

2009 - 2010 Niagara LSC Long Course JO's Standards

The times used for all standards are generated from USA 2009-12 Swimming's Motivational Times worksheet (posted on the district website). All times for swimmers 12 & under will use "BB" motivational standards, while swimmers 13 & up will use "A" standards.

Swimmers 15 & over will use 15-16 "A" standards as well. The only exceptions are the 13 & over standards for the 50, 100, and 200 freestyle events will be equal to "AA" standards.

2009-2010 10 & Under Niagara LSC Long Course qualifying times

| Female standards | | | Event | Male standards | | |
|------------------|-----|---------|-------------------|----------------|-----|---------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 40.79 | --- | 35.99 | 50 Freestyle | 35.19 | --- | 40.19 |
| 1:32.99 | --- | 1:21.59 | 100 Freestyle | 1:19.99 | --- | 1:31.09 |
| 3:23.59 | --- | 2:58.29 | 200 Freestyle | 2:50.89 | --- | 3:13.99 |
| 6:51.59 | --- | 7:39.49 | 400/500 Freestyle | 7:35.19 | --- | 6:52.69 |
| 49.89 | --- | 43.49 | 50 Backstroke | 43.69 | --- | 50.09 |
| 1:48.89 | --- | 1:33.99 | 100 Backstroke | 1:32.09 | --- | 1:45.69 |
| 54.89 | --- | 47.79 | 50 Breaststroke | 47.89 | --- | 55.09 |
| 2:02.29 | --- | 1:46.69 | 100 Breaststroke | 1:43.69 | --- | 1:59.79 |
| 48.59 | --- | 42.99 | 50 Butterfly | 41.99 | --- | 46.89 |
| 1:55.19 | --- | 1:42.09 | 100 Butterfly | 1:40.39 | --- | 1:53.19 |
| 3:46.49 | --- | 3:19.39 | 200 IM | 3:18.09 | --- | 3:44.79 |

2009-2010 11 & 12 Niagara LSC Long Course qualifying times

| Female standards | | | Event | Male standards | | |
|------------------|-----|----------|---------------------|----------------|-----|----------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 36.39 | --- | 31.89 | 50 Freestyle | 30.99 | --- | 35.29 |
| 1:19.59 | --- | 1:08.29 | 100 Freestyle | 1:07.89 | --- | 1:17.39 |
| 2:50.79 | --- | 2:31.49 | 200 Freestyle | 2:27.49 | --- | 2:47.79 |
| 6:00.09 | --- | 6:40.09 | 400/500 Freestyle | 6:35.09 | --- | 5:54.39 |
| 12:33.69 | --- | 13:55.99 | 800/1000 Freestyle | 13:46.49 | --- | 12:28.59 |
| 24:12.39 | --- | 23:27.89 | 1500/1650 Freestyle | 23:10.49 | --- | 24:05.29 |
| 42.29 | --- | 36.79 | 50 Backstroke | 36.49 | --- | 42.19 |
| 1:31.09 | --- | 1:21.09 | 100 Backstroke | 1:19.09 | --- | 1:31.39 |
| 3:15.29 | --- | 2:48.89 | 200 Backstroke | 2:45.59 | --- | 3:11.09 |
| 45.59 | --- | 40.89 | 50 Breaststroke | 40.79 | --- | 47.09 |
| 1:41.89 | --- | 1:29.29 | 100 Breaststroke | 1:27.79 | --- | 1:40.89 |
| 3:40.59 | --- | 3:11.69 | 200 Breaststroke | 3:07.39 | --- | 3:37.49 |
| 39.39 | --- | 35.09 | 50 Butterfly | 35.19 | --- | 39.59 |
| 1:30.79 | --- | 1:20.19 | 100 Butterfly | 1:18.69 | --- | 1:29.49 |
| 3:14.19 | --- | 2:51.79 | 200 Butterfly | 2:48.29 | --- | 3:13.39 |
| 3:14.79 | --- | 2:50.69 | 200 IM | 2:49.39 | --- | 3:13.89 |
| 6:55.89 | --- | 6:04.19 | 400 IM | 5:56.26 | --- | 6:51.79 |

