

**2010 TIME STANDARDS
SHORT COURSE and LONG COURSE REGIONAL CHAMPIONSHIPS
MINIMUM TIME STANDARDS**

Revised June 18, 2010

Standards are now in effect for LC Regional Championship. 13/14 and 15/181000Y/800M standards were added.

10/UNDER GIRLS			-	10/UNDER BOYS		
SCY	SCM	LCM	Event	SCY	SCM	LCM
1:23.49	1:33.18	1:35.53	100 Free	1:28.99	1:39.32	1:43.12
3:06.99	3:28.69	3:33.95	200 Free	3:12.99	3:35.49	3:43.24
7:27.49	6:34.49	6:42.49	500/400 Free	7:39.99	6:42.24	6:56.24
1:39.49	1:50.99	1:56.49	100 Back	1:43.99	1:55.99	2:04.49
1:52.49	2:05.55	2:09.30	100 Breast	2:02.49	2:16.71	2:23.10
1:57.99	2:11.69	2:14.54	100 Fly	2:02.99	2:17.24	2:21.49
1:37.99	1:45.99	-	100 IM	1:40.99	1:49.24	-
3:34.99	3:59.94	4:07.97	200 IM	3:37.99	4:03.24	4:14.24
11/12 GIRLS			-	11/12 BOYS		
SCY	SCM	LCM	Event	SCY	SCM	LCM
1:11.99	1:20.35	1:22.37	100 Free	1:15.99	1:24.81	1:28.05
2:36.74	2:55.99	2:59.99	200 Free	2:42.49	3:01.24	3:07.74
6:39.99	5:49.95	5:59.70	500/400 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
1:23.99	1:32.49	1:32.49	100 Back	1:29.99	1:40.44	1:47.77
3:07.99	3:29.81	3:39.36	200 Back	3:19.99	3:43.20	3:55.56
1:37.49	1:48.81	1:52.06	100 Breast	1:42.49	1:54.39	1:59.73
3:29.99	3:54.36	3:59.17	200 Breast	3:39.99	4:05.52	4:16.40
1:28.49	1:38.76	1:40.90	100 Fly	1:39.99	1:51.60	1:55.20
3:22.99	3:50.41	3:50.41	200 Fly	3:29.99	3:54.36	4:02.48
1:23.99	1:32.49	-	100 IM	1:30.99	1:37.99	-
2:59.99	3:20.88	3:27.60	200 IM	3:06.99	3:28.74	3:38.24
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	Event	SCY	SCM	LCM
2:23.49	2:37.99	2:40.09	200 Free	2:24.74	2:41.49	2:47.24
6:04.49	5:18.89	5:27.78	500/400 Free	6:08.49	5:22.49	5:30.49
12:39.99	11:15.99	11:42.99	1000/800 Free	12:39.99	11:15.99	11:30.99
21:29.99	21:26.13	22:03.07	1650/1500 Free	21:44.99	21:41.09	22:32.32
2:43.49	3:02.47	3:10.77	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	3:29.24
2:40.99	2:59.68	3:05.69	200 IM	2:42.49	3:01.35	3:09.60
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	Event	SCY	SCM	LCM
2:20.49	2:36.80	2:40.74	200 Free	2:15.99	2:31.77	2:37.21
5:57.49	5:12.76	5:21.48	500/400 Free	5:39.99	4:57.45	5:07.68
12:09.99	10:49.49	11:27.99	1000/800 Free	11:49.99	10:31.99	11:01.49
20:52.49	20:48.74	21:24.61	1650/1500 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
2:39.99	2:58.56	3:04.53	200 IM	2:34.99	2:52.98	3:00.85
5:29.99	6:08.29	6:16.70	400 IM	5:20.99	5:58.24	6:11.09