

**Connecticut Swimming  
2019 LONG COURSE AGE GROUP CHAMPIONSHIPS**

**10/UNDER TIME STANDARDS LONG COURSE**

GIRLS				BOYS		
19 LCM	19 SCM	19 SCY		19 SCY	19 SCM	19 LCM
35.79	33.99	32.59	50 Free	32.49	34.19	35.99
<b>1:20.49</b>	1:17.59	<b>1:12.49</b>	100 Free	1:11.99	1:17.19	1:20.99
2:55.99	2:49.79	<b>2:40.29</b>	200 Free	<b>2:38.49</b>	2:49.29	2:56.49
6:14.99	6:08.59	7:03.49	400/500	7:04.99	6:09.59	6:25.99
42.69	40.09	<b>38.29</b>	50 Back	38.49	41.09	43.99
1:32.99	1:28.69	<b>1:22.49</b>	100 Back	<b>1:22.99</b>	1:30.99	1:34.29
48.99	46.99	43.49	50 Breast	<b>44.29</b>	49.19	51.29
1:47.29	1:40.99	<b>1:35.49</b>	100 Breast	<b>1:38.79</b>	1:46.59	1:51.89
41.39	39.69	37.24	50 Fly	37.49	39.99	41.99
1:40.99	1:37.19	<b>1:29.49</b>	100 Fly	<b>1:29.49</b>	1:39.29	1:43.99
3:22.49	3:15.99	<b>3:01.99</b>	200 IM	<b>3:01.99</b>	3:15.99	3:25.99

**11/12 TIME STANDARDS LONG COURSE**

GIRLS				BOYS		
19 LCM	19 SCM	19 SCY		19 SCY	19 SCM	19 LCM
31.59	28.99	27.89	50 Free	27.89	28.99	31.89
1:09.69	1:07.59	<b>1:00.89</b>	100 Free	<b>1:00.89</b>	1:07.59	1:10.69
2:31.99	2:22.79	2:11.49	200 Free	2:14.49	2:25.99	2:34.19
5:22.19	5:15.79	5:54.99	400/500	5:58.99	5:23.59	<b>5:29.99</b>
37.59	34.89	<b>32.39</b>	50 Back	<b>32.69</b>	35.09	37.99
1:20.59	1:15.79	<b>1:09.19</b>	100 Back	<b>1:10.39</b>	1:16.09	<b>1:21.99</b>
2:55.69	2:48.39	<b>2:31.79</b>	200 Back	<b>2:32.19</b>	2:48.89	2:58.99
42.59	39.59	<b>36.59</b>	50 Breast	36.99	40.09	43.69
<b>1:31.99</b>	1:26.29	<b>1:19.59</b>	100 Breast	<b>1:21.39</b>	1:28.29	1:35.29
3:19.99	3:12.29	<b>2:53.29</b>	200 Breast	2:54.99	3:14.19	3:28.69
34.59	32.49	<b>30.89</b>	50 Fly	31.49	33.29	35.99
1:19.99	1:16.19	<b>1:09.59</b>	100 Fly	<b>1:12.19</b>	1:18.19	1:24.49
3:10.19	2:55.89	2:41.99	200 Fly	<b>2:44.09</b>	2:57.99	3:22.09
2:53.99	2:45.09	2:31.49	200 IM	<b>2:32.09</b>	2:45.49	2:55.99

**13/14 TIME STANDARDS LONG COURSE**

GIRLS				BOYS		
19 LCM	19 SCM	19 SCY		19 SCY	19 SCM	19 LCM
<b>29.99</b>	28.09	<b>26.09</b>	50 Free	<b>25.19</b>	26.99	28.69
<b>1:05.49</b>	1:02.89	<b>56.69</b>	100 Free	<b>54.79</b>	1:00.79	1:02.99
2:22.69	2:16.39	<b>2:02.89</b>	200 Free	<b>1:59.09</b>	2:12.09	<b>2:18.09</b>
4:57.19	4:49.39	<b>5:30.79</b>	400/500	<b>5:22.79</b>	4:14.59	4:50.99
10:25.99	10:10.09	11:37.29	800/1000	11:25.99	10:00.19	10:09.99
20:06.99	19:05.89	19:09.99	1500/1650	18:39.99	18:41.89	19:44.99
<b>1:15.39</b>	1:11.69	<b>1:04.59</b>	100 Back	<b>1:02.89</b>	1:09.79	<b>1:13.99</b>
<b>2:44.49</b>	2:33.89	<b>2:18.59</b>	200 Back	2:14.69	2:29.49	2:39.99
1:26.69	1:22.09	1:13.99	100 Breast	<b>1:11.29</b>	1:19.09	<b>1:23.99</b>
3:07.19	2:56.29	2:38.89	200 Breast	<b>2:36.09</b>	2:53.19	<b>3:01.49</b>
<b>1:13.39</b>	1:08.49	<b>1:03.59</b>	100 Fly	<b>1:01.69</b>	1:06.99	1:10.79
<b>2:52.59</b>	2:38.89	<b>2:25.59</b>	200 Fly	<b>2:21.19</b>	2:35.39	2:46.99
<b>2:41.99</b>	2:30.99	<b>2:19.59</b>	200 IM	<b>2:14.59</b>	2:22.99	2:35.79
5:48.99	5:31.89	<b>5:00.89</b>	400 IM	4:51.99	5:21.79	5:44.99