2009 - 2010 Niagara LSC Long Course JO's Standards

| 2009-2010 13 & 14 Niagara LSC Long Course qualifying times | | | | | | |
|---|------------|------------|----------------------------|-----------------------|------------|------------|
| Female standards | | | | Male standards | | |
| LCM | SCM | SCY | Event | SCY | SCM | LCM |
| 31.09 | 30.29 | 27.49 | 50 Freestyle | 25.19 | 27.89 | 29.09 |
| 1:07.39 | 1:05.79 | 59.59 | 100 Freestyle | 55.09 | 1:00.79 | 1:03.29 |
| 2:25.39 | 2:21.69 | 2:08.19 | 200 Freestyle | 1:59.99 | 2:12.59 | 2:17.29 |
| 5:16.59 | 5:08.89 | 5:52.99 | 400/500 Freestyle | 5:35.19 | 4:53.39 | 5:02.79 |
| 10:47.99 | 10:36.79 | 12:07.59 | 800/1000 Freestyle | 11:36.39 | 10:09.49 | 10:29.39 |
| 20:39.79 | 20:05.09 | 20:12.19 | 1500/1650 Freestyle | 19:15.69 | 19:09.99 | 19:55.69 |
| 1:17.79 | 1:15.69 | 1:08.49 | 100 Backstroke | 1:04.19 | 1:10.99 | 1:14.49 |
| 2:47.39 | 2:42.79 | 2:27.29 | 200 Backstroke | 2:18.19 | 2:32.79 | 2:40.69 |
| 1:28.99 | 1:25.79 | 1:17.59 | 100 Breaststroke | 1:12.09 | 1:19.59 | 1:21.29 |
| 3:11.99 | 3:04.29 | 2:46.79 | 200 Breaststroke | 2:36.29 | 2:52.69 | 3:01.99 |
| 1:16.49 | 1:14.89 | 1:07.79 | 100 Butterfly | 1:02.89 | 1:09.49 | 1:11.09 |
| 2:48.29 | 2:44.19 | 2:28.59 | 200 Butterfly | 2:20.29 | 2:34.99 | 2:38.79 |
| 2:51.49 | 2:46.69 | 2:30.49 | 200 IM | 2:20.29 | 2:34.99 | 2:42.39 |
| 6:00.99 | 5:51.19 | 5:17.79 | 400 IM | 5:00.49 | 5:31.99 | 5:44.49 |

| 2009-2010 15 & Over Niagara LSC Long Course qualifying times | | | | | | |
|---|------------|------------|----------------------------|-----------------------|------------|------------|
| Female standards | | | | Male standards | | |
| LCM | SCM | SCY | Event | SCY | SCM | LCM |
| 30.49 | 29.69 | 26.89 | 50 Freestyle | 24.29 | 26.79 | 27.59 |
| 1:05.79 | 1:04.29 | 58.19 | 100 Freestyle | 52.89 | 58.49 | 1:00.49 |
| 2:21.09 | 2:17.99 | 2:04.89 | 200 Freestyle | 1:55.09 | 2:07.19 | 2:11.49 |
| 5:08.89 | 5:03.99 | 5:47.39 | 400/500 Freestyle | 5:24.29 | 4:43.79 | 4:50.19 |
| 10:37.09 | 10:26.49 | 11:55.89 | 800/1000 Freestyle | 11:12.19 | 9:48.29 | 10:01.89 |
| 20:28.39 | 19:51.99 | 19:58.89 | 1500/1650 Freestyle | 18:47.99 | 18:41.39 | 19:13.79 |
| 1:16.29 | 1:13.59 | 1:06.59 | 100 Backstroke | 1:01.09 | 1:07.49 | 1:10.59 |
| 2:44.29 | 2:38.99 | 2:23.89 | 200 Backstroke | 2:12.39 | 2:26.29 | 2:31.29 |
| 1:26.69 | 1:23.59 | 1:15.69 | 100 Breaststroke | 1:08.89 | 1:16.09 | 1:18.69 |
| 3:05.69 | 2:59.89 | 2:42.79 | 200 Breaststroke | 2:30.09 | 2:45.89 | 2:54.29 |
| 1:14.19 | 1:13.29 | 1:06.29 | 100 Butterfly | 1:00.09 | 1:06.39 | 1:07.69 |
| 2:42.69 | 2:39.59 | 2:24.49 | 200 Butterfly | 2:13.39 | 2:27.39 | 2:30.59 |
| 2:47.29 | 2:42.49 | 2:26.99 | 200 IM | 2:15.09 | 2:29.29 | 2:35.89 |
| 5:50.59 | 5:42.39 | 5:08.89 | 400 IM | 4:47.79 | 5:18.09 | 5:27.09 |