

## 2005 WESTERN ZONE TIME STANDARDS

| SCY             | GIRLS<br>SCM | LCM      |                     | LCM      | BOYS<br>SCM | SCY      |
|-----------------|--------------|----------|---------------------|----------|-------------|----------|
| <b>10/Under</b> |              |          |                     |          |             |          |
| 29.39           | 32.59        | 33.39    | <b>50 Free</b>      | 33.09    | 32.29       | 29.09    |
| 1:03.69         | 1:10.69      | 1:12.29  | <b>100 Free</b>     | 1:12.69  | 1:11.09     | 1:03.99  |
| 2:21.49         | 2:37.09      | 2:40.29  | <b>200 Free</b>     | 2:38.29  | 2:35.09     | 2:19.69  |
| 35.09           | 38.99        | 39.59    | <b>50 Back</b>      | 39.89    | 39.29       | 35.39    |
| 1:15.79         | 1:24.09      | 1:25.29  | <b>100 Back</b>     | 1:24.89  | 1:23.69     | 1:15.39  |
| 38.99           | 43.29        | 44.29    | <b>50 Breast</b>    | 44.99    | 43.99       | 39.69    |
| 1:25.19         | 1:34.59      | 1:36.59  | <b>100 Breast</b>   | 1:37.79  | 1:35.79     | 1:26.29  |
| 32.79           | 36.39        | 37.09    | <b>50 Fly</b>       | 36.79    | 36.09       | 32.49    |
| 1:16.69         | 1:25.09      | 1:26.49  | <b>100 Fly</b>      | 1:25.69  | 1:24.29     | 1:15.99  |
| 2:38.89         | 2:56.39      | 2:59.59  | <b>200 I.M.</b>     | 2:59.69  | 2:56.49     | 2:38.99  |
| <b>11/12</b>    |              |          |                     |          |             |          |
| 25.79           | 28.59        | 29.39    | <b>50 Free</b>      | 29.69    | 28.89       | 25.99    |
| 56.89           | 1:03.19      | 1:04.79  | <b>100 Free</b>     | 1:04.29  | 1:02.69     | 56.49    |
| 2:03.99         | 2:17.59      | 2:20.79  | <b>200 Free</b>     | 2:19.99  | 2:16.79     | 2:03.19  |
| 5:32.39         | 4:50.29      | 4:56.69  | <b>*400 Free</b>    | 4:55.99  | 4:49.59     | 5:31.69  |
| 30.69           | 34.09        | 34.69    | <b>50 Back</b>      | 34.99    | 34.39       | 30.99    |
| 1:06.09         | 1:13.39      | 1:14.59  | <b>100 Back</b>     | 1:15.09  | 1:13.89     | 1:06.59  |
| 33.79           | 37.59        | 38.59    | <b>50 Breast</b>    | 38.29    | 37.29       | 33.59    |
| 1:13.89         | 1:21.99      | 1:23.99  | <b>100 Breast</b>   | 1:24.39  | 1:22.39     | 1:14.19  |
| 28.69           | 31.89        | 32.59    | <b>50 Fly</b>       | 32.49    | 31.79       | 28.69    |
| 1:04.29         | 1:11.39      | 1:12.79  | <b>100 Fly</b>      | 1:12.49  | 1:11.09     | 1:04.09  |
| 2:20.39         | 2:35.89      | 2:39.09  | <b>200 I.M.</b>     | 2:38.69  | 2:35.49     | 2:20.09  |
| <b>13/14</b>    |              |          |                     |          |             |          |
| 25.39           | 28.19        | 28.99    | <b>50 Free</b>      | 27.29    | 26.49       | 23.89    |
| 55.09           | 1:01.09      | 1:02.69  | <b>100 Free</b>     | 58.99    | 57.39       | 51.79    |
| 1:58.99         | 2:11.99      | 2:15.19  | <b>200 Free</b>     | 2:08.59  | 2:05.39     | 1:52.99  |
| 5:18.29         | 4:37.69      | 4:44.09  | <b>*400 Free</b>    | 4:33.59  | 4:27.19     | 5:06.49  |
| 11:04.89        | 9:40.59      | 9:53.39  | <b>**800 Free</b>   | 9:29.59  | 9:16.79     | 10:38.19 |
| 18:35.89        | 18:34.19     | 18:58.19 | <b>***1500 Free</b> | 18:08.19 | 17:44.19    | 17:46.89 |
| 1:03.99         | 1:10.99      | 1:12.19  | <b>100 Back</b>     | 1:08.19  | 1:06.99     | 1:00.29  |
| 2:16.49         | 2:31.49      | 2:33.89  | <b>200 Back</b>     | 2:26.49  | 2:24.09     | 2:09.79  |
| 1:11.09         | 1:18.89      | 1:20.89  | <b>100 Breast</b>   | 1:16.29  | 1:14.29     | 1:06.89  |
| 2:33.39         | 2:50.29      | 2:54.29  | <b>200 Breast</b>   | 2:45.89  | 2:41.89     | 2:25.89  |
| 1:01.69         | 1:08.49      | 1:09.89  | <b>100 Fly</b>      | 1:05.39  | 1:03.99     | 57.69    |
| 2:18.09         | 2:33.19      | 2:35.99  | <b>200 Fly</b>      | 2:27.29  | 2:24.49     | 2:10.09  |
| 2:15.89         | 2:30.89      | 2:34.09  | <b>200 I.M.</b>     | 2:25.09  | 2:21.89     | 2:07.79  |
| 4:49.29         | 5:21.09      | 5:27.49  | <b>400 I.M.</b>     | 5:10.29  | 5:03.89     | 4:33.79  |

