

**2012 Long Course Junior Olympic and Far Western time standards**

|              | JO          | FW          | JO           | FW           | JO           | FW           | JO           | FW           | JO           | FW           |
|--------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| <b>Girls</b> | <b>10/U</b> | <b>10/U</b> | <b>11-12</b> | <b>11-12</b> | <b>13-14</b> | <b>13-14</b> | <b>15-16</b> | <b>15-16</b> | <b>17-18</b> | <b>17-18</b> |
| 50 Free      | 35.09       | 34.39       | 31.79        | 30.79        | 29.99        | 29.19        | 29.99        | 28.99        | 29.99        | 28.99        |
| 100 Free     | 1:19.19     | 1:16.19     | 1:09.69      | 1:07.19      | 1:05.49      | 1:03.99      | 1:05.49      | 1:01.69      | 1:05.49      | 1:01.69      |
| 200 Free     | 2:56.19     | 2:46.89     | 2:33.99      | 2:26.99      | 2:23.99      | 2:17.69      | 2:22.99      | 2:14.99      | 2:22.99      | 2:14.99      |
| 400 Free     | 6:10.19     | 5:50.99     | 5:30.99      | 5:11.49      | 5:07.99      | 4:52.09      | 5:05.59      | 4:51.39      | 5:05.59      | 4:51.39      |
| 800 Free     |             |             | 11:19.99     | 10:45.99     | 10:49.99     | 10:09.99     | 10:45.99     | 10:03.59     | 10:45.99     | 10:03.59     |
| 1500 Free    |             |             | 21:59.99     | 20:49.99     | 20:19.99     | 19:19.99     | 20:19.99     | 19:14.99     | 20:19.99     | 19:14.99     |
| 50 Back      | 42.29       | 40.99       | 37.69        | 36.29        |              |              |              |              |              |              |
| 100 Back     | 1:31.89     | 1:28.99     | 1:21.39      | 1:18.99      | 1:16.99      | 1:13.19      | 1:16.99      | 1:10.99      | 1:16.99      | 1:10.99      |
| 200 Back     |             |             | 3:00.99      | 2:49.99      | 2:45.99      | 2:38.99      | 2:45.99      | 2:36.99      | 2:45.99      | 2:36.99      |
| 50 Breast    | 48.19       | 45.89       | 42.39        | 40.59        |              |              |              |              |              |              |
| 100 Breast   | 1:43.19     | 1:41.09     | 1:31.79      | 1:28.69      | 1:26.99      | 1:22.99      | 1:26.99      | 1:22.19      | 1:26.99      | 1:22.19      |
| 200 Breast   |             |             | 3:19.99      | 3:13.29      | 3:07.99      | 3:01.79      | 3:07.99      | 2:58.99      | 3:07.99      | 2:58.99      |
| 50 Fly       | 40.59       | 38.39       | 34.69        | 33.89        |              |              |              |              |              |              |
| 100 Fly      | 1:39.99     | 1:31.99     | 1:21.59      | 1:16.89      | 1:13.99      | 1:10.99      | 1:13.99      | 1:09.99      | 1:13.99      | 1:09.99      |
| 200 Fly      |             |             | 3:04.99      | 2:55.59      | 2:53.99      | 2:41.99      | 2:47.49      | 2:38.59      | 2:47.49      | 2:38.59      |
| 200 IM       | 3:14.69     | 3:07.77     | 2:54.09      | 2:46.49      | 2:42.99      | 2:36.49      | 2:41.99      | 2:33.99      | 2:41.99      | 2:33.99      |
| 400 IM       |             |             | 6:19.99      | 5:54.99      | 5:52.99      | 5:37.79      | 5:45.19      | 5:33.99      | 5:45.19      | 5:33.99      |
| <b>Boys</b>  | <b>10/U</b> | <b>10/U</b> | <b>11-12</b> | <b>11-12</b> | <b>13-14</b> | <b>13-14</b> | <b>15-16</b> | <b>15-16</b> | <b>17-18</b> | <b>17-18</b> |
| 50 Free      | 34.99       | 34.59       | 31.09        | 30.49        | 28.09        | 27.69        | 27.59        | 26.59        | 27.59        | 25.99        |
| 100 Free     | 1:18.89     | 1:16.29     | 1:08.29      | 1:06.99      | 1:01.49      | 1:00.19      | 59.99        | 57.39        | 59.99        | 57.29        |
| 200 Free     | 2:55.99     | 2:48.99     | 2:32.69      | 2:27.29      | 2:17.49      | 2:11.59      | 2:11.99      | 2:05.09      | 2:11.99      | 2:04.19      |
| 400 Free     | 6:30.19     | 6:12.99     | 5:27.69      | 5:13.99      | 4:53.89      | 4:42.59      | 4:45.19      | 4:27.79      | 4:45.19      | 4:27.79      |
| 800 Free     |             |             | 11:14.99     | 10:45.49     | 10:24.99     | 9:47.99      | 10:07.39     | 9:39.19      | 10:07.39     | 9:39.19      |
| 1500 Free    |             |             | 21:59.99     | 20:45.99     | 19:59.99     | 18:15.99     | 19:23.99     | 18:15.99     | 19:23.99     | 18:15.99     |
| 50 Back      | 42.59       | 41.59       | 38.49        | 36.69        |              |              |              |              |              |              |
| 100 Back     | 1:34.49     | 1:30.99     | 1:21.99      | 1:19.39      | 1:12.99      | 1:10.49      | 1:11.29      | 1:06.79      | 1:11.29      | 1:06.79      |
| 200 Back     |             |             | 2:59.99      | 2:50.99      | 2:38.99      | 2:31.99      | 2:34.99      | 2:23.09      | 2:34.99      | 2:23.09      |
| 50 Breast    | 49.29       | 47.29       | 42.79        | 41.19        |              |              |              |              |              |              |
| 100 Breast   | 1:46.99     | 1:42.99     | 1:32.49      | 1:28.99      | 1:22.09      | 1:19.99      | 1:17.99      | 1:14.69      | 1:17.99      | 1:14.69      |
| 200 Breast   |             |             | 3:23.39      | 3:13.29      | 3:01.29      | 2:52.79      | 2:53.99      | 2:45.69      | 2:53.99      | 2:45.69      |
| 50 Fly       | 41.69       | 39.39       | 35.49        | 34.09        |              |              |              |              |              |              |
| 100 Fly      | 1:39.99     | 1:34.99     | 1:22.99      | 1:17.99      | 1:10.49      | 1:08.39      | 1:07.19      | 1:03.69      | 1:07.19      | 1:03.69      |
| 200 Fly      |             |             | 3:09.99      | 2:55.99      | 2:48.99      | 2:36.09      | 2:32.59      | 2:27.99      | 2:32.59      | 2:27.99      |
| 200 IM       | 3:21.99     | 3:11.99     | 2:53.59      | 2:46.99      | 2:32.99      | 2:29.89      | 2:29.99      | 2:22.79      | 2:29.99      | 2:22.79      |
| 400 IM       |             |             | 6:16.49      | 5:57.99      | 5:39.99      | 5:23.49      | 5:30.29      | 5:08.19      | 5:30.29      | 5:08.19      |