Posted October 2012

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| **A/B/C Long Course Meter (LCM) Time Standards** | | | | |
|  | |  |  | |
| **Female** | | **10 & Under** | **Male** | |
| **B** | **A** |  | **A** | **B** |
| 44.99\* | 36.29\* | 50 Freestyle | 35.69\* | 43.79\* |
| 1:43.09\* | 1:21.19\* | 100 Freestyle | 1:20.39\* | 1:41.29\* |
| 3:48.49\* | 2:58.39\* | 200 Freestyle | 2:51.89\* | 3:34.79\* |
| 7:37.29 | 6:05.89 | 400 Freestyle | 5:59.59\* | 7:29.49\* |
| 55.69\* | 43.49\* | 50 Backstroke | 43.29\* | 55.69\* |
| 2:01.89\* | 1:34.79\* | 100 Backstroke | 1:31.69\* | 1:56.09\* |
| 1:01.29\* | 48.09\* | 50 Breaststroke | 48.19\* | 1:01.19\* |
| 2:16.89\* | 1:46.49\* | 100 Breaststroke | 1:44.69\* | 2:11.99\* |
| 54.39\* | 41.49\* | 50 Butterfly | 40.89\* | 52.79\* |
| 2:11.19\* | 1:36.79\* | 100 Butterfly | 1:36.09\* | 2:09.39\* |
| 4:10.09\* | 3:17.59\* | 200 Individual Medley | 3:16.89\* | 4:08.09\* |
|  | |  |  | |
| **Female** | | **11-12** | **Male** | |
| **B** | **A** |  | **A** | **B** |
| 38.69\* | 33.39\* | 50 Freestyle | 32.49\* | 37.79\* |
| 1:24.99\* | 1:12.89\* | 100 Freestyle | 1:10.49\* | 1:22.19\* |
| 3:03.79\* | 2:37.59\* | 200 Freestyle | 2:33.39\* | 2:58.99\* |
| 6:23.89\* | 5:29.09\* | 400 Freestyle | 5:21.89\* | 6:15.49\* |
| 13:27.89\* | 11:32.49\* | 800 Freestyle | 11:22.69\* | 13:16.49\* |
| 25:45.79\* | 22:04.99\* | 1500 Freestyle | 21:46.39\* | 25:24.09\* |
| 44.89\* | 38.49\* | 50 Backstroke | 37.99\* | 44.89\* |
| 1:38.89 | 1:23.29 | 100 Backstroke | 1:22.39\* | 1:37.79\* |
| 3:27.69\* | 2:57.99\* | 200 Backstroke | 2:53.79\* | 3:22.79\* |
| 49.09 | 42.09 | 50 Breaststroke | 41.99\* | 49.89\* |
| 1:49.99 | 1:33.79 | 100 Breaststroke | 1:31.69\* | 1:48.29\* |
| 3:54.59\* | 3:21.09\* | 200 Breaststroke | 3:17.09\* | 3:49.99\* |
| 41.79\* | 35.79\* | 50 Butterfly | 35.89\* | 42.69\* |
| 1:37.49\* | 1:21.89\* | 100 Butterfly | 1:20.39\* | 1:36.19\* |
| 3:29.09 | 2:59.29 | 200 Butterfly | 2:53.59\* | 3:22.49\* |
| 3:28.39\* | 2:58.59\* | 200 Individual Medley | 2:55.89\* | 3:26.99\* |
| 7:23.79\* | 6:20.39\* | 400 Individual Medley | 6:11.49\* | 7:13.49\* |

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| **A/B/C Long Course Meter (LCM) Time Standards** | | | | |
| **Female** | | **13 - 14** | **Male** | |
| **B** | **A** |  | **A** | **B** |
| 37.59\* | 32.19\* | 50 Freestyle | 29.49\* | 34.39\* |
| 1:21.29\* | 1:09.69\* | 100 Freestyle | 1:05.29\* | 1:16.19\* |
| 2:55.19\* | 2:30.19\* | 200 Freestyle | 2:21.99\* | 2:45.69\* |
| 6:07.39\* | 5:14.89\* | 400 Freestyle | 5:02.69\* | 5:53.19\* |
| 12:35.99 | 10:47.99 | 800 Freestyle | 10:29.39 | 12:14.29 |
| 24:06.39 | 20:39.79 | 1500 Freestyle | 19:55.69 | 23:14.99 |
| 1:30.09\* | 1:17.19\* | 100 Backstroke | 1:12.89\* | 1:24.99\* |
| 3:13.19\* | 2:45.59\* | 200 Backstroke | 2:36.79\* | 3:02.99\* |
| 1:42.89\* | 1:28.19\* | 100 Breaststroke | 1:21.29 | 1:34.89 |
| 3:42.59\* | 3:10.79\* | 200 Breaststroke | 2:59.49\* | 3:29.49\* |
| 1:28.09\* | 1:15.49\* | 100 Butterfly | 1:10.39\* | 1:22.19\* |
| 3:13.29\* | 2:45.69\* | 200 Butterfly | 2:36.59\* | 3:02.59\* |
| 3:19.49\* | 2:50.99\* | 200 Individual Medley | 2:40.39\* | 3:07.09\* |
| 7:00.49\* | 6:00.39\* | 400 Individual Medley | 5:40.39\* | 6:37.09\* |
|  | |  |  | |
| **Female** | | **15 – 16 & Open** | **Male** | |
| **B** | **A** |  | **A** | **B** |
| 36.99\* | 31.69\* | 50 Freestyle | 27.89\* | 32.59\* |
| 1:19.79\* | 1:08.39\* | 100 Freestyle | 1:02.19\* | 1:12.59\* |
| 2:51.79 | 2:27.19 | 200 Freestyle | 2:16.49\* | 2:39.19\* |
| 6:00.39 | 5:08.89 | 400 Freestyle | 4:48.69\* | 5:36.79\* |
| 12:23.29 | 10:37.09 | 800 Freestyle | 10:00.69\* | 11:40.79\* |
| 23:51.99\* | 20:27.39\* | 1500 Freestyle | 19:07.79\* | 22:18.99\* |
| 1:28.69\* | 1:15.99\* | 100 Backstroke | 1:09.69\* | 1:21.29\* |
| 3:09.29\* | 2:42.29\* | 200 Backstroke | 2:28.89\* | 2:53.79\* |
| 1:41.09 | 1:26.69 | 100 Breaststroke | 1:18.89\* | 1:31.99\* |
| 3:36.59 | 3:05.69 | 200 Breaststroke | 2:49.99\* | 3:18.29\* |
| 1:26.09\* | 1:13.89\* | 100 Butterfly | 1:07.09\* | 1:18.19\* |
| 3:09.39\* | 2:42.29\* | 200 Butterfly | 2:29.09\* | 2:53.89\* |
| 3:14.19\* | 2:46.39\* | 200 Individual Medley | 2:32.79\* | 2:58.19\* |
| 6:47.89\* | 5:49.69\* | 400 Individual Medley | 5:24.49\* | 6:18.59\* |