

# 2006 LONG COURSE FAR WESTERN TIME STANDARDS

SCY	GIRLS SCM	LCM		LCM	BOYS SCM	SCY
<b>10/Under</b>						
30.29	33.59	34.39	<b>50 Free</b>	35.39	34.59	31.19
1:07.19	1:14.59	1:16.19	<b>100 Free</b>	1:16.29	1:14.69	1:07.29
2:27.49	2:43.69	2:46.89	<b>200 Free</b>	2:46.29	2:43.09	2:26.89
6:19.69	5:32.49	5:38.89	<b>*400 Free</b>	5:36.29	5:29.89	6:16.79
35.99	39.99	40.59	<b>50 Back</b>	41.59	40.99	36.89
1:18.49	1:27.09	1:28.29	<b>100 Back</b>	1:28.69	1:27.49	1:18.79
40.29	44.69	45.69	<b>50 Breast</b>	46.29	45.29	40.79
1:28.29	1:37.99	1:39.99	<b>100 Breast</b>	1:41.79	1:39.79	1:29.89
34.49	38.29	38.99	<b>50 Fly</b>	39.39	38.69	34.89
1:20.39	1:29.19	1:30.59	<b>100 Fly</b>	1:30.79	1:29.39	1:20.49
2:48.29	3:06.79	3:09.99	<b>200 I.M.</b>	3:12.29	3:09.09	2:50.39
2:06.19	2:20.09	2:23.29	<b>200 FR</b>	2:23.29	2:20.09	2:06.19
2:23.39	2:39.19	2:42.39	<b>200 MR</b>	2:42.39	2:39.19	2:23.39
<b>11/12</b>						
27.19	30.19	30.99	<b>50 Free</b>	30.69	29.89	26.89
59.49	1:05.99	1:07.59	<b>100 Free</b>	1:06.99	1:05.39	58.89
2:09.49	2:23.79	2:26.99	<b>200 Free</b>	2:27.29	2:24.09	2:09.79
5:46.99	5:03.29	5:09.69	<b>*400 Free</b>	5:12.99	5:06.59	5:50.69
11:50.39	10:21.19	10:33.99	<b>**800 Free</b>	10:24.89	10:12.09	11:40.19
19:56.09	19:55.99	20:19.99	<b>***1500 Free</b>	20:11.99	19:47.99	19:48.19
32.09	35.59	36.19	<b>50 Back</b>	36.79	36.19	32.59
1:09.49	1:17.19	1:18.39	<b>100 Back</b>	1:19.49	1:18.29	1:10.49
2:29.39	2:45.79	2:48.19	<b>200 Back</b>	2:47.89	2:45.49	2:29.09
35.69	39.59	40.59	<b>50 Breast</b>	40.59	39.59	35.69
1:17.59	1:26.19	1:28.19	<b>100 Breast</b>	1:27.29	1:25.29	1:16.79
2:46.59	3:04.89	3:08.89	<b>200 Breast</b>	3:06.39	3:02.39	2:44.29
29.99	33.29	33.99	<b>50 Fly</b>	34.09	33.39	30.09
1:08.69	1:16.29	1:17.69	<b>100 Fly</b>	1:17.99	1:16.59	1:08.99
2:32.59	2:49.39	2:52.19	<b>200 Fly</b>	2:50.69	2:47.89	2:31.29
2:27.59	2:43.79	2:46.99	<b>200 I.M.</b>	2:48.29	2:45.09	2:28.69
5:12.99	5:47.39	5:53.79	<b>400 I.M.</b>	5:56.79	5:50.39	5:15.69
1:50.59	2:02.79	2:05.99	<b>200 FR</b>	2:10.89	2:07.69	1:54.99
4:03.89	4:30.69	4:37.09	<b>400 FR</b>	4:45.19	4:38.79	4:11.19
2:05.19	2:18.99	2:22.19	<b>200 MR</b>	2:25.89	2:22.69	2:08.49
4:38.49	5:09.09	5:15.49	<b>400 MR</b>	5:25.39	5:18.99	4:47.39
<b>13/14</b>						
25.79	28.69	29.49	<b>50 Free</b>	28.29	27.49	24.79
56.69	1:02.99	1:04.59	<b>100 Free</b>	1:00.69	59.09	53.19
2:01.19	2:14.49	2:17.69	<b>200 Free</b>	2:11.59	2:08.39	1:55.69
5:25.59	4:44.19	4:50.59	<b>*400 Free</b>	4:42.59	4:36.19	5:16.59
11:20.29	9:54.39	10:07.19	<b>**800 Free</b>	9:47.99	9:35.19	10:58.79
18:46.09	18:44.59	19:08.59	<b>***1500 Free</b>	18:15.99	17:51.99	17:54.49
1:05.19	1:12.39	1:13.59	<b>100 Back</b>	1:10.99	1:09.79	1:02.89
2:21.19	2:36.69	2:39.09	<b>200 Back</b>	2:33.29	2:30.89	2:15.89
1:13.19	1:21.29	1:23.29	<b>100 Breast</b>	1:19.59	1:17.59	1:09.89
2:38.49	2:55.99	2:59.99	<b>200 Breast</b>	2:52.79	2:48.79	2:32.09
1:03.19	1:10.19	1:11.59	<b>100 Fly</b>	1:08.79	1:07.39	1:00.69
2:23.39	2:39.19	2:41.99	<b>200 Fly</b>	2:36.09	2:33.29	2:18.09
2:18.09	2:33.29	2:36.49	<b>200 I.M.</b>	2:30.19	2:26.99	2:12.39
4:58.69	5:31.59	5:37.99	<b>400 I.M.</b>	5:25.99	5:19.59	4:47.89
1:48.69	2:00.69	2:03.89	<b>200 FR</b>	1:58.39	1:55.19	1:43.79
3:51.29	4:16.79	4:23.19	<b>400 FR</b>	4:17.49	4:11.09	3:46.19
8:29.89	9:20.89	9:33.69	<b>800 FR</b>	9:14.39	9:01.59	8:07.89
2:04.39	2:18.09	2:21.29	<b>200 MR</b>	2:10.29	2:07.09	1:54.49
4:21.09	4:49.79	4:56.19	<b>400 MR</b>	4:48.69	4:42.29	4:14.29

