

**2019 PROPOSED SWAGR Meet Qualifying Standards**

Girls		10&Un	Boys	
LCM	SCY	Event	SCY	LCM
35.19	30.89	50 free	30.49	34.59
1:17.49	1:08.19	100 free	1:07.19	1:16.89
2:50.09	2:29.09	200 free	2:24.99	2:44.69
5:50.59	6:31.39	500 free	6:25.49	5:44.59
41.79	36.49	50 back	36.29	41.59
1:30.29	1:17.89	100 back	1:16.59	1:27.69
46.19	40.39	50 breast	40.29	46.29
1:41.49	1:27.99	100 breast	1:26.29	1:40.19
39.69	35.09	50 fly	34.69	39.19
1:31.09	1:20.19	100 fly	1:19.89	1:30.59
NA	1:17.69	100 IM	1:16.99	NA
3:08.89	2:46.49	200 IM	2:46.19	3:08.29
Girls		11	Boys	
LCM	SCY	Event	SCY	LCM
33.59	29.69	50 free	29.59	33.39
1:13.19	1:04.19	100 free	1:03.09	1:12.19
2:38.79	2:18.39	200 free	2:17.79	2:35.89
5:30.69	6:08.29	500 free	6:07.59	5:29.09
11:32.89	12:41.19	1000 free	12:50.49	11:22.69
22:08.59	21:28.29	1650 free	21:41.59	21:50.09
38.89	33.69	50 back	33.79	39.19
1:25.09	1:13.09	100 back	1:12.29	1:23.79
2:59.99	2:35.49	200 back	2:33.79	2:56.29
43.19	37.79	50 breast	37.99	43.89
1:34.39	1:22.09	100 breast	1:21.69	1:34.89
3:23.19	2:56.99	200 breast	2:55.29	3:25.19
36.29	32.19	50 fly	32.69	36.99
1:21.99	1:11.69	100 fly	1:11.99	1:22.19
3:00.29	2:39.59	200 fly	2:38.29	3:00.69
NA	1:13.79	100 IM	1:12.79	NA
2:59.79	2:37.29	200 IM	2:37.09	2:59.39
6:27.29	5:35.69	400 IM	5:33.29	6:23.19
Girls		12	Boys	
LCM	SCY	Event	SCY	LCM
32.29	28.49	50 free	27.49	31.49
1:09.89	1:00.49	100 free	59.29	1:07.49
2:30.99	2:12.39	200 free	2:09.19	2:26.99
5:15.39	5:52.59	500 free	5:47.49	5:08.49
11:03.99	12:09.49	1000 free	11:59.09	10:54.19
21:13.19	20:34.59	1650 free	20:18.79	20:55.49
37.19	32.19	50 back	31.89	36.79
1:19.39	1:09.29	100 back	1:07.49	1:18.49
2:50.59	2:27.79	200 back	2:23.99	2:46.59
40.69	36.19	50 breast	35.49	40.39
1:29.69	1:18.19	100 breast	1:15.89	1:27.69
3:12.69	2:49.19	200 breast	2:42.99	3:08.89
34.59	30.89	50 fly	30.49	34.39
1:17.99	1:08.99	100 fly	1:07.09	1:16.39
2:51.79	2:29.79	200 fly	2:26.29	2:46.39
NA	1:10.09	100 IM	1:08.09	NA
2:51.19	2:29.99	200 IM	2:27.09	2:48.19
6:04.59	5:19.19	400 IM	5:12.19	5:56.29

**Bonus Qualifying Standards**

Girls		10&Un	Boys	
LCM	SCY	Event	SCY	LCM
36.29	31.89	50 free	31.39	35.69
1:21.19	1:11.39	100 free	1:10.19	1:20.39
2:58.39	2:36.39	200 free	2:31.29	2:51.89
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
43.49	37.99	50 back	37.79	43.29
1:34.79	1:21.79	100 back	1:20.09	1:31.69
48.09	41.99	50 breast	41.89	48.19
1:46.49	1:32.39	100 breast	1:30.19	1:44.69
41.49	36.69	50 fly	36.19	40.89
1:36.79	1:25.29	100 fly	1:24.79	1:36.09
NA	1:21.39	100 IM	1:20.39	NA
3:17.59	2:54.19	200 IM	2:53.69	3:16.89
Girls		11	Boys	
LCM	SCY	Event	SCY	LCM
34.69	30.69	50 free	30.59	34.49
1:16.39	1:06.99	100 free	1:05.79	1:15.39
2:45.69	2:24.39	200 free	2:23.69	2:42.69
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
40.29	34.79	50 back	34.99	40.79
1:29.29	1:16.69	100 back	1:15.79	1:27.89
3:07.79	2:42.29	200 back	2:40.39	3:03.99
44.79	39.09	50 breast	39.49	45.69
1:38.69	1:25.79	100 breast	1:25.59	1:39.29
3:31.99	3:04.69	200 breast	3:02.89	3:34.09
37.49	33.29	50 fly	33.99	38.49
1:26.09	1:15.29	100 fly	1:15.79	1:26.39
3:08.19	2:46.49	200 fly	2:45.19	3:08.49
NA	1:16.99	100 IM	1:15.99	NA
3:07.59	2:44.09	200 IM	2:44.29	3:07.69
NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	
Girls		12	Boys	
LCM	SCY	Event	SCY	LCM
33.39	29.39	50 free	28.39	32.49
1:12.89	1:03.09	100 free	1:01.89	1:10.49
2:37.59	2:18.29	200 free	2:14.79	2:33.39
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
38.49	33.29	50 back	33.09	38.19
1:23.29	1:12.69	100 back	1:10.79	1:22.39
2:57.99	2:34.19	200 back	2:30.29	2:53.89
42.09	37.49	50 breast	36.89	41.99
1:33.79	1:21.69	100 breast	1:19.49	1:31.79
3:21.09	2:56.59	200 breast	2:50.09	3:17.09
35.79	31.99	50 fly	31.69	35.89
1:21.89	1:12.49	100 fly	1:10.59	1:20.39
2:59.29	2:36.39	200 fly	2:32.69	2:53.59
NA	1:13.09	100 IM	1:11.09	NA
2:58.59	2:36.49	200 IM	2:33.89	2:55.99
NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	

