

Connecticut Swimming

2019 Long Course Regional Championships

Minimum Time Standards

10 & Under Girls				10 & Under Boys		
SCY	SCM	LCM		SCY	SCM	LCM
3:06.99	3:28.69	3:59.99	200 Free	3:12.99	3:35.49	3:43.19
7:27.49	6:34.49	6:42.49	400/500 Free	7:39.99	6:42.19	6:56.19
1:39.49	1:50.99	2:04.99	100 Back	1:43.99	1:55.99	2:04.99
1:52.99	2:05.99	2:59.99	100 Breast	2:02.49	2:16.69	2:59.99
1:57.99	2:11.69	2:29.99	100 Fly	2:02.99	2:17.19	2:29.99
3:34.99	3:59.99	4:19.99	200 IM	3:37.99	4:03.19	4:19.99
11-12 Girls				11-12 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
2:36.69	2:55.99	3:19.99	200 Free	2:42.99	3:01.19	3:19.99
6:39.99	5:49.99	5:59.69	400/500 Free	6:44.99	5:54.29	6:06.49
1:23.99	1:32.49	1:42.99	100 Back	1:29.99	1:40.39	1:42.99
3:07.99	3:29.89	3:39.39	200 Back	3:19.99	3:43.19	3:55.59
1:37.49	1:48.89	1:59.99	100 Breast	1:42.49	1:54.39	1:59.99
3:29.99	3:54.39	3:59.19	200 Breast	3:39.99	4:05.49	4:16.39
1:28.49	1:38.79	1:59.99	100 Fly	1:39.99	1:51.59	1:59.99
3:22.99	3:50.39	3:50.39	200 Fly	3:29.99	3:54.39	4:02.49
2:59.99	3:20.89	3:39.99	200 IM	3:06.99	3:28.69	3:39.99
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	5:27.79	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	21:26.09	22:03.09	1500/1650 Free	21:44.99	21:41.09	22:32.29
2:39.99	2:57.99	2:59.99	200 Back	2:53.19	3:13.49	3:24.29
3:04.99	3:26.49	3:30.69	200 Breast	3:12.99	3:35.49	3:44.99
2:59.99	3:20.89	3:24.29	200 Fly	3:00.99	3:21.99	3:29.39
2:34.99	2:51.99	2:54.99	200 IM	2:35.99	2:52.99	2:55.99
5:34.99	6:13.89	6:22.39	400 IM	5:38.99	6:18.49	6:32.19
15-18 Girls				15-18 Boys		
SCY	SCM	LCM		SCY	SCM	LCM
2:11.49	2:25.49	2:28.99	200 Free	2:06.79	2:20.79	2:23.99
5:57.49	5:12.79	5:21.49	400/500 Free	5:39.99	4:57.49	5:07.69
12:09.99	10:49.49	11:27.99	800/100 Free	11:49.99	10:31.99	11:01.49
20:52.49	20:48.79	21:24.59	1500/1650 Free	20:54.99	20:51.29	21:40.49
2:41.49	3:00.29	3:08.49	200 Back	2:38.99	2:57.49	3:07.49
3:04.99	3:26.49	3:30.69	200 Breast	2:55.99	3:16.39	3:25.09
2:49.99	3:09.69	3:12.99	200 Fly	2:44.99	3:04.09	3:10.49
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	6:16.69	400 IM	5:20.99	5:58.19	6:11.09

10/U, 11/12, 13/14 maximum time standards are .01 slower than the 2019 LC Age Group Championship time standards.

15/18 maximum time standards are .01 slower than the 2019 LC Senior Championship time standards.