\* SCY = 500 YDS    \*\*SCY = 1000 YDS    \*\*\*SCY = 1650 YDS

# 2006 LONG COURSE FAR WESTERN TIME STANDARDS

SCY	GIRLS SCM	LCM		LCM	BOYS SCM	SCY
<b>13/14</b>						
25.79	28.69	29.49	<b>50 Free</b>	28.29	27.49	24.79
56.69	1:02.99	1:04.59	<b>100 Free</b>	1:00.69	59.09	53.19
2:01.19	2:14.49	2:17.69	<b>200 Free</b>	2:11.59	2:08.39	1:55.69
5:25.59	4:44.19	4:50.59	<b>*400 Free</b>	4:42.59	4:36.19	5:16.59
11:20.29	9:54.39	10:07.19	<b>**800 Free</b>	9:47.99	9:35.19	10:58.79
18:46.09	18:44.59	19:08.59	<b>***1500 Free</b>	18:15.99	17:51.99	17:54.49
1:05.19	1:12.39	1:13.59	<b>100 Back</b>	1:10.99	1:09.79	1:02.89
2:21.19	2:36.69	2:39.09	<b>200 Back</b>	2:33.29	2:30.89	2:15.89
1:13.19	1:21.29	1:23.29	<b>100 Breast</b>	1:19.59	1:17.59	1:09.89
2:38.49	2:55.99	2:59.99	<b>200 Breast</b>	2:52.79	2:48.79	2:32.09
1:03.19	1:10.19	1:11.59	<b>100 Fly</b>	1:08.79	1:07.39	1:00.69
2:23.39	2:39.19	2:41.99	<b>200 Fly</b>	2:36.09	2:33.29	2:18.09
2:18.09	2:33.29	2:36.49	<b>200 I.M.</b>	2:30.19	2:26.99	2:12.39
4:58.69	5:31.59	5:37.99	<b>400 I.M.</b>	5:25.99	5:19.59	4:47.89
1:48.69	2:00.69	2:03.89	<b>200 FR</b>	1:58.39	1:55.19	1:43.79
3:51.29	4:16.79	4:23.19	<b>400 FR</b>	4:17.49	4:11.09	3:46.19
8:29.89	9:20.89	9:33.69	<b>800 FR</b>	9:14.39	9:01.59	8:07.89
2:04.39	2:18.09	2:21.29	<b>200 MR</b>	2:10.29	2:07.09	1:54.49
4:21.09	4:49.79	4:56.19	<b>400 MR</b>	4:48.69	4:42.29	4:14.29
<b>15/16</b>						
25.69	28.49	29.29	<b>50 Free</b>	26.49	25.69	23.09
55.09	1:01.19	1:02.79	<b>100 Free</b>	57.39	55.79	50.29
2:00.29	2:13.49	2:16.69	<b>200 Free</b>	2:05.09	2:01.89	1:49.79
5:26.49	4:44.99	4:51.39	<b>*400 Free</b>	4:27.79	4:21.39	4:59.99
11:16.29	9:50.79	10:03.59	<b>**800 Free</b>	9:39.19	9:26.39	10:48.99
18:52.29	18:50.99	19:14.99	<b>***1500 Free</b>	18:15.99	17:51.99	17:54.49
