

**Age Group Western Zone Time Standards
2019
Snake River Swimming "B" Cuts**

Women			10 & Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.79	0:32.99	0:29.89	50 Free	0:33.79	0:32.99	0:29.79
1:13.99	1:12.39	1:05.39	100 Free	1:13.69	1:12.09	1:05.09
2:40.99	2:37.79	2:22.59	200 Free	2:40.29	2:37.09	2:21.89
0:39.69	0:39.09	0:35.29	50 Back	0:39.89	0:39.29	0:35.49
1:25.49	1:24.29	1:16.09	100 Back	1:25.99	1:24.79	1:16.59
0:44.59	0:43.59	0:39.39	50 Breast	0:45.19	0:44.19	0:39.89
1:37.09	1:35.09	1:25.79	100 Breast	1:38.19	1:36.19	1:26.89
0:36.89	0:36.19	0:32.69	50 Fly	0:37.19	0:36.49	0:32.99
1:24.79	1:23.39	1:15.29	100 Fly	1:24.59	1:23.19	1:15.09
3:00.89	2:57.69	2:40.49	200 IM	3:01.59	2:58.39	2:41.09

11-12

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.39	0:29.59	0:26.69	50 Free	0:30.39	0:29.59	0:26.69
1:06.69	1:05.09	0:58.79	100 Free	1:05.99	1:04.39	0:58.19
2:23.99	2:20.79	2:07.29	200 Free	2:23.09	2:19.89	2:06.39
4:58.99	4:52.59	5:34.59	400/500 Free	4:58.09	4:51.69	5:33.49
0:35.29	0:34.69	0:31.29	50 Back	0:35.49	0:34.89	0:31.49
1:15.59	1:14.39	1:07.19	100 Back	1:15.69	1:14.49	1:07.29
2:46.09	2:44.69	2:27.89	200 Back	2:44.39	2:41.99	2:26.39
0:39.29	0:38.29	0:34.59	50 Breast	0:38.89	0:37.89	0:34.29
1:25.69	1:23.69	1:15.59	100 Breast	1:25.29	1:23.29	1:15.19
3:07.29	3:03.29	2:45.59	200 Breast	3:06.19	3:02.19	2:44.49
0:33.09	0:32.39	0:29.29	50 Fly	0:32.89	0:32.19	0:29.19
1:13.59	1:12.19	1:05.19	100 Fly	1:13.39	1:11.99	1:05.09
2:49.89	2:47.09	2:30.89	200 Fly	2:49.39	2:46.59	2:30.49
2:42.19	2:38.99	2:23.69	200 IM	2:41.09	2:37.99	2:22.69
5:49.49	5:43.09	5:09.49	400 IM	5:43.99	5:37.59	5:01.59

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.69	0:28.89	0:26.09	50 Free	0:27.79	0:26.99	0:24.39
1:04.09	1:02.49	0:56.49	100 Free	1:00.19	0:58.59	0:52.99
2:18.49	2:15.29	2:02.29	200 Free	2:10.59	2:07.39	1:55.09
4:45.79	4:39.39	5:19.69	400/500 Free	4:34.19	4:27.79	5:06.69
9:54.29	9:41.49	11:05.39	800/1000 Free	9:33.39	9:20.59	10:41.99
18:57.19	18:33.19	18:34.99	1500/1650 Free	18:13.39	17:49.39	17:51.99
1:12.39	1:11.19	1:04.39	100 Back	1:08.79	1:07.59	1:01.09
2:35.19	2:32.79	2:18.09	200 Back	2:27.89	2:25.49	2:11.49
1:22.29	1:20.29	1:12.49	100 Breast	1:16.89	1:14.89	1:07.69
2:57.29	2:53.29	2:36.49	200 Breast	2:47.19	2:43.19	2:27.39
1:10.59	1:09.19	1:02.49	100 Fly	1:05.99	1:04.59	0:58.39
2:37.69	2:34.89	2:19.89	200 Fly	2:28.39	2:25.59	2:11.49
2:36.29	2:33.09	2:18.29	200 IM	2:26.99	2:23.79	2:09.99
5:27.59	5:21.19	4:49.79	400 IM	5:09.79	5:03.39	4:33.69