**2017 SWAGR Meet Qualifying Standards**

Girls		13	Boys	
LCM	SCY	Event	SCY	LCM
31.89	27.99	50 free	26.29	30.19
1:08.39	59.79	100 free	56.69	1:04.89
2:27.69	2:09.19	200 free	2:03.89	2:21.29
5:07.39	5:44.79	500 free	5:31.59	4:58.49
10:38.39	11:53.79	1000 free	11:28.49	10:17.49
20:20.49	19:54.09	1650 free	19:15.89	19:45.19
1:16.39	1:05.69	100 back	1:02.89	1:13.09
2:43.59	2:22.49	200 back	2:16.09	2:37.69
1:26.89	1:15.39	100 breast	1:11.49	1:21.99
3:07.59	2:43.09	200 breast	2:35.19	2:58.39
1:13.89	1:05.59	100 fly	1:01.79	1:10.69
2:44.79	2:24.79	200 fly	2:17.39	2:37.39
2:47.49	2:25.99	200 IM	2:18.59	2:40.19
5:53.19	5:08.49	400 IM	4:55.29	5:39.69
Girls		14	Boys	
LCM	SCY	Event	SCY	LCM
31.19	27.29	50 free	25.29	29.09
1:06.79	58.79	100 free	54.49	1:02.69
2:24.39	2:06.49	200 free	1:58.39	2:16.09
5:02.19	5:38.29	500 free	5:19.99	4:49.29
10:20.99	11:37.29	1000 free	11:03.89	10:02.99
19:48.09	19:21.69	1650 free	18:27.59	19:05.89
1:14.09	1:04.59	100 back	1:00.49	1:10.79
2:39.89	2:18.39	200 back	2:10.09	2:30.29
1:25.19	1:13.89	100 breast	1:08.09	1:17.89
3:03.19	2:39.79	200 breast	2:28.39	2:30.29
1:12.39	1:04.09	100 fly	59.59	1:07.49
2:39.69	2:22.09	200 fly	2:11.69	2:29.99
2:43.89	2:22.59	200 IM	2:13.09	2:33.69
5:45.39	5:03.09	400 IM	4:43.39	5:26.19

**Bonus Qualifying Standards**

Girls		13	Boys	
LCM	SCY	Event	SCY	LCM
32.99	28.89	50 free	27.09	31.19
1:11.39	1:02.39	100 free	59.19	1:07.79
2:34.19	2:14.89	200 free	2:09.29	2:27.39
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
1:19.69	1:08.49	100 back	1:05.59	1:16.29
2:50.69	2:28.69	200 back	2:21.99	2:44.59
1:30.69	1:18.69	100 breast	1:14.59	1:25.59
3:15.69	2:50.19	200 breast	2:41.99	3:06.09
1:17.19	1:08.49	100 fly	1:04.49	1:13.79
2:51.89	2:31.09	200 fly	2:23.29	2:44.29
2:54.79	2:32.29	200 IM	2:24.69	2:47.09
NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	
Girls		14	Boys	
LCM	SCY	Event	SCY	LCM
32.19	28.19	50 free	26.09	30.09
1:09.69	1:01.29	100 free	56.89	1:05.39
2:30.69	2:11.99	200 free	2:03.59	2:22.09
NO BONUS ALLOWED		500 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1000 free	NO BONUS ALLOWED	
NO BONUS ALLOWED		1650 free	NO BONUS ALLOWED	
1:17.29	1:07.39	100 back	1:03.09	1:13.89
2:46.79	2:24.39	200 back	2:15.79	2:36.79
1:28.89	1:17.09	100 breast	1:11.09	1:21.29
3:11.19	2:46.79	200 breast	2:34.79	3:00.09
1:15.49	1:06.89	100 fly	1:02.19	1:10.39
2:46.59	2:28.29	200 fly	2:17.49	2:36.59
2:50.99	2:28.79	200 IM	2:18.89	2:40.39
NO BONUS ALLOWED		400 IM	NO BONUS ALLOWED	



2019 Southwestern Age Group Regionals  
 Hosted by California Capital Aquatics  
 Roseville, CA  
 March 21-24, 2019