

# Winter 2022 and Spring 2023 JO Time Standards (SCY - LCM - SCM)

Published 07/26/2022

## Girls

Event	10 & Under			11			12			13			14		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	31.39	35.59	34.69	30.09	34.19	33.19	27.89	31.89	30.89	27.39	31.09	30.39	26.79	30.69	29.59
100 FR	1:10.49	1:20.19	1:17.89	1:05.49	1:14.69	1:12.29	1:00.49	1:09.49	1:06.79	59.29	1:07.49	1:05.59	58.39	1:06.79	1:04.49
200 FR	2:35.59	2:55.59	2:51.89	2:22.09	2:43.09	2:36.99	2:12.09	2:30.29	2:25.99	2:08.39	2:26.59	2:21.79	2:05.79	2:23.89	2:18.99
400/500 FR	6:43.99	6:04.29	5:53.59	6:24.09	5:43.09	5:36.09	5:51.39	5:15.39	5:08.59	5:43.19	5:07.39	5:00.39	5:36.49	5:02.19	4:54.49
800/1000 FR				13:17.69	12:06.49	11:38.09	12:09.49	11:03.39	10:38.49	11:47.59	10:34.59	10:19.29	11:37.19	10:20.99	10:10.19
1500/1650 FR				22:25.99	23:23.59	22:18.19	20:27.19	21:13.19	20:20.09	19:45.39	20:20.49	19:38.49	19:14.59	19:48.09	19:07.89
50 BK	36.69	42.89	40.59	33.99	39.39	37.59	31.59	36.89	35.19						
100 BK	1:19.29	1:32.69	1:27.69	1:14.09	1:27.19	1:21.89	1:08.49	1:19.29	1:16.59	1:05.69	1:16.19	1:12.49	1:03.79	1:14.09	1:11.39
200 BK				2:38.39	3:04.39	2:55.09	2:27.29	2:50.59	2:43.29	2:21.19	2:43.59	2:36.09	2:17.89	2:39.69	2:32.89
50 BR	41.69	47.49	46.19	38.49	44.09	42.59	35.89	40.19	39.69						
100 BR	1:31.89	1:44.89	1:41.49	1:23.99	1:37.59	1:33.29	1:18.19	1:29.69	1:26.39	1:14.49	1:25.69	1:22.29	1:13.29	1:24.29	1:21.59
200 BR				3:01.39	3:29.79	3:20.49	2:49.19	3:12.69	3:06.99	2:41.79	3:04.89	2:58.79	2:37.89	3:03.19	2:56.59
50 FL	36.19	40.79	39.99	32.59	36.89	36.09	30.59	34.29	33.79						
100 FL	1:24.09	1:35.39	1:32.99	1:14.59	1:24.89	1:22.39	1:08.09	1:17.99	1:15.19	1:04.79	1:13.59	1:11.59	1:03.39	1:12.39	1:10.79
200 FL				2:49.39	3:10.69	3:08.09	2:31.39	2:55.09	2:48.89	2:23.99	2:42.49	2:39.09	2:22.09	2:39.59	2:36.99
100 IM	1:20.09		1:28.49	1:14.59		1:22.49	1:09.29		1:16.59						
200 IM	2:52.39	3:17.09	3:10.49	2:39.99	3:04.39	2:56.79	2:28.39	2:51.19	2:45.69	2:24.29	2:45.39	2:39.39	2:21.09	2:42.39	2:35.89
400 IM				5:41.79	6:34.19	6:17.69	5:19.19	6:04.59	5:52.69	5:06.79	5:50.79	5:38.99	5:00.19	5:43.99	5:31.69

