

2009-2010 Niagara LSC Short Course Time Standards

The following charts are the current standards in use for Niagara District for the 09-10 SC season. For **BB qualifier meets (old Bronze)** swimmers must be SLOWER THAN the listed BB time for their age. For **qualifyer meets (old Silver)**, they must be FASTER THAN the BB time but SLOWER THAN the A Standard. For **Championship meets (old Gold)**, they must be FASTER THAN the A Standards.

These charts are generated from USA Swimming's 2009-2010 Motivational Charts. A standards represent "A" times from the charts. The only exceptions are the 13-14 and 15-18 50, 100, 200 Freestyle, which are equal to "AA" to reflect our LSC's strength in these events. BB standards are equivalent to the "BB" times from the charts. Single age (9,11,13) BB times are the power point equivalent times for the age group BB time from the charts.

2009-2010 9 y/o & under standards					
Female standards			Male standards		
A	BB	Event	BB	A	
32.19	38.19	50 Freestyle	37.89	31.59	
1:11.89	1:29.09	100 Freestyle	1:25.89	1:10.79	
2:36.39	3:11.79	200 Freestyle	3:02.34	2:31.89	
6:48.39	8:08.09	500 Freestyle	8:05.14	6:44.59	
38.09	46.09	50 Backstroke	47.44	38.29	
1:22.19	1:39.99	100 Backstroke	1:39.19	1:21.29	
41.99	51.09	50 Breaststroke	51:74	42.19	
1:33.39	1:54.89	100 Breaststroke	1:52.99	1:31.79	
37.29	46.79	50 Butterfly	45.24	36.69	
1:26.69	1:52.84	100 Butterfly	1:51.24	1:25.59	
1:22.59	1:41.44	100 IM	1:37.94	1:21.09	
2:55.99	3:33.19	200 IM	3:32.29	2:55.29	

2009-2010 10 y/o and 10 & under standards					
Female standards			Male standards		
A	BB	Event	BB	A	
32.19	35.99	50 Freestyle	35.19	31.59	
1:11.89	1:21.59	100 Freestyle	1:19.99	1:10.79	
2:36.39	2:58.29	200 Freestyle	2:50.89	2:31.89	
6:48.39	7:39.49	500 Freestyle	7:35.19	6:44.59	
38.09	43.49	50 Backstroke	43.69	38.29	
1:22.19	1:33.99	100 Backstroke	1:32.09	1:21.29	
41.99	47.79	50 Breaststroke	47.89	42.19	
1:33.39	1:46.69	100 Breaststroke	1:43.69	1:31.79	
37.29	42.99	50 Butterfly	41.99	36.69	
1:26.69	1:42.09	100 Butterfly	1:40.39	1:25.59	
1:22.59	1:33.79	100 IM	1:31.19	1:21.09	
2:55.99	3:19.39	200 IM	3:18.09	2:55.29	

2009-2010 Niagara LSC Short Course Time Standards

2009-2010 11 y/o standards				
Female standards		Event	Male standards	
A	BB		BB	A
29.49	34.19	50 Freestyle	33.29	28.59
1:03.09	1:15.19	100 Freestyle	1:14.04	1:02.69
2:19.89	2:45.04	200 Freestyle	2:39.44	2:16.19
6:09.29	7:09.79	500 Freestyle	7:05.14	6:04.69
12:51.69	14:17.39	1000 Freestyle	14:12.39	12:42.89
21:39.59	24:10.19	1650 Freestyle	24:04.19	21:23.59
33.89	40.29	50 Backstroke	40.34	33.49
1:14.19	1:27.94	100 Backstroke	1:25.79	1:12.29
2:35.89	2:54.39	200 Backstroke	2:52.99	2:32.89
37.79	44:44	50 Breaststroke	44.64	37.29
1:22.19	1:37.99	100 Breaststroke	1:36.59	1:20.49
2:56.89	3:18.49	200 Breaststroke	3:15.59	2:52.89
32.39	39.19	50 Butterfly	38.74	32.09
1:13.19	1:31.34	100 Butterfly	1:29.94	1:11.69
2:38.59	2:59.19	200 Butterfly	2:59.09	2:35.29
1:13.99	1:27.34	100 IM	1:24.84	1:11.49
2:37.59	3:05.59	200 IM	3:03.89	2:35.59
5:36.09	6:16.19	400 IM	6:10.59	5:28.89

