

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

Published 7/26/22

Girls

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM
50 FR	34.69	29.89	33.09	30.99	26.79	29.79	29.59	25.69	28.79	29.19	25.59	28.69	29.19	25.59	28.69
100 FR	1:15.69	1:06.19	1:14.79	1:07.69	58.19	1:04.69	1:03.79	55.79	1:01.99	1:03.59	55.59	1:01.79	1:03.59	55.59	1:01.79
200 FR	2:49.59	2:26.29	2:42.39	2:25.79	2:06.89	2:21.79	2:19.19	2:00.99	2:13.39	2:18.39	2:00.69	2:13.19	2:18.39	2:00.69	2:13.19
400/500 FR	5:44.59	6:25.69	5:35.09	5:01.99	5:38.09	5:02.89	4:51.39	5:23.09	4:39.89	4:48.39	5:22.69	4:39.89	4:48.39	5:22.69	4:39.89
800/1000 FR				10:38.89	11:42.69	10:27.19	10:01.69	11:11.19	9:41.39	9:55.59	10:59.89	9:32.29	9:55.59	10:59.89	9:32.29
1500/1650 FR				20:23.99	20:14.59	19:59.59	19:04.99	18:43.59	18:27.59	19:01.69	18:37.89	18:23.49	19:01.69	18:37.89	18:23.49
50 BK	40.49	35.49	38.99	36.39	31.09	34.79									
100 BK	1:29.19	1:15.39	1:23.69	1:18.29	1:06.49	1:14.59	1:12.39	1:02.49	1:10.29	1:11.29	1:01.29	1:07.69	1:11.29	1:01.29	1:07.69
200 BK				2:49.39	2:24.09	2:41.29	2:35.29	2:16.79	2:31.89	2:32.29	2:12.39	2:27.49	2:32.29	2:12.39	2:27.49
50 BR	44.79	39.19	43.29	39.49	34.99	38.99									
100 BR	1:38.99	1:26.79	1:36.39	1:27.39	1:15.89	1:24.19	1:22.69	1:11.39	1:20.59	1:21.29	1:10.99	1:18.39	1:21.29	1:10.99	1:18.39
200 BR				3:10.29	2:45.89	3:03.89	3:02.49	2:35.39	2:52.79	2:59.49	2:32.69	2:48.69	2:59.49	2:32.69	2:48.69
50 FL	39.29	33.09	36.69	33.69	29.49	32.79									
100 FL	1:28.29	1:18.09	1:26.69	1:17.09	1:05.89	1:13.19	1:11.09	1:01.79	1:09.29	1:09.29	1:01.29	1:06.09	1:09.29	1:01.29	1:06.09
200 FL				2:49.59	2:28.09	2:43.49	2:35.39	2:21.39	2:33.09	2:32.19	2:15.79	2:30.79	2:32.19	2:15.79	2:30.79
100 IM		1:15.59	1:23.89		1:06.99	1:14.29									
200 IM	2:59.79	2:42.69	3:00.59	2:47.79	2:24.09	2:40.99	2:38.69	2:15.89	2:32.39	2:37.49	2:15.69	2:29.99	2:37.49	2:15.69	2:29.99
400 IM				5:56.69	5:10.29	5:44.39	5:34.49	4:50.99	5:23.19	5:27.89	4:48.49	5:20.19	5:27.89	4:48.49	5:20.19

