

## Boys Freestyle, Backstroke and Breaststroke standard times.

| <u>50m free</u>   | <u>Secs</u> | <u>Min/sec</u> | <u>50m back</u>   | <u>Secs</u> | <u>Min/sec</u> |
|-------------------|-------------|----------------|-------------------|-------------|----------------|
| 18/0              | 22.54       |                | 18/0              | 26.74       |                |
| 17y               | 23.66       |                | 17y               | 27.23       |                |
| 16y               | 24.26       |                | 16y               | 27.85       |                |
| 15y               | 24.61       |                | 15y               | 28.6        |                |
| 14y               | 24.98       |                | 14y               | 29.56       |                |
| 13y               | 25.67       |                | 13y               | 30.70       |                |
| 12y               | 26.93       |                | 12y               | 32.08       |                |
| 11/u              | 29.06       |                | 11/u              | 33.70       |                |
| <u>100m free</u>  |             |                | <u>100m back</u>  |             |                |
| 18y               | 49.60       |                | 18y               | 56.75       |                |
| 17y               | 50.14       |                | 17y               | 57.47       |                |
| 16y               | 50.91       |                | 16y               | 58.42       |                |
| 15y               | 51.97       |                | 15y               | 59.70       |                |
| 14y               | 53.40       |                | 14y               | 61.39       | 1.01.39        |
| 13y               | 55.26       |                | 13y               | 63.60       | 1.03.60        |
| 12y               | 57.62       |                | 12y               | 66.43       | 1.06.43        |
| 11y               | 60.55       | 1.00.55        | 11y               | 69.96       | 1.09.96        |
| 10y               | 64.11       | 1.04.11        | 10y               | 74.31       | 1.14.31        |
| 9/u               | 68.38       | 1.08.38        | 9/u               | 79.55       | 1.19.55        |
| <u>200 free</u>   |             |                | <u>200 back</u>   |             |                |
| 18/0              | 107.50      | 1.47.50        | 18/0              | 121.96      | 2.01.96        |
| 17y               | 110.25      | 1.50.25        | 17y               | 122.79      | 2.02.79        |
| 16y               | 112.61      | 1.52.61        | 16y               | 124.72      | 2.04.72        |
| 15y               | 114.94      | 1.54.94        | 15y               | 127.62      | 2.07.62        |
| 14y               | 117.61      | 1.57.61        | 14y               | 131.40      | 2.13.40        |
| 13y               | 120.98      | 2.00.98        | 13y               | 135.93      | 2.15.93        |
| 12y               | 125.40      | 2.05.40        | 12y               | 141.12      | 2.21.12        |
| 11y               | 131.25      | 2.11.25        | 11y               | 146.85      | 2.26.85        |
| 10/u              | 138.88      | 2.18.88        | 10/u              | 153.01      | 2.33.01        |
| <u>400m free</u>  |             |                | <u>50m breast</u> |             |                |
| 18/0              | 227.11      | 3.47.11        | 18/0              | 29.05       |                |
| 17y               | 231.95      | 3.51.95        | 17y               | 29.67       |                |
| 16y               | 236.00      | 3.56.00        | 16y               | 30.33       |                |
| 15y               | 240.07      | 4.00.07        | 15y               | 31.12       |                |
| 14y               | 244.98      | 4.04.98        | 14y               | 32.14       |                |
| 13y               | 251.14      | 4.11.14        | 13y               | 33.46       |                |
| 12y               | 260.56      | 4.20.56        | 12y               | 35.20       |                |
| 11y               | 272.85      | 4.32.85        | 11/u              | 37.33       |                |
| 10/u              | 289.22      | 4.49.22        |                   |             |                |
| <u>800m free</u>  |             |                | <u>100 breast</u> |             |                |
| Open              | 467.46      | 7.47.46        | 18/0              | 62.34       | 1.02.34        |
| 18/0              |             |                | 17y               | 62.89       | 1.02.89        |
| 16y               | 479.15      | 7.59.15        | 16y               | 63.97       | 1.03.97        |
| 15y               | 494.58      | 8.14.58        | 15y               | 65.60       | 1.05.60        |
| 14y               | 512.46      | 8.32.46        | 14y               | 67.82       | 1.07.82        |
| 13y               | 531.54      | 8.51.54        | 13y               | 70.63       | 1.10.63        |
| 12y               | 550.54      | 9.10.54        | 12y               | 74.08       | 1.14.08        |
| 11/u              | 568.20      | 9.28.20        | 11y               | 78.18       | 1.18.18        |
|                   |             |                | 10y               | 82.95       | 1.22.95        |
|                   |             |                | 9/u               | 88.44       | 1.28.44        |
| <u>1500m free</u> |             |                | <u>200 breast</u> |             |                |
| Open              | 891.26      | 14.51.26       | Open              | 135.28      | 2.15.28        |
| 17y               | 888.75      | 14.45.75       | 17y               | 138.00      | 2.18.00        |
| 16y               | 899.72      | 14.59.72       | 16y               | 140.32      | 2.20.32        |
| 15y               | 930.04      | 15.30.04       | 15y               | 142.92      | 2.22.92        |
| 14y               | 973.59      | 16.13.59       | 14y               | 146.47      | 2.26.47        |
| 13y               | 1027.24     | 17.07.24       | 13y               | 151.63      | 2.31.63        |
| 12y               | 1087.86     | 18.07.86       | 12y               | 159.08      | 2.39.08        |
|                   |             |                | 11y               | 169.49      | 2.49.49        |
|                   |             |                | 10/u              | 183.52      | 3.03.52        |

