

# 2016 Senior Time Standards ---- SI Swimming –Women

## Women – SCY

	2016 Sr Classic	2016 Futures	2016 LCM Jrs	2016 LCM Jr Bonus	2016 US Open	2016 US Open 18U Bonus	2016 Olympic Trials
50 SCY Free	27.49	24.39	22.89	23.49	22.49	22.89	
100 SCY Free	58.99	52.19	49.89	50.79	49.09	49.89	
200 SCY Free	2:06.39	1:52.99	1:47.79	1:49.39	1:46.49	1:47.79	
500 SCY Free	5:37.19	5:03.49	4:49.09	4:52.19	4:44.99	4:49.09	
1000 SCY Free	12:00.49	10:20.49	9:58.79	10:05.19	9:49.99	9:58.79	
1650 SCY Free	20:12.09	17:14.39	16:35.89	16:45.09	16:21.89	16:35.89	
100 SCY Back	1:09.79	58.49	54.69	56.09	53.69	54.69	
200 SCY Back	2:34.59	2:05.79	1:58.09	2:00.69	1:56.39	1:58.09	
100 SCY Breast	1:19.29	1:06.29	1:03.09	1:03.89	1:01.29	1:03.09	
200 SCY Breast	2:55.99	2:23.09	2:15.89	2:18.89	2:12.89	2:15.89	
100 SCY Fly	1:07.69	57.89	54.19	55.69	53.29	54.19	
200 SCY Fly	2:35.99	2:06.19	1:59.59	2:02.39	1:58.49	1:59.59	
200 SCY Ind Medley	2:24.09	2:08.29	2:00.99	2:03.99	1:58.99	2:00.99	
400 SCY Ind Medley	5:15.29	4:30.69	4:15.19	4:22.09	4:13.89	4:15.59	
200 SCY Free Relay							
400 SCY Free Relay		3:34.09					
800 SCY Free Relay		7:36.39					
200 SCY Med Relay							
400 SCY Med Relay		3:57.09					

## Women – LCM

	2016 Sr Classic	2016 Futures	2016 LCM Jrs	2016 LCM Jr Bonus	2016 US Open	2016 US Open 18U Bonus	2016 Olympic Trials
50 LCM Free	31.29	27.49	26.69	27.19	26.19	26.69	26.19
100 LCM Free	1:06.99	59.59	57.79	58.29	56.59	57.79	56.49
200 LCM Free	2:23.19	2:08.19	2:04.69	2:05.69	2:02.39	2:04.69	2:02.39
400 LCM Free	5:04.19	4:28.79	4:22.19	4:23.89	4:17.99	4:22.19	4:17.99
800 LCM Free	10:49.49	9:13.79	9:00.29	9:05.09	8:49.99	9:00.29	8:49.99
1500 LCM Free	20:42.09	17:40.19	17:14.29	17:29.69	16:52.99	17:14.29	N/A
100 LCM Back	1:18.89	1:07.29	1:04.59	1:05.59	1:03.39	1:04.59	1:03.39
200 LCM Back	2:54.19	2:24.79	2:18.69	2:20.89	2:16.16	2:18.69	2:16.59
100 LCM Breast	1:29.29	1:16.19	1:13.49	1:14.29	1:11.59	1:13.49	1:11.49
200 LCM Breast	3:17.89	2:43.79	2:38.69	2:40.49	2:34.99	2:38.69	2:34.99
100 LCM Fly	1:16.49	1:05.19	1:02.59	1:03.59	1:01.19	1:02.59	1:01.19
200 LCM Fly	2:55.59	2:21.89	2:17.39	2:19.29	2:15.29	2:17.39	2:14.99
200 LCM Ind Medley	2:42.99	2:26.39	2:21.39	2:22.39	2:18.69	2:21.39	2:18.69
400 LCM Ind Medley	5:54.89	5:07.29	4:58.09	5:00.49	4:54.99	4:58.09	4:54.99
200 LCM Free Relay							
400 LCM Free Relay		4:04.29	3:56.49		3:52.69		
800 LCM Free Relay		8:40.89	8:29.99		8:22.19		
200 LCM Med Relay							
400 LCM Med Relay		4:33.79	4:22.69		4:18.29		