## Boys

Event	10 & Under			11			12			13			14		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	30.99	35.49	34.19	29.79	34.19	32.89	27.19	31.19	29.99	25.69	29.49	28.39	24.69	28.39	27.59
100 FR	1:09.69	1:19.49	1:16.99	1:05.19	1:14.59	1:11.99	59.29	1:07.49	1:04.49	55.99	1:04.09	1:01.79	53.89	1:01.99	59.59
200 FR	2:29.39	2:49.89	2:44.99	2:21.39	2:41.79	2:36.19	2:09.19	2:26.99	2:22.69	2:01.59	2:20.29	2:14.29	1:57.19	2:15.09	2:09.49
400/500 FR	6:37.09	5:59.49	5:47.59	6:14.69	5:40.39	5:31.29	5:47.49	5:08.49	5:04.09	5:27.39	4:56.39	4:46.49	5:16.99	4:45.99	4:37.39
800/1000 FR				13:11.69	11:57.69	11:32.79	11:56.79	10:51.99	10:27.29	11:19.79	10:17.19	9:54.89	10:57.79	9:56.29	9:35.59
1500/1650 FR				22:14.79	23:05.09	22:06.99	20:00.79	20:45.89	19:53.79	18:57.49	19:32.39	18:50.79	18:20.89	18:58.19	18:14.49
50 BK	36.99	42.99	40.99	34.69	39.99	38.29	31.59	36.49	34.89						
100 BK	1:18.89	1:30.89	1:27.09	1:14.29	1:26.89	1:21.99	1:07.49	1:18.49	1:14.59	1:01.89	1:12.19	1:08.39	1:00.49	1:09.39	1:06.79
200 BK				2:38.69	3:03.39	2:55.29	2:23.99	2:46.59	2:39.09	2:15.09	2:36.79	2:29.19	2:11.79	2:32.89	2:25.29
50 BR	40.99	46.99	45.29	38.99	44.69	42.9	35.19	40.09	38.09						
100 BR	1:28.99	1:42.69	1:38.29	1:23.59	1:37.69	1:32.59	1:15.89	1:27.69	1:23.79	1:09.59	1:20.49	1:16.89	1:08.09	1:17.89	1:13.99
200 BR				2:59.39	3:28.19	3:18.29	2:42.99	3:08.89	3:00.09	2:31.29	2:53.89	2:47.09	2:28.39	2:52.59	2:43.99
50 FL	35.39	40.19	39.09	33.39	37.59	36.89	30.19	34.09	33.49						
100 FL	1:22.69	1:34.29	1:31.39	1:14.59	1:25.19	1:22.59	1:07.09	1:16.39	1:14.19	1:01.09	1:09.49	1:07.49	59.59	1:07.49	1:05.89
200 FL				2:49.39	3:10.69	3:08.09	2:29.89	2:48.79	2:44.29	2:17.79	2:38.49	2:31.99	2:12.29	2:31.49	2:27.49
100 IM	1:18.89		1:27.19	1:14.69		1:22.59	1:08.09		1:15.19						
200 IM	2:50.99	3:14.29	3:08.99	2:40.89	3:05.49	2:59.09	2:27.09	2:48.19	2:42.29	2:16.59	2:36.99	2:30.89	2:11.39	2:32.29	2:27.09
400 IM				5:42.09	6:33.39	6:18.09	5:12.19	5:53.39	5:44.99	4:50.59	5:35.59	5:21.09	4:43.39	5:26.19	5:13.09

