

Connecticut Swimming 2016 Long Course Regional Championships Minimum Time Standards

10 & Under Girls				10 & Under Boys		
SCY	SCM	LCM		SCY	SCM	LCM
7:27.49	6:34.49	6:42.49	400/500 Free	7:39.99	6:42.24	6:56.24
11-12 Girls				11-12 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
6:39.99	5:49.95	5:59.70	400/500 Free	6:44.99	5:54.32	6:06.51
23:59.99	23:55.68	24:36.91	1650/1500 Free	24:59.99	24:55.50	25:54.39
3:07.99	3:29.81	3:39.36	200 Back	3:19.99	3:43.20	3:55.56
3:29.99	3:54.36	3:59.17	200 Breast	3:39.99	4:05.52	4:16.40
3:22.99	3:50.41	3:50.41	200 Fly	3:29.99	3:54.36	4:02.48
6:09.99	6:52.94	7:02.36	400 IM	6:19.99	7:04.10	7:19.29
13-14 Girls				13-14 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
2:15.99	2:30.99	2:33.99	200 Free	2:17.49	2:32.99	2:35.99
6:04.49	5:18.89	5:27.78	400/500 Free	6:08.49	5:22.49	5:30.49
12:39.99	11:15.99	11:42.99	800/1000 Free	12:39.99	11:15.99	11:30.99
21:29.99	21:26.13	22:03.07	1500/1650 Free	21:44.99	21:41.09	22:32.32
2:39.99	2:57.99	2:59.99	200 Back	2:53.24	3:13.49	3:24.24
3:04.99	3:26.46	3:30.69	200 Breast	3:12.99	3:35.49	3:44.99
2:59.99	3:20.88	3:24.30	200 Fly	3:00.99	3:21.99	3:29.44
2:34.99	2:51.99	2:54.99	200 IM	2:35.99	2:52.99	2:55.99
5:34.99	6:13.87	6:22.41	400 IM	5:38.99	6:18.49	6:32.24
15-18 Girls				15-18 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
2:11.49	2:25.49	2:28.99	200 Free	2:06.84	2:20.79	2:23.99
5:57.49	5:12.76	5:21.48	400/500 Free	5:39.99	4:57.45	5:07.68
12:09.99	10:49.49	11:27.99	800/100 Free	11:49.99	10:31.99	11:01.49
20:52.49	20:48.74	21:24.61	1500/1650 Free	20:54.99	20:51.24	21:40.51
2:41.49	3:00.24	3:08.49	200 Back	2:38.99	2:57.49	3:07.49
3:04.99	3:26.46	3:30.69	200 Breast	2:55.99	3:16.42	3:25.12
2:49.99	3:09.72	3:12.95	200 Fly	2:44.99	3:04.14	3:10.52
2:32.99	2:49.49	2:52.99	200 IM	2:24.49	2:40.49	2:43.49
5:29.99	6:08.29	6:16.70	400 IM	5:20.99	5:58.24	6:11.09

10/U, 11/12, 13/14 maximum time standards are .01 slower than the 2016 LC Age Group Championship time standards.

15/18 maximum time standards are .01 slower than the 2016 July LC Senior Championship time standards.