

Southern Zone Age Group Championships SCY and LCM Time Standards

10 & Under Girls			10 & Under Boys	
Long Course	Short Course	Events	Short Course	Long Course
35.09	31.09	50 Free	30.69	34.79
1:18.19	1:09.09	100 Free	1:07.69	1:16.79
2:48.69	2:29.09	200 Free	2:25.59	2:43.39
5:49.39	6:31.39	400/500 Free	6:36.19	5:53.59
40.69	36.39	50 Back	36.69	41.39
1:28.19	1:18.29	100 Back	1:18.09	1:27.89
45.49	40.09	50 Breast	40.59	46.09
1:39.79	1:28.89	100 Breast	1:28.99	1:40.79
39.89	35.29	50 Fly	34.89	38.99
1:31.99	1:21.59	100 Fly	1:20.79	1:31.09
	1:19.29	100 IM	1:18.09	
3:09.89	2:48.19	200 IM	2:47.69	3:09.39

11/12 Girls			11/12 Boys	
Long Course	Short Course	Events	Short Course	Long Course
31.49	27.59	50 Free	27.49	31.49
1:08.09	59:89	100 Free	59.99	1:08.19
2:27.79	2:10.19	200 Free	2:09.99	2:27.49
5:07.09	5:43.99	400/500 Free	5:45.69	5:08.59
10:53.59	12:12.29	800/1000 Free	12:34.89	11:15.09
21:52.89	21:27.09	1500/1650 Free	21:20.39	22:05.99
35.89	31.79	50 Back	32.09	36.29
1:17.79	1:08.99	100 Back	1:09.49	1:18.39
2:49.69	2:29.19	200 Back	2:29.69	2:50.19
41.19	36.19	50 Breast	35.79	40.79
1:28.99	1:18.29	100 Breast	1:17.69	1:28.29
3:14.69	2:51.19	200 Breast	2:49.39	3:12.09
34.69	30.59	50 Fly	30.89	34.99
1:17.99	1:08.99	100 Fly	1:08.99	1:17.99
2:57.99	2:37.79	200 Fly	2:34.99	2:55.29
	1:08.69	100 IM	1:09.19	
2:46.79	2:27.69	200 IM	2:29.79	2:49.49
5:48.29	5:11.89	400 IM	5:23.69	6:12.39

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13/14 Girls		13/14 Boys		
Long Course	Short Course	Events	Short Course	Long Course
29.39	26.39	50 Free	24.69	28.59
1:04.99	56.89	100 Free	53:49	1:01.59
2:19.89	2:02.59	200 Free	1:56.89	2:12.99
4:47.89	5:24.99	400/500 Free	5:12.09	4:38.89
10:02.89	11:15.49	800/1000 Free	10:48.49	9:38.79
19:24.49	19:01.59	1500/1650 Free	18:26.99	18:49.19
		50 Back	--	
1:13.69	1:04.59	100 Back	1:01.69	1:10.19
2:37.69	2:18.69	200 Back	2:12.99	2:31.09
		50 Breast	--	
1:24.59	1:13.99	100 Breast	1:09.29	1:18.99
3:02.09	2:40.09	200 Breast	2:29.79	2:50.29
		50 Fly	--	
1:11.49	1:03.59	100 Fly	1:00.69	1:08.59
2:41.09	2:22.39	200 Fly	2:16.39	2:34.19
		100 IM	--	
2:38.09	2:19.49	200 IM	2:12.89	2:31.29
5:26.49	4:52.39	400 IM	4:40.69	5:17.99

Notes:

1. (*) indicates change due to yearly review of results.
2. All conversions from SCY to LCM are calculated using USA Swimming conversion chart.

Southern Zone Age Group Championships SCM Time Standards

GIRLS	SCM TIMES	BOYS
10 & u	Event	10 & u
:34.59	50 FREE	:34.09
1:16.69	100 FREE	1:15.19
2:45.49	200 FREE	2:41.69
5:45.29	400 FREE	5:49.49
:40.39	50 BACK	:40.79
1:26.99	100 BACK	1:26.69
:44.49	50 BREAST	:45.09
1:38.69	100 BREAST	1:38.79
:39.19	50 FLY	:38.79
1:30.59	100 FLY	1:29.69
1:28.09	100 IM	1:26.69
3:06.69	200 IM	3:06.19

GIRLS	SCM TIMES	BOYS	GIRLS	SCM TIMES	BOYS
11-12	Event	11-12	13-14	Event	13-14
:30.69	50 FREE	:30.59	:29.29	50 FREE	:27.49
1:06.49	100 FREE	1:06.59	1:03.19	100 FREE	:59.39
2:24.59	200 FREE	2:24.29	2:16.09	200 FREE	2:09.79
5:03.79	400 FREE	5:05.29	4:47.19	400 FREE	4:35.89
10:46.39	800 FREE	11:06.19	9:56.69	800 FREE	9:33.09
21:39.69	1500 FREE	21:32.99	19:13.29	1500 FREE	18:38.49
:35.29	50 BACK	:35.69			
1:16.59	100 BACK	1:17.19	1:11.69	100 BACK	1:08.49
2:45.69	200 BACK	2:46.19	2:33.99	200 BACK	2:27.69
:40.19	50 BREAST	:39.79			
1:26.99	100 BREAST	1:26.29	1:22.19	100 BREAST	1:16.99
3:10.09	200 BREAST	3:08.09	2:57.69	200 BREAST	2:46.29
:33.99	50 FLY	:34.29			
1:16.59	100 FLY	1:16.59	1:10.59	100 FLY	1:07.39
2:55.19	200 FLY	2:52.09	2:38.09	200 FLY	2:31.39
1:16.29	100 IM	1:16.89			
2:43.99	200 IM	2:46.29	2:34.89	200 IM	2:27.59
5:46.19	400 IM	5:59.29	5:24.59	400 IM	5:11.59