2006 SHORT COURSE "JO" 14-UN CHAMPIONSHIPS TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
			10/Under			
32.19	35.79	36.59	**50 Free**	36.29	35.49	31.89
1:12.49	1:20.59	1:22.19	**100 Free**	1:19.79	1:18.19	1:10.39
2:36.49	2:53.79	2:56.99	**200 Free**	2:56.29	2:53.09	2:35.89
6:52.29	6:01.69	6:08.09	***500 Free**	5:47.99	5:41.59	6:29.79
39.49	43.89	44.49	**50 Back**	43.89	43.29	38.89
1:25.09	1:34.49	1:35.69	**100 Back**	1:33.29	1:32.09	1:22.89
43.09	47.89	48.89	**50 Breast**	48.89	47.89	43.09
1:35.19	1:45.79	1:47.79	**100 Breast**	1:45.89	1:43.89	1:33.49
36.39	40.49	41.19	**50 Fly**	40.49	39.79	35.79
1:26.09	1:35.69	1:37.09	**100 Fly**	1:37.29	1:35.89	1:26.29
1:22.99	1:32.19	---	**100 I.M.**	---	1:30.39	1:21.39
2:58.49	3:18.19	3:21.39	**200 I.M.**	3:20.59	3:17.39	2:57.79
			11/12			
28.89	32.19	32.99	**50 Free**	32.69	31.89	28.69
1:02.99	1:09.99	1:11.59	**100 Free**	1:11.79	1:10.19	1:03.19
2:16.49	2:31.59	2:34.79	**200 Free**	2:34.99	2:31.79	2:16.69
6:05.39	5:19.79	5:26.19	***500 Free**	5:26.19	5:19.79	6:05.39
12:21.19	10:48.79	11:01.59	****1000 Free**	11:00.99	10:48.19	12:20.49
22:33.39	22:36.59	23:00.59	*****1650 Free**	22:00.39	21:36.39	21:34.39
34.59	38.49	39.09	**50 Back**	38.69	38.09	34.19
1:14.59	1:22.89	1:24.09	**100 Back**	1:22.89	1:21.69	1:13.49
2:36.09	2:53.39	2:55.79	**200 Back**	2:50.79	2:48.39	2:31.59
37.79	41.99	42.99	**50 Breast**	42.99	41.99	37.79
1:22.99	1:32.19	1:34.19	**100 Breast**	1:31.89	1:29.89	1:20.89
2:58.19	3:17.89	3:21.89	**200 Breast**	3:18.59	3:14.59	2:55.19
32.09	35.69	36.39	**50 Fly**	36.49	35.79	32.19
1:12.49	1:20.59	1:21.99	**100 Fly**	1:22.49	1:21.09	1:12.99
2:37.79	2:55.19	2:57.99	**200 Fly**	2:56.59	2:53.79	2:36.49
1:12.49	1:20.59	---	**100 I.M.**	---	1:21.69	1:13.49
2:36.89	2:54.19	2:57.39	**200 I.M.**	2:57.09	2:53.89	2:36.59
5:30.29	6:06.69	6:13.09	**400 I.M.**	6:13.09	6:06.69	5:30.29
			13/14			
27.69	30.79	31.59	**50 Free**	29.59	28.79	25.89
59.79	1:06.49	1:08.09	**100 Free**	1:03.79	1:02.19	55.99
2:09.79	2:24.19	2:27.39	**200 Free**	2:17.69	2:14.49	2:01.09
5:42.29	4:59.19	5:05.59	***500 Free**	4:52.89	4:46.49	5:28.09
11:53.99	10:24.49	10:37.29	****1000 Free**	10:10.99	9:58.19	11:24.49
19:35.99	19:35.59	19:59.59	*****1650 Free**	19:59.59	19:35.59	19:35.99
1:09.29	1:16.99	1:18.19	**100 Back**	1:15.89	1:14.69	1:07.19
2:28.09	2:44.49	2:46.89	**200 Back**	2:45.29	2:42.89	2:26.69
1:18.69	1:27.39	1:29.39	**100 Breast**	1:23.69	1:21.69	1:13.49
2:51.19	3:10.09	3:14.09	**200 Breast**	3:03.59	2:59.59	2:41.69
1:07.59	1:15.09	1:16.49	**100 Fly**	1:12.09	1:10.69	1:03.59
2:32.29	2:49.09	2:51.89	**200 Fly**	2:44.79	2:41.99	2:25.89
2:28.09	2:44.49	2:47.69	**200 I.M.**	2:39.69	2:36.49	2:20.89
5:14.99	5:49.69	5:56.09	**400 I.M.**	5:44.49	5:38.09	5:04.49

*** LCM/SCM = 400 m **LCM/SCM = 800 m ***LCM/SCM = 1500 m**

Released by Pacific Swimming: 3-30-2006