**Girls Butterfly and I.M. Standard Boys Butterfly and I.M. Standard Times**

| <u>50m fly</u>  | <u>Secs</u> | <u>Min/secs</u> | <u>50m fly</u>  | <u>Secs</u> | <u>Min/sec</u> |
|-----------------|-------------|-----------------|-----------------|-------------|----------------|
| 18/0            | 28.85       |                 | 18/0            | 25.18       |                |
| 17y             | 29.18       |                 | 17y             | 25.24       |                |
| 16y             | 29.35       |                 | 16y             | 25.48       |                |
| 15y             | 29.52       |                 | 15y             | 25.92       |                |
| 14y             | 29.83       |                 | 14y             | 26.61       |                |
| 13y             | 30.42       |                 | 13y             | 27.60       |                |
| 12y             | 31.42       |                 | 12y             | 28.93       |                |
| 11/u            | 32.99       |                 | 11/u            | 30.64       |                |
| <u>100m fly</u> |             |                 | <u>100m fly</u> |             |                |
| 18/0            | 61.10       | 1.01.10         | 18/0            | 53.31       |                |
| 17y             | 61.12       | 1.01.12         | 17y             | 54.57       |                |
| 16y             | 61.13       | 1.01.13         | 16y             | 55.66       |                |
| 15y             | 61.29       | 1.01.29         | 15y             | 56.80       |                |
| 14y             | 61.77       | 1.01.77         | 14y             | 58.20       |                |
| 13y             | 62.75       | 1.02.75         | 13y             | 60.07       | 1.00.07        |
| 12y             | 64.40       | 1.04.40         | 12y             | 62.23       | 1.02.23        |
| 11y             | 66.89       | 1.06.89         | 11y             | 66.09       | 1.06.09        |
| 10y             | 70.38       | 1.10.38         | 10y             | 70.66       | 1.10.66        |
| 9/u             | 75.06       | 1.15.06         | 9/u             | 76.57       | 1.16.57        |
| <u>200m fly</u> |             |                 | <u>200m fly</u> |             |                |
| Open            | 130.49      | 2.10.49         | Open            | 116.87      | 1.56.87        |
| 17y             | 130.68      | 2.10.68         | 17y             | 118.07      | 1.58.07        |
| 16y             | 130.95      | 2.10.95         | 16y             | 119.98      | 1.59.98        |
| 15y             | 131.61      | 2.11.61         | 15y             | 122.74      | 2.02.74        |
| 14y             | 132.98      | 2.12.98         | 14y             | 126.53      | 2.06.53        |
| 13y             | 135.37      | 2.15.37         | 13y             | 131.49      | 2.11.49        |
| 12y             | 139.09      | 2 19 09         | 12y             | 137.76      | 2 17 76        |
| 11y             | 144 45      | 2 24 45         | 11y             | 145.51      | 2.25.51        |
| 10y             | 151.76      | 2.31.76         | 10y             | 154.88      | 2.34.88        |
| <u>200 IM</u>   |             |                 | <u>200 IM</u>   |             |                |
| 18/0            | 136.19      | 2.16.19         | 18/0            | 123.84      | 2.03.84        |
| 17y             | 136.49      | 2.16.49         | 17y             | 124.26      | 2.04.26        |
| 16y             | 136.67      | 2.16.67         | 16y             | 125.63      | 2.05.63        |
| 15y             | 137.01      | 2.17.01         | 15y             | 128.02      | 2.08.02        |
| 14y             | 137.83      | 2.17.83         | 14y             | 131.49      | 2.11.49        |
| 13y             | 139.42      | 2.19.42         | 13y             | 136.10      | 2.16.10        |
| 12y             | 142.08      | 2.22.08         | 12y             | 141.91      | 2.21.91        |
| 11y             | 146.10      | 2.26.10         | 11y             | 148.99      | 2.28.99        |
| 10/u            | 151.78      | 2.31.78         | 10/u            | 157.41      | 2.37.41        |
| <u>400 IM</u>   |             |                 | <u>400 IM</u>   |             |                |
| Open            | 283.32      | 4.43.32         | 18/0            | 258.94      | 4.18.94        |
| 17y             | 282.88      | 4.42.88         | 17y             | 263.60      | 4.23.60        |
| 16y             | 283.06      | 4.43.06         | 16y             | 269.30      | 4.29.30        |
| 15y             | 284.52      | 4.44.52         | 15y             | 276.25      | 4.36.25        |
| 14y             | 287.89      | 4.47.89         | 14y             | 284.70      | 4.44.70        |
| 13y             | 293.84      | 4.53.84         | 13y             | 294.88      | 4.54.88        |
| 12y             | 303.02      | 5.03.02         | 12y             | 307.00      | 5.07.00        |
| 11y             | 316.09      | 5.16 09         | 11y             | 321.32      | 5.21.32        |
| 10/u            | 333 68      | 5 33 68         | 10/u            | 338.05      | 5.38.05        |