

2010 WESTERN ZONE – SNAKE RIVER TIME STANDARDS

(SRS Time Adjustments Have Been Made to Each Standard)

GIRLS				BOYS		
LCM	SCM	SCY		LCM	SCM	SCY

10 & UNDER						
33.79	32.99	29.79	50 FREE	33.59	32.79	29.59
1:13.29	1:11.69	1:04.69	100 FREE	1:13.79	1:12.19	1:05.09
2:41.09	2:37.89	2:22.39	200 FREE	2:40.09	2:36.89	2:21.59
39.89	39.29	35.49	50 BACK	39.99	39.39	35.59
1:25.89	1:24.69	1:16.39	100 BACK	1:26.09	1:24.89	1:16.59
44.79	43.79	39.59	50 BREAST	45.49	44.49	40.19
1:37.69	1:35.69	1:26.29	100 BREAST	1:38.89	1:36.89	1:27.39
37.29	36.59	32.99	50 FLY	37.29	36.59	33.09
1:26.09	1:24.69	1:16.39	100 FLY	1:25.49	1:24.09	1:15.79
3:00.59	2:57.39	2:39.99	200 IM	3:01.59	2:58.39	2:40.89

LCM	SCM	SCY	11/12	LCM	SCM	SCY
29.89	29.09	26.49	50 FREE	30.09	29.29	26.49
1:05.69	1:04.09	57.79	100 FREE	1:05.29	1:03.69	57.39
2:22.59	2:19.39	2:05.79	200 FREE	2:21.79	2:18.59	2:05.09
4:56.49	4:50.09	5:32.19	400/500 FREE	4:55.59	4:49.19	5:31.19
35.09	34.49	31.09	50 BACK	35.39	34.79	31.39
1:15.19	1:13.99	1:06.79	100 BACK	1:16.09	1:14.89	1:07.59
39.09	38.09	34.39	50 BREAST	38.79	37.79	34.09
1:25.09	1:23.09	1:14.99	100 BREAST	1:25.49	1:23.49	1:15.29
32.89	32.19	28.99	50 FLY	32.99	32.29	29.19
1:13.49	1:12.09	1:04.99	100 FLY	1:13.89	1:12.49	1:05.39
2:40.79	2:37.59	2:22.19	200 IM	2:40.99	2:37.79	2:22.39

LCM	SCM	SCY	13/14	LCM	SCM	SCY
29.39	28.59	25.89	50 FREE	27.79	26.99	24.39
1:03.69	1:02.08	55.99	100 FREE	59.99	58.39	52.69
2:17.09	2:13.89	2:00.79	200 FREE	2:10.09	2:06.89	1:54.49
4:43.99	4:37.59	5:18.19	400/500 FREE	4:31.99	4:25.59	5:04.69
9:51.69	9:38.89	11:02.99	800/1000 FREE	9:28.49	9:15.69	10:36.99
18:55.69	18:31.69	18:33.39	1500/1650 FREE	18:06.09	17:42.09	17:44.79
1:12.59	1:11.39	1:04.49	100 BACK	1:09.09	1:07.89	1:01.19
2:35.29	2:32.89	2:17.89	200 BACK	2:27.89	2:25.49	2:11.29
1:21.89	1:19.89	1:11.99	100 BREAST	1:16.99	1:14.99	1:07.69
2:56.09	2:52.09	2:35.29	200 BREAST	2:47.39	2:43.39	2:27.39
1:10.59	1:09.19	1:02.49	100 FLY	1:06.19	1:04.79	58.49
2:37.49	2:34.69	2:19.59	200 FLY	2:28.99	2:26.19	2:11.89
2:35.99	2:32.79	2:17.79	200 IM	2:27.09	2:23.89	2:09.79
5:25.79	5:19.39	4:47.69	400 IM	5:08.59	5:02.19	4:32.19

2010 WESTERN ZONE – SNAKE RIVER TIME STANDARDS

(SRS Time Adjustments Have Been Made to Each Standard)

GIRLS				BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
			15/16			
29.49	28.69	25.89	50 FREE	26.79	25.99	23.49
1:03.89	1:02.29	56.19	100 FREE	58.49	56.89	51.29
2:17.59	2:14.39	2:01.19	200 FREE	2:07.79	2:04.59	1:52.39
4:44.69	4:38.29	5:18.99	400/500 FREE	4:26.79	4:20.39	4:58.89
9:53.69	9:40.89	11:05.19	800/1000 FREE	9:20.89	9:08.09	10:28.49
19:01.49	18:37.49	18:39.19	1500/1650 FREE	18:03.69	17:39.69	17:42.49
1:12.89	1:11.69	1:04.69	100 BACK	1:07.19	1:05.99	59.59
2:36.69	2:34.29	2:19.19	200 BACK	2:25.79	2:23.39	2:09.39
1:20.59	1:18.59	1:10.89	100 BREAST	1:15.39	1:13.39	1:06.19
2:57.99	2:53.99	2:36.99	200 BREAST	2:45.09	2:41.09	2:25.39
1:10.89	1:09.49	1:02.69	100 FLY	1:04.39	1:02.99	56.79
2:39.09	2:36.29	2:20.99	200 FLY	2:25.89	2:23.09	2:09.09
2:36.99	2:33.79	2:18.79	200 IM	2:24.39	2:21.19	2:07.39
5:27.39	5:20.99	4:49.19	400 IM	5:04.59	4:58.19	4:28.69

LCM	SCM	SCY	17/18	LCM	SCM	SCY
30.39	29.59	26.69	50 FREE	27.09	26.29	23.79
1:06.09	1:04.49	58.19	100 FREE	59.39	57.79	52.09
2:23.19	2:19.99	2:06.29	200 FREE	2:09.99	2:06.79	1:54.39
5:00.19	4:53.79	5:36.29	400/500 FREE	4:35.49	4:29.09	5:08.59
10:26.09	10:13.29	11:41.59	800/1000 FREE	9:38.69	9:25.89	10:48.39
20:18.79	19:54.79	19:54.89	1500/1650 FREE	18:35.59	18:14.59	18:16.69
1:17.69	1:16.49	1:08.99	100 BACK	1:10.19	1:08.99	1:02.29
2:46.79	2:44.39	2:28.29	200 BACK	2:33.29	2:30.89	2:16.19
1:26.99	1:24.99	1:16.69	100 BREAST	1:18.39	1:16.39	1:08.89
3:09.79	3:05.79	2:47.59	200 BREAST	2:53.09	2:49.09	2:32.59
1:14.69	1:13.29	1:06.09	100 FLY	1:05.99	1:04.59	58.29
2:53.59	2:50.79	2:34.09	200 FLY	2:35.69	2:32.89	2:17.99
2:42.69	2:39.49	2:23.89	200 IM	2:28.49	2:25.29	2:11.09
5:52.39	5:45.99	5:11.69	400 IM	5:22.09	5:15.69	4:44.39

No Changes from the 2009 time standards