

## 2006 LONG COURSE "JO" TIME STANDARDS

GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
<b>10/Under</b>					
32.19	35.69	36.49	50 Free	37.09	32.69
1:12.39	1:20.39	1:21.99	100 Free	1:20.09	1:10.69
2:35.79	2:52.99	2:56.19	200 Free	2:55.79	2:35.49
6:34.79	5:45.99	5:52.39	*400 Free	5:59.99	6:43.39
39.49	43.89	44.49	50 Back	44.39	39.49
1:25.39	1:34.79	1:35.99	100 Back	1:32.99	1:22.69
42.69	47.39	48.39	50 Breast	48.69	42.99
1:35.29	1:45.79	1:47.79	100 Breast	1:46.69	1:34.29
36.39	40.39	41.09	50 Fly	41.29	36.59
1:26.39	1:35.89	1:37.29	100 Fly	1:35.89	1:25.09
2:57.59	3:17.19	3:20.39	200 I.M.	3:21.59	2:58.69
<b>11/12</b>					
28.79	31.99	32.79	50 Free	32.59	28.59
1:03.09	1:10.09	1:11.69	100 Free	1:11.59	1:03.09
2:15.99	2:30.99	2:34.19	200 Free	2:34.39	2:16.19
6:09.29	5:23.19	5:29.59	*400 Free	5:29.59	6:09.29
12:31.79	10:58.19	11:10.99	**800 Free	10:58.49	12:17.79
20:55.89	20:56.99	21:20.99	***1500 Free	21:15.99	20:50.99
34.69	38.49	39.09	50 Back	38.69	34.29
1:14.99	1:23.29	1:24.49	100 Back	1:23.39	1:13.99
2:36.29	2:53.49	2:55.89	200 Back	2:57.09	2:37.39
37.49	41.59	42.59	50 Breast	43.09	37.89
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:20.39
2:57.09	3:16.59	3:20.59	200 Breast	3:17.49	2:54.29
32.09	35.59	36.29	50 Fly	36.49	32.19
1:12.39	1:20.39	1:21.79	100 Fly	1:22.79	1:13.29
2:39.59	2:57.19	2:59.99	200 Fly	2:59.99	2:39.59
2:36.19	2:53.39	2:56.59	200 I.M.	2:56.59	2:36.19
5:27.89	6:03.99	6:10.39	400 I.M.	6:10.89	5:28.39
<b>13/14</b>					
27.59	30.69	31.49	50 Free	29.69	25.99
59.59	1:06.19	1:07.79	100 Free	1:03.69	55.89
2:09.39	2:23.59	2:26.79	200 Free	2:17.99	2:01.39
5:46.49	5:02.89	5:09.29	*400 Free	4:56.29	5:31.99
12:01.99	10:31.59	10:44.39	**800 Free	10:16.59	11:30.89
19:42.29	19:41.99	20:05.99	***1500 Free	19:29.99	19:06.99
1:09.49	1:17.09	1:18.29	100 Back	1:16.19	1:07.59
2:28.29	2:44.59	2:46.99	200 Back	2:45.69	2:27.09
1:17.99	1:26.59	1:28.59	100 Breast	1:23.49	1:13.39
2:49.69	3:08.39	3:12.39	200 Breast	3:01.89	2:40.29
1:07.59	1:14.99	1:16.39	100 Fly	1:12.09	1:03.69
2:32.09	2:48.79	2:51.59	200 Fly	2:43.69	2:24.89
2:27.49	2:43.69	2:46.89	200 I.M.	2:38.49	2:19.89
5:13.59	5:48.09	5:54.49	400 I.M.	5:42.99	5:03.19

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

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GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
<b>15/16</b>					
27.29	30.29	31.09	50 Free	27.89	24.39
59.29	1:05.79	1:07.39	100 Free	1:00.79	53.29
2:07.59	2:21.69	2:24.89	200 Free	2:12.29	1:56.29
5:42.39	4:59.19	5:05.59	*400 Free	4:45.19	5:19.49
11:51.59	10:22.29	10:35.09	**800 Free	10:07.39	11:20.49
19:58.49	19:58.49	20:22.49	***1500 Free	19:23.99	19:01.19
1:09.99	1:17.69	1:18.89	100 Back	1:12.09	1:03.89
2:29.29	2:45.69	2:48.09	200 Back	2:36.49	2:18.79
1:17.99	1:26.59	1:28.59	100 Breast	1:18.69	1:09.09
2:50.29	3:08.99	3:12.99	200 Breast	2:53.89	2:33.09
1:06.19	1:13.49	1:14.89	100 Fly	1:07.19	59.29
2:28.39	2:44.69	2:47.49	200 Fly	2:32.59	2:14.89
2:24.49	2:40.19	2:43.39	200 I.M.	2:30.29	2:12.49
5:05.19	5:38.79	5:45.19	400 I.M.	5:30.29	4:51.79

<b>17/18</b>					
27.99	31.09	31.89	50 Free	27.89	24.39
59.89	1:06.49	1:08.09	100 Free	1:00.19	52.79
2:11.59	2:26.09	2:29.29	200 Free	2:12.29	1:56.29
5:55.79	5:11.19	5:17.59	*400 Free	4:50.99	5:25.99
12:23.49	10:50.79	11:03.59	**800 Free	10:07.39	11:20.49
20:23.39	20:23.89	20:47.89	***1500 Free	19:23.99	19:01.19
1:12.69	1:20.69	1:21.89	100 Back	1:11.89	1:03.69
2:39.59	2:57.19	2:59.59	200 Back	2:42.99	2:24.69
1:20.39	1:29.19	1:31.19	100 Breast	1:19.49	1:09.79
2:53.89	3:12.99	3:16.99	200 Breast	2:57.29	2:36.09
1:07.19	1:14.59	1:15.99	100 Fly	1:07.89	59.89
2:36.19	2:53.39	2:56.19	200 Fly	2:38.79	2:20.49
2:30.19	2:46.69	2:49.89	200 I.M.	2:30.79	2:12.99
5:27.19	6:03.19	6:09.59	400 I.M.	5:36.09	4:56.99

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