# 2023 Spring Far Western Time Standards (SCY - LCM - SCM)

Published 7/26/22

## Girls

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	29.89	34.69	33.09	26.79	30.99	29.79	25.69	29.59	28.79	25.59	29.19	28.69	25.59	29.19	28.69
100 FR	1:06.19	1:15.69	1:14.79	58.19	1:07.69	1:04.69	55.79	1:03.79	1:01.99	55.59	1:03.59	1:01.79	55.59	1:03.59	1:01.79
200 FR	2:26.29	2:49.59	2:42.39	2:06.89	2:25.79	2:21.79	2:00.99	2:19.19	2:13.39	2:00.69	2:18.39	2:13.19	2:00.69	2:18.39	2:13.19
400/500 FR	6:25.69	5:44.59	5:35.09	5:38.09	5:01.99	5:02.89	5:23.09	4:51.39	4:39.89	5:22.69	4:48.39	4:39.89	5:22.69	4:48.39	4:39.89
800/1000 FR				11:42.69	10:38.89	10:27.19	11:11.19	10:01.69	9:41.39	10:59.89	9:55.59	9:32.29	10:59.89	9:55.59	9:32.29
1500/1650 FR				20:14.59	20:23.99	19:59.59	18:43.59	19:04.99	18:27.59	18:37.89	19:01.69	18:23.49	18:37.89	19:01.69	18:23.49
50 BK	35.49	40.49	38.99	31.09	36.39	34.79									
100 BK	1:15.39	1:29.19	1:23.69	1:06.49	1:18.29	1:14.59	1:02.49	1:12.39	1:10.29	1:01.29	1:11.29	1:07.69	1:01.29	1:11.29	1:07.69
200 BK				2:24.09	2:49.39	2:41.29	2:16.79	2:35.29	2:31.89	2:12.39	2:32.29	2:27.49	2:13.39	2:32.29	2:27.49
50 BR	39.19	44.79	43.29	34.99	39.49	38.99									
100 BR	1:26.79	1:38.99	1:36.39	1:15.89	1:27.39	1:24.19	1:11.39	1:22.69	1:20.59	1:10.99	1:21.29	1:18.39	1:10.99	1:21.29	1:18.39
200 BR				2:45.89	3:10.29	3:03.89	2:35.39	3:02.49	2:52.79	2:32.69	2:59.49	2:48.69	2:32.69	2:59.49	2:48.69
50 FL	33.09	39.29	36.69	29.49	33.69	32.79									
100 FL	1:18.09	1:28.29	1:26.69	1:05.89	1:17.09	1:13.19	1:01.79	1:11.09	1:09.29	1:01.29	1:09.29	1:06.09	1:01.29	1:09.29	1:06.09
200 FL				2:28.09	2:49.59	2:43.49	2:21.39	2:35.39	2:33.09	2:15.79	2:32.19	2:30.79	2:15.79	2:32.19	2:30.79
100 IM	1:15.59		1:23.89	1:06.99		1:14.29									
200 IM	2:42.69	2:59.79	3:00.59	2:24.09	2:47.79	2:40.99	2:15.89	2:38.69	2:32.39	2:15.69	2:37.49	2:29.99	2:15.69	2:37.49	2:29.99
400 IM				5:10.29	5:56.69	5:44.39	4:50.99	5:34.49	5:23.19	4:48.49	5:27.89	5:20.19	4:48.49	5:27.89	5:20.19

## Boys

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM	SCY	LCM	SCM
50 FR	29.59	33.59	32.69	26.69	30.69	29.89	23.89	27.69	27.19	23.59	26.29	26.69	23.59	26.29	26.69
100 FR	1:05.69	1:15.19	1:12.59	57.29	1:06.79	1:03.69	51.99	1:00.09	58.29	50.89	58.09	56.49	50.89	58.09	56.49
200 FR	2:21.89	2:41.09	2:36.69	2:08.09	2:23.79	2:21.89	1:54.19	2:11.59	2:06.49	1:51.99	2:08.59	2:04.09	1:51.99	2:08.59	2:04.09
400/500 FR	6:23.19	5:37.19	5:30.09	5:41.69	5:01.79	4:59.99	5:07.89	4:40.89	4:31.89	4:58.29	4:28.69	4:21.09	4:58.29	4:28.69	4:21.09
800/1000 FR				11:39.09	10:27.69	10:06.39	10:39.49	9:40.49	9:14.69	10:17.39	9:27.39	8:55.49	10:17.39	9:27.39	8:55.49
1500/1650 FR				19:30.69	20:10.89	19:15.59	17:47.29	18:24.39	17:33.59	17:27.39	17:41.69	17:13.89	17:27.39	17:41.69	17:13.89
50 BK	35.09	40.29	38.79	30.99	35.59	34.19									
100 BK	1:14.89	1:25.69	1:22.69	1:05.89	1:16.59	1:12.79	59.09	1:08.39	1:05.39	56.09	1:05.39	1:01.89	56.09	1:05.39	1:01.89
200 BK				2:20.79	2:46.09	2:36.29	2:07.29	2:27.09	2:20.69	2:01.79	2:19.59	2:14.59	2:01.79	2:19.59	2:14.59
50 BR	39.09	44.99	43.19	34.99	39.09	37.79									
100 BR	1:24.39	1:37.89	1:33.29	1:15.69	1:27.09	1:21.79	1:06.29	1:16.29	1:12.09	1:05.59	1:13.99	1:10.39	1:05.59	1:13.99	1:10.39
200 BR				2:39.89	3:06.79	2:56.89	2:25.09	2:51.79	2:40.29	2:22.29	2:48.09	2:37.89	2:22.29	2:48.09	2:37.89
50 FL	33.69	37.89	37.39	29.49	33.79	33.39									
100 FL	1:18.99	1:27.89	1:27.69	1:05.39	1:15.69	1:12.29	58.49	1:06.09	1:04.19	56.69	1:04.09	1:03.09	56.69	1:04.09	1:03.09
200 FL				2:27.19	2:46.49	2:43.49	2:08.89	2:26.79	2:22.39	2:04.59	2:19.79	2:18.79	2:04.59	2:19.79	2:18.79
100 IM	1:16.89		1:23.29	1:06.49		1:13.89									
200 IM	2:45.29	3:04.09	3:03.49	2:24.09	2:44.69	2:40.09	2:08.89	2:28.09	2:24.59	2:05.29	2:25.39	2:19.19	2:05.29	2:25.39	2:19.19
400 IM				5:06.29	5:45.79	5:40.29	4:35.79	5:23.39	5:11.29	4:31.09	5:15.29	5:01.09	4:31.09	5:15.29	5:01.09

