

2023 Summer Far Western **BONUS** Time Standards (LCM - SCY - SCM)

Updated 10/7/22

**Girls**

Event	10 & Under		
	LCM	SCY	SCM
50 FR	35.59	31.39	34.69
100 FR	1:20.19	1:10.49	1:17.89
200 FR	2:55.59	2:35.59	2:51.89
400/500 FR			
800/1000 FR			
1500/1650 FR			
50 BK	42.89	36.69	40.59
100 BK	1:32.69	1:19.29	1:27.69
200 BK			
50 BR	47.49	41.69	46.19
100 BR	1:44.89	1:31.89	1:41.49
200 BR			
50 FL	40.79	36.19	39.99
100 FL	1:35.39	1:24.09	1:32.99
200 FL			
100 IM		1:20.09	1:28.49
200 IM	3:17.09	2:52.39	3:10.49
400 IM			

11 - 12		
LCM	SCY	SCM
31.89	27.89	30.89
1:09.49	1:00.49	1:06.79
2:30.29	2:12.09	2:25.99
36.89	31.59	35.19
1:19.29	1:08.49	1:16.59
2:50.59	2:27.29	2:43.29
40.19	35.89	39.69
1:29.69	1:18.19	1:26.39
3:12.69	2:49.19	3:06.99
34.29	30.59	33.79
1:17.99	1:08.09	1:15.19
2:55.09	2:31.39	2:48.89
	1:09.29	1:16.59
2:51.19	2:28.39	2:45.69

13 - 14		
LCM	SCY	SCM
30.69	26.79	29.59
1:06.79	58.39	1:04.49
2:23.89	2:05.79	2:18.99
1:14.09	1:03.79	1:11.39
2:39.69	2:17.89	2:32.89
1:24.29	1:13.29	1:21.59
3:03.19	2:37.89	2:56.59
1:12.39	1:03.39	1:10.79
2:39.59	2:22.09	2:36.99
2:42.39	2:21.09	2:35.89

**Boys**

Event	10 & Under		
	LCM	SCY	SCM
50 FR	35.49	30.99	34.19
100 FR	1:19.49	1:09.69	1:16.99
200 FR	2:49.89	2:29.39	2:44.99
400/500 FR			
800/1000 FR			
1500/1650 FR			
50 BK	42.99	36.99	40.99
100 BK	1:30.89	1:18.89	1:27.09
200 BK			
50 BR	46.99	40.99	45.29
100 BR	1:42.69	1:28.99	1:38.29
200 BR			
50 FL	40.19	35.39	39.09
100 FL	1:34.29	1:22.69	1:31.39
200 FL			
100 IM		1:18.89	1:27.19
200 IM	3:14.29	2:50.99	3:08.99
400 IM			

11 - 12		
LCM	SCY	SCM
31.19	27.19	29.99
1:07.49	59.29	1:04.49
2:26.99	2:09.19	2:22.69
36.49	31.59	34.89
1:18.49	1:07.49	1:14.59
2:46.59	2:23.99	2:39.09
40.09	35.19	38.09
1:27.69	1:15.89	1:23.79
3:08.89	2:42.99	3:00.09
34.09	30.19	33.49
1:16.39	1:07.09	1:14.19
2:48.79	2:29.89	2:44.29
	1:08.09	1:15.19
2:48.19	2:27.09	2:42.29

13 - 14		
LCM	SCY	SCM
28.39	24.69	27.59
1:01.99	53.89	59.59
2:15.09	1:57.19	2:09.49
1:09.39	1:00.49	1:06.79
2:32.89	2:11.79	2:25.29
1:17.89	1:08.09	1:13.99
2:52.59	2:28.39	2:43.99
1:07.49	59.59	1:05.89
2:31.49	2:12.29	2:27.49
2:32.29	2:11.39	2:27.09