

## 2008 WESTERN ZONE TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY

### 10 & UNDER

29.39	32.59	33.39	<b>50 FREE</b>	33.09	32.29	29.09
1:03.59*	1:10.59	1:12.19	<b>100 FREE</b>	1:12.69	1:11.09	1:04.09^
2:20.29	2:35.69	2:38.89	<b>200 FREE</b>	2:37.99	2:34.79	2:19.49
34.89	38.69	39.29	<b>50 BACK</b>	39.49	38.89	35.09
1:15.39^	1:23.59	1:24.79	<b>100 BACK</b>	1:24.99	1:23.79	1:15.49
38.99	43.29	44.29	<b>50 BREAST</b>	44.99	43.99	39.69
1:25.29	1:34.59	1:36.59	<b>100 BREAST</b>	1:37.79	1:35.79	1:26.29
32.59	36.09	36.79	<b>50 FLY</b>	36.79	36.09	32.59^
1:15.29	1:23.49	1:24.89	<b>100 FLY</b>	1:24.39	1:22.99	1:14.79
2:37.89	2:55.19	2:58.39	<b>200 IM</b>	2:59.49	2:56.29	2:38.89

### 11/12

25.99^	28.59	29.39	<b>50 FREE</b>	29.59^	28.79^	25.99^
56.89	1:03.09	1:04.69	<b>100 FREE</b>	1:04.19^	1:02.59^	56.39^
2:03.89	2:17.49	2:20.69	<b>200 FREE</b>	2:29.69	2:16.49	2:02.99
5:31.89	4:49.79	4:56.19	<b>400/500 FREE</b>	4:55.99	4:49.59	5:31.69
30.69	33.99	34.59	<b>50 BACK</b>	34.89*	34.29*	30.89*
1:05.89^	1:13.09	1:14.29	<b>100 BACK</b>	1:15.19	1:13.99	1:06.69
33.89	37.59	38.59	<b>50 BREAST</b>	38.29	37.29	33.59
1:14.09	1:22.19	1:24.19	<b>100 BREAST</b>	1:24.39	1:22.39	1:14.29
28.59	31.69	32.39	<b>50 FLY</b>	32.49^	31.79^	28.59
1:03.99	1:10.99	1:12.39	<b>100 FLY</b>	1:12.79	1:11.39	1:04.39^
2:20.09	2:35.49	2:38.69	<b>200 IM</b>	2:38.89	2:35.69	2:20.29

### 13/14

25.39^	28.09	28.89	<b>50 FREE</b>	27.29*	26.49*	23.89*
54.99^	1:00.99	1:02.59	<b>100 FREE</b>	58.89	57.29	51.69^
1:58.79^	2:11.79	2:14.99	<b>200 FREE</b>	2:08.19^	2:04.99^	1:52.59^
5:17.89^	4:37.29	4:43.69	<b>400/500 FREE</b>	4:31.69	4:25.29	5:04.39
11:02.89^	9:38.79	9:51.59	<b>800/1000 FREE</b>	9:29.99^	9:17.19^	10:38.69^
18:34.79	18:33.09	18:57.09	<b>1500/1650 FREE</b>	18:02.79	17:38.79	17:41.59
1:03.69^	1:10.69^	1:11.89^	<b>100 BACK</b>	1:07.99	1:06.79	1:00.19
2:16.19^	2:31.19^	2:33.59^	<b>200 BACK</b>	2:25.79	2:23.39	2:09.19
1:10.99	1:18.79	1:20.79	<b>100 BREAST</b>	1:16.29	1:14.29	1:06.99
2:33.19*	2:49.99*	2:53.99*	<b>200 BREAST</b>	2:45.79	2:41.79	2:25.79
1:01.59^	1:08.29^	1:09.69^	<b>100 FLY</b>	1:05.19	1:03.79	57.49^
2:17.69^	2:32.79	2:35.59	<b>200 FLY</b>	2:26.89^	2:24.09^	2:09.79^
2:15.79*	2:30.69*	2:33.89*	<b>200 IM</b>	2:24.99	2:21.79	2:07.79^
4:48.39	5:20.09	5:26.49	<b>400 IM</b>	5:08.29	5:01.89	4:31.99