**2023 Spring Far Western Time Standards (SCY - LCM - SCM)**

**Girls**

Event	10/Under			11 - 12			13 - 14		
	SCY	LCM		SCY	LCM		SCY	LCM	
200 Free Relay	2:02.19	2:22.19		1:50.19	2:07.39		1:45.79	2:00.99	
400 Free Relay	-	-		3:59.79	4:38.69		3:48.49	4:21.49	
800 Free Relay	-	-		-	-		8:15.89	9:30.69	
200 Medley Relay	2:21.59	2:43.19		2:06.39	2:24.39		2:01.59	2:12.89	
400 Medley Relay	-	-		4:34.99	5:19.49		4:20.29	4:47.79	

**Boys**

Event	10/Under			11 - 12			13 - 14		
	SCY	LCM		SCY	LCM		SCY	LCM	
200 Free Relay	2:01.39	2:17.79		1:49.49	2:05.79		1:39.49	1:53.39	
400 Free Relay		-		3:54.79	4:33.89		3:34.89	4:06.29	
800 Free Relay	-	-		-	-		7:47.99	8:59.29	
200 Medley Relay	2:20.89	2:40.59		2:05.49	2:22.39		1:54.79	2:07.99	
400 Medley Relay	-	-		4:30.79	5:13.79		4:04.49	4:37.49	

# Summer 2023 JO Time Standards ( LCM - SCY -SCM)

Published 7/26/22

## Girls

Event	10 & Under			11			12			13			14		
	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM
50 FR	35.59	31.39	34.69	34.19	30.09	33.19	31.89	27.89	30.89	31.09	27.39	30.39	30.69	26.79	29.59
100 FR	1:20.19	1:10.49	1:17.89	1:14.69	1:05.49	1:12.29	1:09.49	1:00.49	1:06.79	1:07.49	59.29	1:05.59	1:06.79	58.39	1:04.49
200 FR	2:55.59	2:35.59	2:51.89	2:43.09	2:22.09	2:36.99	2:30.29	2:12.09	2:25.99	2:26.59	2:08.39	2:21.79	2:23.89	2:05.79	2:18.99
400/500 FR	6:04.29	6:43.99	5:53.59	5:43.09	6:24.09	5:36.09	5:15.39	5:51.39	5:08.59	5:07.39	5:43.19	5:00.39	5:02.19	5:36.49	4:54.49
800/1000 FR				12:06.49	13:17.69	11:38.09	11:03.39	12:09.49	10:38.49	10:34.59	11:47.59	10:19.29	10:20.99	11:37.19	10:10.19
1500/1650 FR				23:23.59	22:25.99	22:18.19	21:13.19	20:27.19	20:20.09	20:20.49	19:45.39	19:38.49	19:48.09	19:14.59	19:07.89
50 BK	42.89	36.69	40.59	39.39	33.99	37.59	36.89	31.59	35.19						
100 BK	1:32.69	1:19.29	1:27.69	1:27.19	1:14.09	1:21.89	1:19.29	1:08.49	1:16.59	1:16.19	1:05.69	1:12.49	1:14.09	1:03.79	1:11.39
200 BK				3:04.39	2:38.39	2:55.09	2:50.59	2:27.29	2:43.29	2:43.59	2:21.19	2:36.09	2:39.69	2:17.89	2:32.89
50 BR	47.49	41.69	46.19	44.09	38.49	42.59	40.19	35.89	39.69						
100 BR	1:44.89	1:31.89	1:41.49	1:37.59	1:23.99	1:33.29	1:29.69	1:18.19	1:26.39	1:25.69	1:14.49	1:22.29	1:24.29	1:13.29	1:21.59
200 BR				3:29.79	3:01.39	3:20.49	3:12.69	2:49.19	3:06.99	3:04.89	2:41.79	2:58.79	3:03.19	2:37.89	2:56.59
50 FL	40.79	36.19	39.99	36.89	32.59	36.09	34.29	30.59	33.79						
100 FL	1:35.39	1:24.09	1:32.99	1:24.89	1:14.59	1:22.39	1:17.99	1:08.09	1:15.19	1:13.59	1:04.79	1:11.59	1:12.39	1:03.39	1:10.79
200 FL				3:10.69	2:49.39	3:08.09	2:55.09	2:31.39	2:48.89	2:42.49	2:23.99	2:39.09	2:39.59	2:22.09	2:36.99
100 IM		1:20.09	1:28.49		1:14.59	1:22.49		1:09.29	1:16.59						
200 IM	3:17.09	2:52.39	3:10.49	3:04.39	2:39.99	2:56.79	2:51.19	2:28.39	2:45.69	2:45.39	2:24.29	2:39.39	2:42.39	2:21.09	2:35.89
400 IM				6:34.19	5:41.79	6:17.69	6:04.59	5:19.19	5:52.69	5:50.79	5:06.79	5:38.99	5:43.99	5:00.19	5:31.69