**\* SCY = 500 YDS \*\*SCY = 1000 YDS \*\*\*SCY = 1650 YDS**

## 2005 WESTERN ZONE TIME STANDARDS

| SCY          | GIRLS<br>SCM | LCM      |                     | LCM      | BOYS<br>SCM | SCY      |
|--------------|--------------|----------|---------------------|----------|-------------|----------|
| <b>15/16</b> |              |          |                     |          |             |          |
| 25.49        | 28.29        | 29.09    | <b>50 Free</b>      | 26.29    | 25.49       | 22.99    |
| 55.69        | 1:01.79      | 1:03.39  | <b>100 Free</b>     | 57.49    | 55.89       | 50.39    |
| 1:59.99      | 2:13.19      | 2:16.39  | <b>200 Free</b>     | 2:05.69  | 2:02.49     | 1:50.39  |
| 5:22.59      | 4:41.49      | 4:47.89  | <b>*400 Free</b>    | 4:27.99  | 4:21.59     | 5:00.19  |
| 11:04.69     | 9:40.39      | 9:53.19  | <b>**800 Free</b>   | 9:20.29  | 9:07.49     | 10:27.79 |
| 18:44.79     | 18:43.29     | 19:07.29 | <b>***1500 Free</b> | 18:11.09 | 17:47.09    | 17:49.79 |
| 1:03.99      | 1:11.09      | 1:12.29  | <b>100 Back</b>     | 1:06.59  | 1:05.39     | 58.89    |
| 2:17.99      | 2:33.09      | 2:35.49  | <b>200 Back</b>     | 2:24.59  | 2:22.19     | 2:08.19  |
| 1:09.89      | 1:17.49      | 1:19.49  | <b>100 Breast</b>   | 1:16.09  | 1:14.09     | 1:06.69  |
| 2:35.69      | 2:52.79      | 2:56.79  | <b>200 Breast</b>   | 2:43.99  | 2:39.99     | 2:24.09  |
| 1:01.99      | 1:08.79      | 1:10.19  | <b>100 Fly</b>      | 1:03.59  | 1:02.19     | 55.99    |
| 2:19.79      | 2:35.09      | 2:37.89  | <b>200 Fly</b>      | 2:24.19  | 2:21.39     | 2:07.39  |
| 2:17.59      | 2:32.69      | 2:35.89  | <b>200 I.M.</b>     | 2:22.69  | 2:19.49     | 2:05.69  |
| 4:50.29      | 5:22.19      | 5:28.59  | <b>400 I.M.</b>     | 5:05.99  | 4:59.59     | 4:29.89  |

|              |          |          |                     |          |          |          |
|--------------|----------|----------|---------------------|----------|----------|----------|
| <b>17/18</b> |          |          |                     |          |          |          |
| 26.49        | 29.39    | 30.19    | <b>50 Free</b>      | 26.59    | 25.79    | 23.29    |
| 57.89        | 1:04.19  | 1:05.79  | <b>100 Free</b>     | 58.49    | 56.89    | 51.19    |
| 2:07.09      | 2:21.09  | 2:24.29  | <b>200 Free</b>     | 2:09.39  | 2:06.19  | 1:53.69  |
| 5:36.79      | 4:54.19  | 5:00.59  | <b>*400 Free</b>    | 4:35.99  | 4:29.59  | 5:09.29  |
| 11:53.39     | 10:23.89 | 10:36.69 | <b>**800 Free</b>   | 9:45.29  | 9:32.49  | 10:55.79 |
| 19:51.29     | 19:51.09 | 20:15.09 | <b>***1500 Free</b> | 18:49.69 | 18:25.69 | 18:27.59 |
| 1:08.49      | 1:16.09  | 1:17.29  | <b>100 Back</b>     | 1:09.59  | 1:08.39  | 1:01.69  |
| 2:28.19      | 2:44.49  | 2:46.89  | <b>200 Back</b>     | 2:31.29  | 2:28.89  | 2:14.19  |
| 1:16.89      | 1:25.39  | 1:27.39  | <b>100 Breast</b>   | 1:18.09  | 1:16.09  | 1:08.49  |
| 2:47.79      | 3:06.29  | 3:10.29  | <b>200 Breast</b>   | 2:52.79  | 2:48.79  | 2:31.99  |
| 1:06.29      | 1:13.49  | 1:14.89  | <b>100 Fly</b>      | 1:05.19  | 1:03.79  | 57.49    |
| 2:33.39      | 2:50.19  | 2:52.99  | <b>200 Fly</b>      | 2:33.39  | 2:30.59  | 2:15.69  |
| 2:22.99      | 2:38.69  | 2:41.89  | <b>200 I.M.</b>     | 2:26.79  | 2:23.59  | 2:09.39  |
| 5:14.59      | 5:49.19  | 5:55.59  | <b>400 I.M.</b>     | 5:24.69  | 5:18.29  | 4:46.79  |

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