Boys

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM
50 FR	33.59	29.59	32.69	30.69	26.69	29.89	27.69	23.89	27.19	26.29	23.59	26.69	26.29	23.59	26.69
100 FR	1:15.19	1:05.69	1:12.59	1:06.79	57.29	1:03.69	1:00.09	51.99	58.29	58.09	50.89	56.49	58.09	50.89	56.49
200 FR	2:41.09	2:21.89	2:36.69	2:23.79	2:08.09	2:21.89	2:11.59	1:54.19	2:06.49	2:08.59	1:51.99	2:04.09	2:08.59	1:51.99	2:04.09
400/500 FR	5:37.19	6:23.19	5:30.09	5:01.79	5:41.69	4:59.99	4:40.89	5:07.89	4:31.89	4:28.69	4:58.29	4:21.09	4:28.69	4:58.29	4:21.09
800/1000 FR				10:27.69	11:39.09	10:06.39	9:40.49	10:39.49	9:14.69	9:27.39	10:17.39	8:55.49	9:27.39	10:17.39	8:55.49
1500/1650 FR				20:10.89	19:30.69	19:15.59	18:24.39	17:47.29	17:33.59	17:41.69	17:27.39	17:13.89	17:41.69	17:27.39	17:13.89
50 BK	40.29	35.09	38.79	35.59	30.99	34.19									
100 BK	1:25.69	1:14.89	1:22.69	1:16.59	1:05.89	1:12.79	1:08.39	59.09	1:05.39	1:05.39	56.09	1:01.89	1:05.39	56.09	1:01.89
200 BK				2:46.09	2:20.79	2:36.29	2:27.09	2:07.29	2:20.69	2:19.59	2:01.79	2:14.59	2:19.59	2:01.79	2:14.59
50 BR	44.99	39.09	43.19	39.09	34.99	37.79									
100 BR	1:37.89	1:24.39	1:33.29	1:27.09	1:15.69	1:21.79	1:16.29	1:06.29	1:12.09	1:13.99	1:05.59	1:10.39	1:13.99	1:05.59	1:10.39
200 BR				3:06.79	2:39.89	2:56.89	2:51.79	2:25.09	2:40.29	2:48.09	2:22.29	2:37.89	2:48.09	2:22.29	2:37.89
50 FL	37.89	33.69	37.39	33.79	29.49	33.39									
100 FL	1:27.89	1:18.99	1:27.69	1:15.69	1:05.39	1:12.29	1:06.09	58.49	1:04.19	1:04.09	56.69	1:03.09	1:04.09	56.69	1:03.09
200 FL				2:46.49	2:27.19	2:43.49	2:26.79	2:08.89	2:22.39	2:19.79	2:04.59	2:18.79	2:19.79	2:04.59	2:18.79
100 IM		1:16.89	1:23.29		1:06.49	1:13.89									
200 IM	3:04.09	2:45.29	3:03.49	2:44.69	2:24.09	2:40.09	2:28.09	2:08.89	2:24.59	2:25.39	2:05.29	2:19.19	2:25.39	2:05.29	2:19.19
400 IM				5:45.79	5:06.29	5:40.29	5:23.39	4:35.79	5:11.29	5:15.29	4:31.09	5:01.09	5:15.29	4:31.09	5:01.09

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Girls												
Event	10/Under			11 - 12			13 - 14			15 - 18		
	LCM	SCY		LCM	SCY		LCM	SCY		LCM	SCY	
200 Free Relay	2:22.19	2:02.19		2:07.39	1:50.19		2:00.99	1:45.79		1:59.69	1:44.99	
400 Free Relay	-	-		4:38.69	3:59.79		4:21.49	3:48.49		4:20.39	3:47.59	
800 Free Relay	-	-		-	-		9:30.69	8:15.89		9:27.29	8:14.49	
200 Medley Relay	2:43.19	2:21.59		2:24.39	2:06.39		2:12.89	2:01.59		2:12.89	2:01.59	
400 Medley Relay	-	-		5:19.49	4:34.99		4:47.79	4:20.29		4:52.39	4:15.19	

Boys												
Event	10/Under			11 - 12			13 - 14			15 - 18		
	LCM	SCY		LCM	SCY		LCM	SCY		LCM	SCY	
200 Free Relay	2:17.79	2:01.39		2:05.79	1:49.49		1:53.39	1:39.49		1:47.49	1:37.79	
400 Free Relay	-			4:33.89	3:54.79		4:06.29	3:34.89		3:57.99	3:28.39	
800 Free Relay	-	-		-	-		8:59.29	7:47.99		8:47.09	7:39.19	
200 Medley Relay	2:40.59	2:20.89		2:22.39	2:05.49		2:07.99	1:54.79		1:59.99	1:46.79	
400 Medley Relay	-	-		5:13.79	4:30.79		4:37.49	4:04.49		4:28.19	3:55.09	