



**2019 Western Zone Senior Championships Time Standards
A Time Standards**

Women			Event	Men		
SCY	SCM	LCM		LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:27.49	4:46.59	4:52.99	400/500 Free	4:33.69	4:27.39	5:05.59
11:21.19	9:56.09	10:08.99	800/1000 Free	9:35.39	9:15.69	10:34.99
18:57.79	18:51.19	19:29.59	1500/1650 Free	18:11.69	17:37.89	17:44.09
1:01.99	1:08.49	1:12.49	100 Back	1:06.09	1:02.09	56.19
2:14.79	2:28.99	2:35.29	200 Back	2:22.69	2:15.99	2:03.09
1:11.39	1:18.89	1:21.79	100 Breast	1:13.79	1:10.49	1:03.79
2:34.59	2:50.79	2:57.69	200 Breast	2:41.39	2:33.09	2:18.59
1:01.89	1:08.39	1:10.29	100 Fly	1:03.59	1:01.99	56.09
2:16.99	2:31.39	2:34.59	200 Fly	2:21.89	2:17.49	2:04.39
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:51.89	5:22.69	5:33.09	400 IM	5:06.99	4:58.39	4:29.99
3:49.96	4:13.96	4:21.96	400 FRR	3:58.36	3:49.56	3:27.96
8:15.56	9:07.16	9:24.36	800 FRR	8:43.16	8:21.96	7:34.36
4:12.46	4:41.86	4:52.16	400 MR	4:26.26	4:14.96	3:50.89

Bonus Time Standards						
Women			Event	Men		
SCY	SCM	LCM		LCM	SCM	SCY
26.59	29.29	30.39	50 Free	26.79	26.29	23.79
57.49	1:03.49	1:05.49	100 Free	59.59	57.39	51.99
2:03.89	2:16.89	2:21.09	200 Free	2:10.79	2:05.49	1:53.59
			400/500 Free			
			800/1000 Free			
			1500/1650 Free			
1:02.99	1:09.49	1:13.49	100 Back	1:07.09	1:03.09	57.19
2:16.79	2:30.99	2:37.29	200 Back	2:24.69	2:17.99	2:05.09
1:12.39	1:19.89	1:22.79	100 Breast	1:14.79	1:11.49	1:04.79
2:36.59	2:52.79	2:59.69	200 Breast	2:43.39	2:35.09	2:20.59
1:02.89	1:09.39	1:11.29	100 Fly	1:04.59	1:02.99	57.09
2:18.99	2:33.39	2:36.59	200 Fly	2:23.89	2:19.49	2:04.39
2:18.69	2:33.29	2:39.49	200 IM	2:26.39	2:20.09	2:06.79
			400 IM			