

## 2007 "JO" TIME STANDARDS

	GIRLS				
SCY	SCM	LCM	LCM	SCM	SCY
<b>10/Under</b>					
32.19	35.69	36.49	50 Free	37.09	31.89
1:12.49	1:20.39	1:21.99	100 Free	1:20.09	1:10.39
2:36.49	2:52.99	2:56.19	200 Free	2:55.79	2:35.89
6:52.29	5:45.99	5:52.39	400/500 Free	5:59.99	6:29.79
39.49	43.89	44.49	50 Back	44.39	38.89
1:25.09	1:34.79	1:35.99	100 Back	1:32.99	1:22.89
43.09	47.39	48.39	50 Breast	48.69	43.09
1:35.19	1:45.79	1:47.79	100 Breast	1:46.69	1:33.49
36.39	40.39	41.09	50 Fly	41.29	35.79
1:26.09	1:35.89	1:37.29	100 Fly	1:35.89	1:26.29
1:22.99	--	--	100 I.M.	--	1:21.39
2:58.49	3:17.19	3:20.39	200 I.M.	3:21.59	2:57.79
<b>11/12</b>					
28.89	31.99	32.79	50 Free	32.59	28.69
1:02.99	1:10.09	1:11.69	100 Free	1:11.59	1:03.19
2:16.49	2:30.99	2:34.19	200 Free	2:34.39	2:16.69
6:05.39	5:23.19	5:29.59	400/500 Free	5:29.59	6:05.39
12:21.19	10:58.19	11:10.99	800/1000 Free	10:58.49	12:20.49
22:33.39	20:56.99	21:20.99	1500/1650 Free	21:15.99	21:34.39
34.59	38.49	39.09	50 Back	38.69	34.19
1:14.59	1:23.29	1:24.49	100 Back	1:23.39	1:13.49
2:36.09	2:53.49	2:55.89	200 Back	2:57.09	2:31.59
37.79	41.59	42.59	50 Breast	43.09	37.79
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:20.89
2:58.19	3:16.59	3:20.59	200 Breast	3:17.49	2:55.19
32.09	35.59	36.29	50 Fly	36.49	32.19
1:12.49	1:20.39	1:21.79	100 Fly	1:22.79	1:12.99
2:37.79	2:57.19	2:59.99	200 Fly	2:59.99	2:36.49
1:12.49	--	--	100 I.M.	--	1:13.49
2:36.49	2:53.39	2:56.59	200 I.M.	2:56.59	2:36.59
5:30.29	6:03.99	6:10.39	400 I.M.	6:10.89	5:30.29
<b>13/14</b>					
27.69	30.69	31.29	50 Free	29.69	25.89
59.79	1:06.19	1:07.59	100 Free	1:03.69	55.99
2:09.29	2:23.59	2:25.99	200 Free	2:17.99	2:01.09
5:42.29	5:02.89	5:09.29	400/500 Free	4:56.29	5:28.09
11:53.99	10:31.59	10:44.39	800/1000 Free	10:16.59	11:24.49
19:35.99	19:41.99	20:05.99	1500/1650 Free	19:29.99	19:35.99
1:09.29	1:17.09	1:18.29	100 Back	1:16.19	1:07.19
2:28.09	2:44.59	2:46.99	200 Back	2:45.29	2:26.69
1:18.69	1:26.59	1:28.59	100 Breast	1:23.49	1:13.49
2:49.29	3:08.39	3:11.99	200 Breast	3:01.89	2:41.69
1:07.59	1:14.99	1:16.39	100 Fly	1:12.09	1:03.59
2:32.29	2:48.79	2:51.59	200 Fly	2:43.69	2:25.89
2:26.79	2:43.69	2:46.09	200 I.M.	2:38.49	2:20.89
5:14.99	5:48.09	5:54.49	400 I.M.	5:42.99	5:04.49

## 2007 "JO" TIME STANDARDS

GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
			<b>15/16</b>		
27.29	30.29	31.09	50 Free	27.89	27.09
59.39	1:05.79	1:07.39	100 Free	1:00.79	59.19
2:08.09	2:21.69	2:24.89	200 Free	2:12.29	2:09.09
5:38.09	4:59.19	5:05.59	400/500 Free	4:45.19	4:38.79
11:43.39	10:22.29	10:35.09	800/1000 Free	10:07.39	9:54.59
19:46.49	19:58.49	20:22.49	1500/1650 Free	19:23.99	18:59.99
1:09.89	1:17.69	1:18.89	100 Back	1:12.09	1:10.89
2:29.09	2:45.69	2:48.09	200 Back	2:36.49	2:34.09
1:18.69	1:26.59	1:28.59	100 Breast	1:18.69	1:16.69
2:51.79	3:08.99	3:12.99	200 Breast	2:53.89	2:49.89
1:06.19	1:13.49	1:14.89	100 Fly	1:07.19	1:05.79
2:28.59	2:44.69	2:47.49	200 Fly	2:32.59	2:29.79
2:24.89	2:40.19	2:43.39	200 I.M.	2:30.29	2:27.09
5:14.99	5:38.79	5:45.19	400 I.M.	5:30.29	5:23.89
					24.49
					53.49
					1:56.59
					5:14.99
					11:11.99
					18:53.99
					1:03.69
					2:18.59
					1:09.29
					2:34.39
					59.29
					2:15.09
					2:12.99
					4:52.99

			<b>17/18</b>		
28.09	31.09	31.89	50 Free	27.89	27.09
1:00.09	1:06.49	1:08.09	100 Free	1:00.19	58.59
2:12.09	2:26.09	2:29.29	200 Free	2:12.29	2:09.09
5:51.79	5:11.19	5:17.59	400/500 Free	4:50.99	4:44.59
12:14.99	10:50.79	11:03.59	800/1000 Free	10:07.39	9:54.59
20:17.89	20:23.89	20:47.89	1500/1650 Free	19:23.99	18:59.99
1:12.69	1:20.69	1:21.89	100 Back	1:11.89	1:10.69
2:39.59	2:57.19	2:59.59	200 Back	2:42.99	2:40.59
1:21.09	1:29.19	1:31.19	100 Breast	1:19.49	1:17.49
2:55.39	3:12.99	3:16.99	200 Breast	2:57.29	2:53.29
1:07.19	1:14.59	1:15.99	100 Fly	1:07.89	1:06.49
2:36.49	2:53.39	2:56.19	200 Fly	2:38.79	2:35.99
2:30.89	2:46.69	2:49.89	200 I.M.	2:30.79	2:27.59
5:28.69	6:03.19	6:09.59	400 I.M.	5:36.09	5:29.69
					24.49
					52.99
					1:56.59
					5:21.49
					11:13.99
					18:55.99
					1:03.49
					2:24.49
					1:10.39
					2:37.49
					59.89
					2:20.69
					2:13.39
					4:58.19