

Western Zone Time Standards
2007 Times

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.39	0:32.59	0:29.39	50 Free	0:33.09	0:32.29	0:29.09
1:12.19	1:10.59	1:03.69	100 Free	1:12.69	1:11.09	1:03.99
2:38.89	2:35.69	2:20.29	200 Free	2:37.99	2:34.79	2:19.49
0:39.29	0:38.69	0:34.89	50 Back	0:39.49	0:38.89	0:35.09
1:24.79	1:23.59	1:15.29	100 Back	1:24.99	1:23.79	1:15.49
0:44.29	0:43.29	0:38.99	50 Breast	0:44.99	0:43.99	0:39.69
1:36.59	1:34.59	1:25.29	100 Breast	1:37.79	1:35.79	1:26.29
0:36.79	0:36.09	0:32.59	50 Fly	0:36.79	0:36.09	0:32.49
1:24.89	1:23.49	1:15.29	100 Fly	1:24.39	1:22.99	1:14.79
2:58.39	2:55.19	2:37.89	200 IM	2:59.49	2:56.29	2:38.89

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.39	0:28.59	0:25.89	50 Free	0:29.49	0:28.69	0:25.89
1:04.69	1:03.09	0:56.89	100 Free	1:04.09	1:02.49	0:56.29
2:20.69	2:17.49	2:03.89	200 Free	2:19.69	2:16.49	2:02.99
4:56.19	4:49.79	5:31.89	400/500 Free	4:55.99	4:49.59	5:31.69
0:34.59	0:33.99	0:30.69	50 Back	0:34.99	0:34.39	0:30.99
1:14.29	1:13.09	1:05.79	100 Back	1:15.19	1:13.99	1:06.69
0:38.59	0:37.59	0:33.89	50 Breast	0:38.29	0:37.29	0:33.59
1:24.19	1:22.19	1:14.09	100 Breast	1:24.39	1:22.39	1:14.29
0:32.39	0:31.69	0:28.59	50 Fly	0:32.39	0:31.69	0:28.59
1:12.39	1:10.99	1:03.99	100 Fly	1:12.79	1:11.39	1:04.29
2:38.69	2:35.49	2:20.09	200 IM	2:38.89	2:35.69	2:20.29

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.89	0:28.09	0:25.29	50 Free	0:27.49	0:26.69	0:23.99
1:02.59	1:00.99	0:54.89	100 Free	0:58.89	0:57.29	0:51.59
2:14.99	2:11.79	1:58.69	200 Free	2:07.99	2:04.79	1:52.39
4:43.69	4:37.29	5:17.79	400/500 Free	4:31.69	4:25.29	5:04.39
9:51.59	9:38.79	11:02.79	800/1000 Free	9:25.89	9:13.09	10:33.99
18:57.09	18:33.09	18:34.79	1500/1650 Free	18:02.79	17:38.79	17:41.59
1:11.69	1:10.49	1:03.49	100 Back	1:07.99	1:06.79	1:00.19
2:33.39	2:30.99	2:16.09	200 Back	2:25.79	2:23.39	2:09.19
1:20.79	1:18.79	1:10.99	100 Breast	1:16.29	1:14.29	1:06.99
2:54.09	2:50.09	2:33.29	200 Breast	2:45.79	2:41.79	2:25.79
1:09.59	1:08.19	1:01.49	100 Fly	1:05.19	1:03.79	0:57.39
2:35.59	2:32.79	2:17.59	200 Fly	2:26.39	2:23.59	2:09.29
2:33.99	2:30.79	2:15.89	200 IM	2:24.99	2:21.79	2:07.69
5:26.49	5:20.09	4:48.39	400 IM	5:08.29	5:01.89	4:31.99

15-16

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.99	0:28.19	0:25.39	50 Free	0:26.29	0:25.49	0:22.99
1:02.99	1:01.39	0:55.39	100 Free	0:57.39	0:55.79	0:50.29
2:15.69	2:12.49	1:59.39	200 Free	2:05.59	2:02.39	1:50.29
4:45.29	4:38.89	5:19.69	400/500 Free	4:26.59	4:20.19	4:58.69
9:52.69	9:39.89	11:04.09	800/1000 Free	9:19.99	9:07.19	10:27.49
19:02.19	18:38.19	18:39.79	1500/1650 Free	18:03.19	17:39.19	17:41.99
1:12.09	1:10.89	1:03.89	100 Back	1:06.39	1:05.19	0:58.79
2:35.09	2:32.69	2:17.59	200 Back	2:23.89	2:21.49	2:07.49
1:19.49	1:17.49	1:09.89	100 Breast	1:14.39	1:12.39	1:05.19
2:56.19	2:52.19	2:35.19	200 Breast	2:43.29	2:39.29	2:23.59
1:09.99	1:08.59	1:01.79	100 Fly	1:03.39	1:01.99	0:55.89
2:37.19	2:34.39	2:19.09	200 Fly	2:23.79	2:20.99	2:07.09
2:35.79	2:32.59	2:17.49	200 IM	2:22.49	2:19.29	2:05.49
5:27.59	5:21.19	4:49.39	400 IM	5:04.59	4:58.19	4:28.69

17-18

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.89	0:29.09	0:26.19	50 Free	0:26.59	0:25.79	0:23.19
1:04.99	1:03.39	0:57.09	100 Free	0:58.29	0:56.69	0:51.09
2:21.09	2:17.89	2:04.19	200 Free	2:07.89	2:04.69	1:52.29
4:59.89	4:53.49	5:35.99	400/500 Free	4:35.19	4:28.79	5:08.39
10:36.69	10:23.89	11:53.39	800/1000 Free	9:45.29	9:32.49	10:55.79
20:15.09	19:51.09	19:51.29	1500/1650 Free	18:49.69	18:25.69	18:27.59
1:16.89	1:15.69	1:08.19	100 Back	1:09.29	1:08.09	1:01.39
2:45.19	2:42.79	2:26.59	200 Back	2:31.29	2:28.89	2:14.19
1:26.49	1:24.49	1:16.09	100 Breast	1:17.29	1:15.29	1:07.79
3:07.59	3:03.59	2:45.39	200 Breast	2:50.99	2:46.99	2:30.39
1:13.89	1:12.49	1:05.29	100 Fly	1:04.89	1:03.49	0:57.19
2:51.49	2:48.69	2:31.99	200 Fly	2:33.59	2:30.79	2:15.89
2:41.29	2:38.09	2:22.39	200 IM	2:26.39	2:23.19	2:08.99
5:52.89	5:46.49	5:12.09	400 IM	5:21.79	5:15.39	4:44.09