2009-2010 12 y/o and 11-12 standards				
Female standards		Event	Male standards	
A	BB		BB	A
29.49	31.89	50 Freestyle	30.99	28.59
1:03.09	1:08.29	100 Freestyle	1:07.89	1:02.69
2:19.89	2:31.49	200 Freestyle	2:27.49	2:16.19
6:09.29	6:40.09	500 Freestyle	6:35.09	6:04.69
12:51.69	13:55.99	1000 Freestyle	13:46.49	12:42.89
21:39.59	23:27.89	1650 Freestyle	23:10.49	21:23.59
33.89	36.79	50 Backstroke	36.49	33.49
1:14.19	1:21.09	100 Backstroke	1:19.09	1:12.29
2:35.89	2:48.89	200 Backstroke	2:45.59	2:32.89
37.79	40.89	50 Breaststroke	40.79	37.29
1:22.19	1:29.29	100 Breaststroke	1:27.79	1:20.49
2:56.89	3:11.69	200 Breaststroke	3:07.29	2:52.89
32.39	35.09	50 Butterfly	35.19	32.09
1:13.19	1:20.19	100 Butterfly	1:18.69	1:11.69
2:38.59	2:51.79	200 Butterfly	2:48.29	2:35.29
1:13.99	1:20.09	100 IM	1:17.59	1:11.49
2:37.59	2:50.69	200 IM	2:49.39	2:35.59
5:36.09	6:04.19	400 IM	5:56.29	5:28.89

2009-2010 Niagara LSC Short Course Time Standards

2009-2010 13 y/o standards				
Female standards		Event	Male standards	
<u>A</u>	<u>BB</u>		<u>BB</u>	<u>A</u>
27.49*	31.59	50 Freestyle	29.89	25.19*
59.59*	1:07.84	100 Freestyle	1:05.49	55.09*
2:08.19*	2:28.59	200 Freestyle	2:22.14	1:59.99*
5:52.99	6:31.24	500 Freestyle	6:21.39	5:35.19
12:07.59	13:32.84	1000 Freestyle	13:16.49	11:36.39
20:12.19	22:41.69	1650 Freestyle	22:15.44	19:15.69
1:08.49	1:18.14	100 Backstroke	1:14.69	1:04.19
2:27.29	2:44.89	200 Backstroke	2:38.84	2:18.19
1:17.59	1:26.89	100 Breaststroke	1:23.39	1:12.09
2:46.79	3:07.24	200 Breaststroke	2:58.39	2:36.29
1:07.79	1:17.19	100 Butterfly	1:13.99	1:02.89
2:28.59	2:46.99	200 Butterfly	2:42.04	2:20.29
2:30.49	2:47.84	200 IM	2:41.69	2:20.29
5:17.79	5:56.19	400 IM	5:43.59	5:00.49

2009-2010 14 y/o and 13-14 standards				
Female standards		Event	Male standards	
<u>A</u>	<u>BB</u>		<u>BB</u>	<u>A</u>
27.49*	30.99	50 Freestyle	28.49	25.19*
59.59*	1:07.39	100 Freestyle	1:02.19	55.09*
2:08.19*	2:24.99	200 Freestyle	2:15.69	1:59.99*
5:52.99	6:22.39	500 Freestyle	6:03.19	5:35.19
12:07.59	13:08.29	1000 Freestyle	12:34.39	11:36.39
20:12.19	21:53.19	1650 Freestyle	20:51.99	19:15.69
1:08.49	1:14.19	100 Backstroke	1:09.59	1:04.19
2:27.29	2:39.59	200 Backstroke	2:29.79	2:18.19
1:17.59	1:24.09	100 Breaststroke	1:18.09	1:12.09
2:46.79	3:00.69	200 Breaststroke	2:49.39	2:36.29
1:07.79	1:13.49	100 Butterfly	1:08.09	1:02.89
2:28.59	2:40.99	200 Butterfly	2:31.99	2:20.29
2:30.49	2:42.99	200 IM	2:31.99	2:20.29
5:17.79	5:44.29	400 IM	5:25.49	5:00.49

* - "AA" time standard

2009-2010 Niagara LSC Short Course Time Standards

2009-2010 15-18 y/o and Senior				
Female standards		Event	Male standards	
<u>A</u>	<u>BB</u>		<u>BB</u>	<u>A</u>
26.89*	30.39	50 Freestyle	27.39	24.29*
58.19*	1:05.79	100 Freestyle	59.79	52.89*
2:04.89*	2:21.19	200 Freestyle	2:10.09	1:55.09*
5:47.39	6:16.29	500 Freestyle	5:51.29	5:24.29
11:55.89	12:55.49	1000 Freestyle	12:08.19	11:12.19
19:58.89	21:38.89	1650 Freestyle	20:21.89	18:47.99
1:06.59	1:12.09	100 Backstroke	1:06.19	1:01.09
2:23.89	2:35.89	200 Backstroke	2:23.39	2:12.39
1:15.69	1:21.99	100 Breaststroke	1:14.69	1:08.89
2:42.79	2:56.39	200 Breaststroke	2:42.59	2:30.09
1:06.29	1:11.79	100 Butterfly	1:05.09	1:00.09
2:24.49	2:36.39	200 Butterfly	2:24.49	2:13.39
2:26.99	2:39.29	200 IM	2:26.39	2:15.09
5:09.89	5:35.69	400 IM	5:11.79	4:47.79

* - "AA" time standard