## Boys

Event	10 & Under			11			12			13			14		
	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM
50 FR	35.49	30.99	34.19	34.19	29.79	32.89	31.19	27.19	29.99	29.49	25.69	28.39	28.39	24.69	27.59
100 FR	1:19.49	1:09.69	1:16.99	1:14.59	1:05.19	1:11.99	1:07.49	59.29	1:04.49	1:04.09	55.99	1:01.79	1:01.99	53.89	59.59
200 FR	2:49.89	2:29.39	2:44.99	2:41.79	2:21.39	2:36.19	2:26.99	2:09.19	2:22.69	2:20.29	2:01.59	2:14.29	2:15.09	1:57.19	2:09.49
400/500 FR	5:59.49	6:37.09	5:47.59	5:40.39	6:14.69	5:31.29	5:08.49	5:47.49	5:04.09	4:56.39	5:27.39	4:46.49	4:45.99	5:16.99	4:37.39
800/1000 FR				11:57.69	13:11.69	11:32.79	10:51.99	11:56.79	10:27.29	10:17.19	11:19.79	9:54.89	9:56.29	10:57.79	9:35.59
1500/1650 FR				23:05.09	22:14.79	22:06.99	20:45.89	20:00.79	19:53.79	19:32.39	18:57.49	18:50.79	18:58.19	18:20.89	18:14.49
50 BK	42.99	36.99	40.99	39.99	34.69	38.29	36.49	31.59	34.89						
100 BK	1:30.89	1:18.89	1:27.09	1:26.89	1:14.29	1:21.99	1:18.49	1:07.49	1:14.59	1:12.19	1:01.89	1:08.39	1:09.39	1:00.49	1:06.79
200 BK				3:03.39	2:38.69	2:55.29	2:46.59	2:23.99	2:39.09	2:36.79	2:15.09	2:29.19	2:32.89	2:11.79	2:25.29
50 BR	46.99	40.99	45.29	44.69	38.99	42.9	40.09	35.19	38.09						
100 BR	1:42.69	1:28.99	1:38.29	1:37.69	1:23.59	1:32.59	1:27.69	1:15.89	1:23.79	1:20.49	1:09.59	1:16.89	1:17.89	1:08.09	1:13.99
200 BR				3:28.19	2:59.39	3:18.29	3:08.89	2:42.99	3:00.09	2:53.89	2:31.29	2:47.09	2:52.59	2:28.39	2:43.99
50 FL	40.19	35.39	39.09	37.59	33.39	36.89	34.09	30.19	33.49						
100 FL	1:34.29	1:22.69	1:31.39	1:25.19	1:14.59	1:22.59	1:16.39	1:07.09	1:14.19	1:09.49	1:01.09	1:07.49	1:07.49	59.59	1:05.89
200 FL				3:10.69	2:49.39	3:08.09	2:48.79	2:29.89	2:44.29	2:38.49	2:17.79	2:31.99	2:31.49	2:12.29	2:27.49
100 IM		1:18.89	1:27.19		1:14.69	1:22.59		1:08.09	1:15.19						
200 IM	3:14.29	2:50.99	3:08.99	3:05.49	2:40.89	2:59.09	2:48.19	2:27.09	2:42.29	2:36.99	2:16.59	2:30.89	2:32.29	2:11.39	2:27.09
400 IM				6:33.39	5:42.09	6:18.09	5:53.39	5:12.19	5:44.99	5:35.59	4:50.59	5:21.09	5:26.19	4:43.39	5:13.09

