

2013 Western Zone Time Standards

LCM	Women		10 & Under	LCM	Men	
	SCM	SCY	Event		SCM	SCY
00:33.29	00:32.49	00:29.29	50 Free	00:33.09	00:32.29	00:29.09
01:12.39	01:10.79	01:03.69	100 Free	01:12.39	01:10.79	01:03.69
02:38.89	02:35.69	02:20.29	200 Free	02:38.39	02:35.19	02:19.79
00:39.29	00:38.69	00:34.89	50 Back	00:39.49	00:38.89	00:35.09
01:24.69	01:23.49	01:15.19	100 Back	01:25.39	01:24.19	01:15.79
00:44.19	00:43.19	00:38.99	50 Breast	00:44.89	00:43.89	00:39.59
01:36.49	01:34.49	01:25.09	100 Breast	01:37.89	01:35.89	01:26.39
00:36.69	00:35.99	00:32.49	50 Fly	00:36.79	00:36.09	00:32.59
01:24.59	01:23.19	01:14.89	100 Fly	01:24.79	01:23.39	01:15.09
02:58.39	02:55.19	02:37.89	200 IM	02:59.69	02:56.49	02:38.99

LCM	Women		11-12	LCM	Men	
	SCM	SCY	Event		SCM	SCY
00:29.39	00:28.59	00:25.89	50 Free	00:29.59	00:28.79	00:25.89
01:04.89	01:03.29	00:56.99	100 Free	01:04.29	01:02.69	00:56.49
02:20.59	02:17.39	02:03.79	200 Free	02:19.49	02:16.29	02:02.79
04:56.79	04:50.39	05:32.49	400/500 Free	04:55.69	04:49.29	05:31.29
00:34.59	00:33.99	00:30.69	50 Back	00:34.89	00:34.29	00:30.89
01:14.29	01:13.09	01:05.79	100 Back	01:15.09	01:13.89	01:06.59
02:39.59	02:37.19	02:21.61	200 Back *	02:38.85	02:36.45	02:20.95
00:38.59	00:37.59	00:33.89	50 Breast	00:38.09	00:37.09	00:33.39
01:24.19	01:22.19	01:13.99	100 Breast	01:24.29	01:22.29	01:14.09
03:06.23	03:02.23	02:44.17	200 Breast *	03:04.83	03:00.83	02:42.91
00:32.39	00:31.69	00:28.49	50 Fly	00:32.39	00:31.69	00:28.49
01:12.09	01:11.09	01:04.09	100 Fly	01:12.59	02:51.19	01:04.19
02:51.79	02:48.99	02:32.29	200 Fly	02:46.39	02:43.59	02:27.39
02:38.79	02:35.59	02:20.19	200 IM	02:38.89	02:35.59	02:20.29
05:50.37	05:43.97	05:09.88	400 IM *	05:46.55	05:40.15	05:06.44

* Updated 5/30/13

LCM	Women		13-14	LCM	Men	
	SCM	SCY	Event		SCM	SCY
00:28.89	00:28.09	00:25.39	50 Free	00:27.29	00:26.49	00:23.89
01:02.69	01:01.09	00:55.09	100 Free	00:58.99	00:57.39	00:51.69
02:15.39	02:12.19	01:59.09	200 Free	02:08.09	02:04.89	01:52.49
04:44.89	04:38.49	05:19.19	400/500 Free	04:32.89	04:26.49	05:05.69
09:53.59	09:40.19	11:05.09	800/1000 Free	09:30.09	09:17.29	10:38.69
18:55.49	18:31.49	18:33.29	1500/1650 Free	18:10.89	17:46.89	17:49.49
01:11.49	01:10.29	01:03.29	100 Back	01:07.99	01:06.79	01:00.09
02:33.09	02:30.69	02:15.79	200 Back	02:25.99	02:23.59	02:09.39
01:21.19	01:19.19	01:11.29	100 Breast	01:16.09	01:14.09	01:06.69
02:54.09	02:50.09	02:33.29	200 Breast	02:45.49	02:41.49	02:25.49
01:09.39	01:07.99	01:01.29	100 Fly	01:05.09	01:03.69	00:57.39
02:35.29	02:32.49	02:17.39	200 Fly	02:26.89	02:24.09	02:09.79
02:33.89	02:30.69	02:15.79	200 IM	02:25.39	02:22.19	02:08.09
05:25.79	05:19.39	04:47.79	400 IM	05:09.49	05:03.09	04:33.09