



# OFFICIAL TIME STANDARDS

## Speedo Winter Junior Championships

### WOMEN

### MEN

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
23.49	25.99	26.99	50 Free	24.39	23.49	20.99
50.99	56.39	58.39	100 Free	52.89	50.79	45.79
1:49.79	2:01.59	2:05.39	200 Free	1:56.29	1:51.09	1:40.29
4:52.09	4:13.29	4:23.79	400/500 Free	4:06.29	3:59.39	4:32.69
10:03.59	8:43.49	9:03.49	800/1000 Free	8:33.79	8:10.39	9:25.49
16:46.19	16:33.29	17:20.49	1500/1650 Free	16:14.99	15:32.79	15:46.99
56.59	1:02.59	1:05.59	100 Back	59.69	56.49	50.99
2:01.29	2:14.19	2:20.69	200 Back	2:09.59	2:02.99	1:50.69
1:04.29	1:11.49	1:14.29	100 Breast	1:07.59	1:03.99	57.69
2:19.79	2:35.39	2:40.09	200 Breast	2:27.19	2:19.69	2:05.89
55.99	1:01.89	1:03.39	100 Fly	57.39	55.79	50.09
2:03.29	2:16.89	2:19.59	200 Fly	2:08.19	2:04.29	1:51.59
2:03.79	2:16.89	2:22.49	200 IM	2:10.49	2:04.99	1:52.49
4:23.69	4:52.69	5:01.89	400 IM	4:38.39	4:26.79	4:00.19
3:29.49		3:59.19	4X100 Free - Relay	3:38.49		3:08.09
7:41.39		8:35.39	4X200 Free - Relay	7:53.39		6:52.59
3:51.09		4:25.79	4X100 Medley - Relay	4:01.19		3:28.79

### WOMEN

### BONUS

### MEN

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
24.29	26.79	27.49	50 Free	24.69	23.99	21.49
52.29	57.89	59.59	100 Free	53.79	51.79	46.69
1:52.99	2:05.19	2:07.89	200 Free	1:57.69	1:53.09	1:42.09
5:00.29	4:20.39	4:28.29	400/500 Free	4:08.99	4:02.79	4:36.59
10:15.29	8:53.59	9:11.19	800/1000 Free	8:38.59	8:18.09	9:34.29
17:14.39	17:01.09	17:37.69	1500/1650 Free	16:34.59	15:49.39	16:03.79
58.49	1:04.69	1:07.29	100 Back	1:00.79	58.29	52.49
2:05.79	2:19.19	2:24.79	200 Back	2:11.89	2:05.99	1:53.59
1:06.29	1:13.69	1:16.19	100 Breast	1:09.49	1:05.29	58.89
2:23.09	2:39.09	2:43.79	200 Breast	2:28.99	2:22.69	2:08.59
57.89	1:04.09	1:05.19	100 Fly	58.39	57.09	51.29
2:06.19	2:20.19	2:22.99	200 Fly	2:10.19	2:06.59	1:53.69
2:08.29	2:21.79	2:26.39	200 IM	2:12.79	2:07.79	1:55.09
4:30.69	5:00.49	5:07.29	400 IM	4:42.39	4:32.89	4:05.69

\*Qualifying period is November 1, 2016 through the entry deadline.