

Western Zone Time Standards
2008 Times Current Formula

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	1:03.59	100 Free	1:12.69	1:11.09	1:04.09
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	1:15.39	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	0:32.59
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	0:25.99	50 Free	0:29.59	0:28.79	0:25.99
1:04.69	1:03.09	0:56.89	100 Free	1:04.19	1:02.59	0:56.39
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	0:34.89	0:34.29	0:30.89
1:14.29	1:13.09	1:05.89	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	0:32.49	0:31.79	0:28.59
1:12.39	1:10.99	1:03.99	100 Fly	1:12.79	1:11.39	1:04.39
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	0:25.39	50 Free	0:27.29	0:26.49	0:23.89
1:02.59	1:00.99	0:54.99	100 Free	0:58.89	0:57.29	0:51.69
2:14.99	2:11.79	1:58.79	200 Free	2:08.19	2:04.99	1:52.59
4:43.69	4:37.29	5:17.89	400/500 Free	4:31.69	4:25.29	5:04.39
9:51.59	9:38.79	11:02.89	800/1000 Free	9:29.99	9:17.19	10:38.69
18:57.09	18:33.09	18:34.79	1500/1650 Free	18:02.79	17:38.79	17:41.59
1:11.89	1:10.69	1:03.69	100 Back	1:07.99	1:06.79	1:00.19
2:33.59	2:31.19	2:16.19	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
2:53.99	2:49.99	2:33.19	200 Breast	2:45.79	2:41.79	2:25.79
1:09.69	1:08.29	1:01.59	100 Fly	1:05.19	1:03.79	0:57.49
2:35.59	2:32.79	2:17.69	200 Fly	2:26.89	2:24.09	2:09.79
2:33.89	2:30.69	2:15.79	200 IM	2:24.99	2:21.79	2:07.79
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	0:55.29	100 Free	0:57.39	0:55.79	0:50.29
2:15.79	2:12.59	1:59.49	200 Free	2:05.69	2:02.49	1:50.29
4:45.39	4:38.99	5:19.69	400/500 Free	4:26.99	4:20.59	4:59.19
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	2:24.09	2:21.69	2:07.69
1:19.49	1:17.49	1:09.89	100 Breast	1:14.39	1:12.39	1:05.29
2:56.19	2:52.19	2:35.19	200 Breast	2:43.29	2:39.29	2:23.59
1:10.09	1:08.69	1:01.89	100 Fly	1:03.49	1:02.09	0:55.89
2:37.19	2:34.39	2:19.09	200 Fly	2:23.79	2:20.99	2:07.09
2:35.49	2:32.29	2:17.19	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	0:26.29	50 Free	0:26.59	0:25.79	0:23.29
1:04.99	1:03.39	0:57.19	100 Free	0:58.29	0:56.69	0:51.09
2:21.09	2:17.89	2:04.29	200 Free	2:07.89	2:04.69	1:52.39
4:59.89	4:53.49	5:36.09	400/500 Free	4:35.19	4:28.79	5:08.39
10:25.09	10:12.29	11:40.39	800/1000 Free	9:37.69	9:24.89	10:47.29
20:15.09	19:51.09	19:51.29	1500/1650 Free	18:35.19	18:11.19	18:13.29
1:17.09	1:15.89	1:08.29	100 Back	1:09.29	1:08.09	1:01.39
2:45.59	2:43.19	2:26.99	200 Back	2:31.29	2:28.89	2:14.19
1:26.39	1:24.39	1:16.09	100 Breast	1:17.29	1:15.29	1:07.89
3:08.09	3:04.09	2:45.79	200 Breast	2:50.99	2:46.99	2:30.49
1:13.89	1:12.49	1:05.39	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
2:41.09	2:37.89	2:22.29	200 IM	2:26.39	2:23.19	2:09.09
5:52.59	5:46.19	5:11.89	400 IM	5:21.79	5:15.39	4:44.19