

2023 LC Age Groups Time Standards

10/U GIRLS			10/U BOYS	
SCY	LCM	Event	LCM	SCY
32.89	35.99	50 Free	36.59	33.19
1:13.39	1:21.19	100 Free	1:21.99	1:13.99
2:44.79	2:57.39	200 Free	2:58.39	2:44.79
7:12.99	6:30.49	400/500 Free	6:30.19	7:12.99
38.69	43.09	50 Back	44.49	38.89
1:24.29	1:34.69	100 Back	1:36.49	1:25.49
43.99	49.49	50 Breast	51.89	45.49
1:36.29	1:49.39	100 Breast	1:53.79	1:40.69
37.99	41.99	50 Fly	42.49	38.79
1:30.59	1:43.09	100 Fly	1:45.89	1:31.49
1:23.99	N/A	100 IM	N/A	1:25.49
3:05.99	3:24.79	200 IM	3:24.79	3:05.99

11-12 Girls			11-12 Boys	
SCY	LCM	Event	LCM	SCY
28.73	32.69	50 Free	32.59	28.56
1:03.09	1:11.69	100 Free	1:11.59	1:02.99
2:17.49	2:35.89	200 Free	2:35.89	2:17.49
6:07.59	5:29.09	400/500 Free	5:29.09	6:07.59
33.09	37.39	50 Back	37.79	33.49
1:11.39	1:20.49	100 Back	1:21.79	1:12.59
2:36.29	2:55.89	200 Back	2:58.49	2:38.59
37.39	42.59	50 Breast	43.19	37.99
1:21.89	1:32.99	100 Breast	1:34.49	1:23.29
2:57.59	3:21.19	200 Breast	3:26.59	3:02.49
31.29	35.49	50 Fly	37.39	32.99
1:12.69	1:22.09	100 Fly	1:23.69	1:14.09
2:54.19	3:15.09	200 Fly	3:21.99	2:59.49
1:12.09	N/A	100 IM	N/A	1:13.09
2:35.99	2:56.39	200 IM	2:55.49	2:36.99

13-14 Girls			13-14 Boys	
SCY	LCM	Event	LCM	SCY
26.69	30.49	50 Free	29.69	25.29
57.99	1:05.99	100 Free	1:04.09	56.29
2:07.09	2:25.89	200 Free	2:15.39	1:59.09
5:45.99	5:08.79	400/500 Free	4:55.79	5:31.39
12:01.69	10:47.99	800/1000 Free	10:22.19	11:26.69
20:02.99	20:39.79	1500/1650	19:48.39	19:07.59
1:05.19	1:13.59	100 Back	1:11.09	1:02.89
2:21.29	2:40.09	200 Back	2:33.39	2:15.29
1:15.49	1:26.99	100 Breast	1:21.19	1:11.29
2:44.59	3:06.69	200 Breast	2:56.49	2:36.09
1:05.49	1:14.09	100 Fly	1:09.89	1:01.69
2:33.29	2:52.99	200 Fly	2:47.99	2:28.79
2:22.69	2:41.59	200 IM	2:35.39	2:17.09
5:11.69	5:52.39	400 IM	5:44.99	4:53.09

Bonus Cut

Make 1	Bonus 3
Make 2	Bonus 2
Make 3	Bonus 1
Make 4 or More	No Bonus

Relay Only Swimmers may bonus 1x50 per day only on the days they are swimming a relay. Email Henk by the Tuesday before the meet begins.