1:04.69	1:11.79	1:12.99	<b>100 Back</b>	1:07.19	1:05.99	59.49
2:19.69	2:35.09	2:37.49	<b>200 Back</b>	2:23.79	2:21.39	2:07.39
1:12.79	1:20.79	1:22.79	<b>100 Breast</b>	1:14.99	1:12.99	1:05.79
2:37.59	2:54.99	2:58.99	<b>200 Breast</b>	2:45.69	2:41.69	2:25.69
1:02.69	1:09.59	1:10.99	<b>100 Fly</b>	1:03.69	1:02.29	56.09
2:20.39	2:35.79	2:38.59	<b>200 Fly</b>	2:26.99	2:24.19	2:09.89
2:17.49	2:32.59	2:35.79	<b>200 I.M.</b>	2:23.29	2:20.09	2:06.19
4:55.09	5:27.59	5:33.99	<b>400 I.M.</b>	5:08.19	5:01.79	4:31.89
<b>15/18 RELAYS</b>						
1:50.69	2:02.89	2:06.09	<b>200 FR</b>	1:50.69	1:47.49	1:36.79
3:59.29	4:25.59	4:31.99	<b>400 FR</b>	4:07.49	4:01.09	3:37.19
8:27.39	9:23.19	9:35.99	<b>800 FR</b>	8:38.49	8:25.69	7:35.59
2:05.59	2:19.39	2:22.59	<b>200 MR</b>	2:04.59	2:01.39	1:49.39
4:28.99	4:58.59	5:04.99	<b>400 MR</b>	4:36.39	4:29.99	4:03.19
<b>17/18</b>						
25.79	28.69	29.49	<b>50 Free</b>	25.99	25.19	22.69
55.89	1:02.09	1:03.69	<b>100 Free</b>	57.29	55.69	50.19
2:03.19	2:16.79	2:19.99	<b>200 Free</b>	2:04.19	2:00.99	1:48.99
5:39.29	4:56.39	5:02.79	<b>*400 Free</b>	4:28.99	4:22.59	5:01.39
11:41.39	10:13.19	10:25.99	<b>**800 Free</b>	9:39.19	9:26.39	10:48.99
18:57.19	18:55.99	19:19.99	<b>***1500 Free</b>	18:25.99	18:01.99	18:04.29
1:09.19	1:16.79	1:17.99	<b>100 Back</b>	1:08.49	1:07.29	1:00.59
2:26.39	2:42.49	2:44.89	<b>200 Back</b>	2:35.39	2:32.99	2:17.79
1:15.09	1:23.39	1:25.39	<b>100 Breast</b>	1:15.69	1:13.69	1:06.39
2:45.49	3:03.69	3:07.69	<b>200 Breast</b>	2:48.99	2:44.99	2:28.59
1:03.99	1:10.99	1:12.39	<b>100 Fly</b>	1:04.19	1:02.79	56.59
2:28.69	2:45.09	2:47.89	<b>200 Fly</b>	2:31.39	2:28.59	2:13.89
2:20.19	2:35.59	2:38.79	<b>200 I.M.</b>	2:23.69	2:20.49	2:06.59
5:11.59	5:45.89	5:52.29	<b>400 I.M.</b>	5:20.39	5:13.99	4:42.89

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