\* Time Faster

^ Time Slower

## 2008 WESTERN ZONE TIME STANDARDS

GIRLS				BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
			<b>15/16</b>			
25.39	28.19	28.99	<b>50 FREE</b>	26.29	25.49	22.99
55.29*	1:01.39	1:02.99	<b>100 FREE</b>	57.39	55.79	50.29
1:59.49^	2:12.59^	2:15.79^	<b>200 FREE</b>	2:05.69^	2:02.49^	1:50.29
5:19.69	4:38.99^	4:45.39^	400/500 FREE	4:26.99^	4:20.59^	4:59.19^
11:04.09	9:39.89	9:52.69	800/1000 FREE	9:19.99	9:07.19	10:27.49
18:39.79	18:38.19	19:02.19	1500/1650 FREE	18:03.19	17:39.19	17:41.99
1:03.89	1:10.89	1:12.09	<b>100 BACK</b>	1:06.39	1:05.19	58.79
2:17.59	2:32.69	2:35.09	<b>200 BACK</b>	2:24.09^	2:21.69^	2:07.69^
1:09.89	1:17.49	1:19.49	100 BREAST	1:14.39	1:12.39	1:05.29^
2:35.19	2:52.19	2:56.19	200 BREAST	2:43.29	2:39.29	2:23.59
1:01.89^	1:08.69^	1:10.09^	<b>100 FLY</b>	1:03.49^	1:02.09^	55.89
2:19.09	2:34.39	2:37.19	<b>200 FLY</b>	2:23.79	2:20.99	2:07.09
2:17.19*	2:32.29*	2:35.49*	<b>200 IM</b>	2:22.49	2:19.29	2:05.49
4:49.39	5:21.19	5:27.59	<b>400 IM</b>	5:04.59	4:58.19	4:28.69

			<b>17/18</b>			
26.29^	29.09	29.89	<b>50 FREE</b>	26.59	25.79	23.29^
57.19^	1:03.39	1:04.99	<b>100 FREE</b>	58.29	56.69	51.09
2:04.29^	2:17.89	2:21.09	<b>200 FREE</b>	2:07.89	2:04.69	1:52.39^
5:36.09^	4:53.49	4:59.89	400/500 FREE	4:35.19	4:28.79	5:08.39
11:40.39*	10:12.29*	10:25.09*	800/1000 FREE	9:37.69*	9:24.89*	10:47.29*
19:51.29	19:51.09	20:15.09	1500/1650 FREE	18:35.19*	18:11.19*	18:13.29*
1:08.29^	1:15.89^	1:17.09^	<b>100 BACK</b>	1:09.29	1:08.09	1:01.39
2:26.99^	2:43.19^	2:45.59^	<b>200 BACK</b>	2:31.29	2:28.89	2:14.19
1:16.09	1:24.39*	1:26.39*	100 BREAST	1:17.29	1:15.29	1:07.89^
2:45.79^	3:04.09^	3:08.09^	200 BREAST	2:50.99	2:46.99	2:30.49^
1:05.39^	1:12.49	1:13.89	<b>100 FLY</b>	1:04.89	1:03.49	57.19
2:31.99	2:48.69	2:51.49	<b>200 FLY</b>	2:33.59	2:30.79	2:15.89
2:22.29*	2:37.89*	2:41.09*	<b>200 IM</b>	2:26.39	2:23.19	2:09.09^
5:11.89*	5:46.19*	5:52.59*	<b>400 IM</b>	5:21.79	5:15.39	4:44.19^

\* Time Faster than 2006

^ Time Slower than 2006