

Western Zone Time Standards  
2011

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.19	0:32.49	0:29.19	<b>50 Free</b>	0:33.09	0:32.29	0:29.09
1:12.39	1:10.79	1:03.69	<b>100 Free</b>	1:12.89	1:11.29	1:04.19
2:39.09	2:35.89	2:20.49	<b>200 Free</b>	2:38.19	2:34.99	2:19.59
0:39.39	0:38.79	0:34.99	<b>50 Back</b>	0:39.49	0:38.89	0:35.09
1:24.99	1:23.79	1:15.49	<b>100 Back</b>	1:25.19	1:23.99	1:15.59
0:44.29	0:43.29	0:39.09	<b>50 Breast</b>	0:44.99	0:43.99	0:39.69
1:36.79	1:34.79	1:25.39	<b>100 Breast</b>	1:37.99	1:35.99	1:26.49
0:36.79	0:36.09	0:32.49	<b>50 Fly</b>	0:36.79	0:36.09	0:32.59
1:25.19	1:23.79	1:15.49	<b>100 Fly</b>	1:24.59	1:23.19	1:14.89
2:58.69	2:55.49	2:38.09	<b>200 IM</b>	2:59.69	2:56.49	2:38.99

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.99	<b>50 Free</b>	0:29.59	0:28.79	0:25.99
1:04.69	1:03.09	0:56.79	<b>100 Free</b>	1:04.39	1:02.79	0:56.49
2:20.59	2:17.39	2:03.79	<b>200 Free</b>	2:19.89	2:16.69	2:03.19
4:56.79	4:50.39	5:32.49	<b>400/500 Free</b>	4:55.49	4:49.09	5:31.09
0:34.59	0:33.99	0:30.59	<b>50 Back</b>	0:34.89	0:34.29	0:30.89
1:11.69	1:10.49	1:03.49	<b>100 Back</b>	1:12.79	1:11.59	1:04.59
0:38.59	0:37.59	0:33.89	<b>50 Breast</b>	0:38.29	0:37.29	0:33.59
1:24.09	1:22.09	1:13.99	<b>100 Breast</b>	1:24.59	1:22.59	1:14.39
0:32.39	0:31.69	0:28.49	<b>50 Fly</b>	0:32.49	0:31.79	0:28.69
1:12.59	1:11.19	1:04.09	<b>100 Fly</b>	1:12.99	1:11.59	1:04.49
2:38.79	2:35.59	2:20.19	<b>200 IM</b>	2:39.09	2:35.89	2:20.49

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.39	<b>50 Free</b>	0:27.29	0:26.49	0:23.89
1:02.79	1:01.19	0:55.09	<b>100 Free</b>	0:59.09	0:57.49	0:51.79
2:15.19	2:11.99	1:58.89	<b>200 Free</b>	2:08.09	2:04.89	1:52.49
4:44.29	4:37.89	5:18.49	<b>400/500 Free</b>	4:32.29	4:25.89	5:04.99
9:51.99	9:39.19	11:03.29	<b>800/1000 Free</b>	9:29.39	9:16.59	10:37.99
18:47.59	18:23.59	18:25.49	<b>1500/1650 Free</b>	18:05.59	17:41.59	17:44.29
1:11.59	1:10.39	1:03.39	<b>100 Back</b>	1:08.09	1:06.89	1:00.29
2:33.39	2:30.99	2:16.09	<b>200 Back</b>	2:25.99	2:23.59	2:09.39
1:20.99	1:18.99	1:11.09	<b>100 Breast</b>	1:15.89	1:13.89	1:06.59
2:54.19	2:50.19	2:33.29	<b>200 Breast</b>	2:45.29	2:41.29	2:25.29
1:09.59	1:08.19	1:01.49	<b>100 Fly</b>	1:05.19	1:03.79	0:57.49
2:35.49	2:32.69	2:17.59	<b>200 Fly</b>	2:27.09	2:24.29	2:09.99
2:33.99	2:30.79	2:15.79	<b>200 IM</b>	2:25.19	2:21.99	2:07.89
5:25.59	5:19.19	4:47.59	<b>400 IM</b>	5:08.89	5:02.49	4:32.49

15-16

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.99	0:28.19	0:25.39	<b>50 Free</b>	0:26.29	0:25.49	0:22.99
1:02.89	1:01.29	0:55.19	<b>100 Free</b>	0:57.59	0:55.99	0:50.39
2:15.49	2:12.29	1:59.19	<b>200 Free</b>	2:05.89	2:02.69	1:50.49
4:44.59	4:38.19	5:18.79	<b>400/500 Free</b>	4:26.79	4:20.39	4:58.89
9:54.69	9:41.89	11:06.29	<b>800/1000 Free</b>	9:21.79	9:08.99	10:29.49
18:55.69	18:31.69	18:33.49	<b>1500/1650 Free</b>	17:48.99	17:24.99	17:27.99
1:11.89	1:10.69	1:03.69	<b>100 Back</b>	1:06.09	1:04.89	0:58.49
2:34.59	2:32.19	2:17.09	<b>200 Back</b>	2:23.79	2:21.39	2:07.39
1:19.69	1:17.69	1:09.99	<b>100 Breast</b>	1:14.39	1:12.39	1:05.19
2:55.99	2:51.99	2:34.89	<b>200 Breast</b>	2:43.09	2:39.09	2:23.29
1:09.89	1:08.49	1:01.69	<b>100 Fly</b>	1:03.29	1:01.89	0:55.79
2:37.19	2:34.39	2:19.09	<b>200 Fly</b>	2:26.89	2:24.09	2:09.79
2:34.89	2:31.69	2:16.69	<b>200 IM</b>	2:22.29	2:19.09	2:05.39
5:27.29	5:20.89	4:49.09	<b>400 IM</b>	5:04.59	4:58.19	4:28.69

17-18

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.89	0:29.09	0:26.19	<b>50 Free</b>	0:26.59	0:25.79	0:23.29
1:05.09	1:03.49	0:57.19	<b>100 Free</b>	0:58.49	0:56.89	0:51.19
2:21.29	2:18.09	2:04.39	<b>200 Free</b>	2:08.09	2:04.89	1:52.49
5:00.49	4:54.09	5:36.69	<b>400/500 Free</b>	4:35.79	4:29.39	5:08.99
10:27.09	10:14.29	11:42.69	<b>800/1000 Free</b>	9:39.69	9:26.89	10:49.49
20:22.49	19:58.49	19:58.49	<b>1500/1650 Free</b>	18:41.99	18:17.99	18:19.99
1:16.59	1:15.39	1:07.99	<b>100 Back</b>	1:09.19	1:07.99	1:01.19
2:44.59	2:42.19	2:26.09	<b>200 Back</b>	2:31.29	2:28.89	2:14.19
1:25.89	1:23.89	1:15.59	<b>100 Breast</b>	1:17.49	1:15.49	1:07.99
3:07.69	3:03.69	2:45.49	<b>200 Breast</b>	2:51.19	2:47.19	2:30.59
1:13.59	1:12.19	1:05.09	<b>100 Fly</b>	1:05.09	1:03.69	0:57.29
2:51.69	2:48.89	2:32.19	<b>200 Fly</b>	2:33.79	2:30.99	2:15.99
2:40.59	2:37.39	2:21.79	<b>200 IM</b>	2:26.59	2:23.39	2:09.19
5:52.39	5:45.99	5:11.69	<b>400 IM</b>	5:22.39	5:15.99	4:44.69