Updated 7/26/2022

# 2023 Summer Far Western Time Standards (LCM - SCY - SCM)

Published 7/26/22

## Girls

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM
50 FR	34.69	29.89	33.09	30.99	26.79	29.79	29.59	25.69	28.79	29.19	25.59	28.69	29.19	25.59	28.69
100 FR	1:15.69	1:06.19	1:14.79	1:07.69	58.19	1:04.69	1:03.79	55.79	1:01.99	1:03.59	55.59	1:01.79	1:03.59	55.59	1:01.79
200 FR	2:49.59	2:26.29	2:42.39	2:25.79	2:06.89	2:21.79	2:19.19	2:00.99	2:13.39	2:18.39	2:00.69	2:13.19	2:18.39	2:00.69	2:13.19
400/500 FR	5:44.59	6:25.69	5:35.09	5:01.99	5:38.09	5:02.89	4:51.39	5:23.09	4:39.89	4:48.39	5:22.69	4:39.89	4:48.39	5:22.69	4:39.89
800/1000 FR				10:38.89	11:42.69	10:27.19	10:01.69	11:11.19	9:41.39	9:55.59	10:59.89	9:32.29	9:55.59	10:59.89	9:32.29
1500/1650 FR				20:23.99	20:14.59	19:59.59	19:04.99	18:43.59	18:27.59	19:01.69	18:37.89	18:23.49	19:01.69	18:37.89	18:23.49
50 BK	40.49	35.49	38.99	36.39	31.09	34.79									
100 BK	1:29.19	1:15.39	1:23.69	1:18.29	1:06.49	1:14.59	1:12.39	1:02.49	1:10.29	1:11.29	1:01.29	1:07.69	1:11.29	1:01.29	1:07.69
200 BK				2:49.39	2:24.09	2:41.29	2:35.29	2:16.79	2:31.89	2:32.29	2:12.39	2:27.49	2:32.29	2:12.39	2:27.49
50 BR	44.79	39.19	43.29	39.49	34.99	38.99									
100 BR	1:38.99	1:26.79	1:36.39	1:27.39	1:15.89	1:24.19	1:22.69	1:11.39	1:20.59	1:21.29	1:10.99	1:18.39	1:21.29	1:10.99	1:18.39
200 BR				3:10.29	2:45.89	3:03.89	3:02.49	2:35.39	2:52.79	2:59.49	2:32.69	2:48.69	2:59.49	2:32.69	2:48.69
50 FL	39.29	33.09	36.69	33.69	29.49	32.79									
100 FL	1:28.29	1:18.09	1:26.69	1:17.09	1:05.89	1:13.19	1:11.09	1:01.79	1:09.29	1:09.29	1:01.29	1:06.09	1:09.29	1:01.29	1:06.09
200 FL				2:49.59	2:28.09	2:43.49	2:35.39	2:21.39	2:33.09	2:32.19	2:15.79	2:30.79	2:32.19	2:15.79	2:30.79
100 IM		1:15.59	1:23.89		1:06.99	1:14.29									
200 IM	2:59.79	2:42.69	3:00.59	2:47.79	2:24.09	2:40.99	2:38.69	2:15.89	2:32.39	2:37.49	2:15.69	2:29.99	2:37.49	2:15.69	2:29.99
400 IM				5:56.69	5:10.29	5:44.39	5:34.49	4:50.99	5:23.19	5:27.89	4:48.49	5:20.19	5:27.89	4:48.49	5:20.19

## Boys

Event	10 & Under			11 - 12			13 - 14			15 - 16			17 - 18		
	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM
50 FR	33.59	29.59	32.69	30.69	26.69	29.89	27.69	23.89	27.19	26.29	23.59	26.69	26.29	23.59	26.69
100 FR	1:15.19	1:05.69	1:12.59	1:06.79	57.29	1:03.69	1:00.09	51.99	58.29	58.09	50.89	56.49	58.09	50.89	56.49
200 FR	2:41.09	2:21.89	2:36.69	2:23.79	2:08.09	2:21.89	2:11.59	1:54.19	2:06.49	2:08.59	1:51.99	2:04.09	2:08.59	1:51.99	2:04.09
400/500 FR	5:37.19	6:23.19	5:30.09	5:01.79	5:41.69	4:59.99	4:40.89	5:07.89	4:31.89	4:28.69	4:58.29	4:21.09	4:28.69	4:58.29	4:21.09
800/1000 FR				10:27.69	11:39.09	10:06.39	9:40.49	10:39.49	9:14.69	9:27.39	10:17.39	8:55.49	9:27.39	10:17.39	8:55.49
1500/1650 FR				20:10.89	19:30.69	19:15.59	18:24.39	17:47.29	17:33.59	17:41.69	17:27.39	17:13.89	17:41.69	17:27.39	17:13.89
50 BK	40.29	35.09	38.79	35.59	30.99	34.19									
100 BK	1:25.69	1:14.89	1:22.69	1:16.59	1:05.89	1:12.79	1:08.39	59.09	1:05.39	1:05.39	56.09	1:01.89	1:05.39	56.09	1:01.89
200 BK				2:46.09	2:20.79	2:36.29	2:27.09	2:07.29	2:20.69	2:19.59	2:01.79	2:14.59	2:19.59	2:01.79	2:14.59
50 BR	44.99	39.09	43.19	39.09	34.99	37.79									
100 BR	1:37.89	1:24.39	1:33.29	1:27.09	1:15.69	1:21.79	1:16.29	1:06.29	1:12.09	1:13.99	1:05.59	1:10.39	1:13.99	1:05.59	1:10.39
200 BR				3:06.79	2:39.89	2:56.89	2:51.79	2:25.09	2:40.29	2:48.09	2:22.29	2:37.89	2:48.09	2:22.29	2:37.89
50 FL	37.89	33.69	37.39	33.79	29.49	33.39									
100 FL	1:27.89	1:18.99	1:27.69	1:15.69	1:05.39	1:12.29	1:06.09	58.49	1:04.19	1:04.09	56.69	1:03.09	1:04.09	56.69	1:03.09
200 FL				2:46.49	2:27.19	2:43.49	2:26.79	2:08.89	2:22.39	2:19.79	2:04.59	2:18.79	2:19.79	2:04.59	2:18.79
100 IM		1:16.89	1:23.29		1:06.49	1:13.89									
200 IM	3:04.09	2:45.29	3:03.49	2:44.69	2:24.09	2:40.09	2:28.09	2:08.89	2:24.59	2:25.39	2:05.29	2:19.19	2:25.39	2:05.29	2:19.19
400 IM				5:45.79	5:06.29	5:40.29	5:23.39	4:35.79	5:11.29	5:15.29	4:31.09	5:01.09	5:15.29	4:31.09	5:01.09

**2023 Summer Far Western Time Standards (LCM - SCY - SCM)**

Girls												
Event	10/Under			11 - 12			13 - 14			15 - 18		
	LCM	SCY		LCM	SCY		LCM	SCY		LCM	SCY	
200 Free Relay	2:22.19	2:02.19		2:07.39	1:50.19		2:00.99	1:45.79		1:59.69	1:44.99	
400 Free Relay	-	-		4:38.69	3:59.79		4:21.49	3:48.49		4:20.39	3:47.59	
800 Free Relay	-	-		-	-		9:30.69	8:15.89		9:27.29	8:14.49	
200 Medley Relay	2:43.19	2:21.59		2:24.39	2:06.39		2:12.89	2:01.59		2:12.89	2:01.59	
400 Medley Relay	-	-		5:19.49	4:34.99		4:47.79	4:20.29		4:52.39	4:15.19	

  

Boys												
Event	10/Under			11 - 12			13 - 14			15 - 18		
	LCM	SCY		LCM	SCY		LCM	SCY		LCM	SCY	
200 Free Relay	2:17.79	2:01.39		2:05.79	1:49.49		1:53.39	1:39.49		1:47.49	1:37.79	
400 Free Relay	-			4:33.89	3:54.79		4:06.29	3:34.89		3:57.99	3:28.39	
800 Free Relay	-	-		-	-		8:59.29	7:47.99		8:47.09	7:39.19	
200 Medley Relay	2:40.59	2:20.89		2:22.39	2:05.49		2:07.99	1:54.79		1:59.99	1:46.79	
400 Medley Relay	-	-		5:13.79	4:30.79		4:37.49	4:04.49		4:28.19	3:55.09	