

**WOSA SC/LC REGIONAL CHAMPIONSHIP TIME STANDARDS
2013-2014**

	10/U B		10/UG		11B		11G		12B		12G		13B			13G		14B		14 G		15 B		15 G		16/O B		16/O G	
	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC		SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC
50FR	39.76	40.06	38.83	38.44	37.06	38.58	35.00	36.20	33.80	36.81	33.02	33.69	32.81	33.24	50FR	31.73	32.87	30.57	31.97	31.06	32.06	29.23	30.74	30.17	30.91	27.16	28.22	28.85	29.72
100FR	1:30.79	1:30.39	1:27.24	1:25.66	1:23.25	1:26.73	1:18.62	1:20.98	1:15.26	1:20.78	1:11.61	1:14.79	1:13.98	1:12.54	100FR	1:09.08	1:11.99	1:08.06	1:09.50	1:08.61	1:10.05	1:05.37	1:06.88	1:05.66	1:07.87	57.59	58.89	1:02.51	1:04.14
200FR	3:26.78	3:26.15	3:18.74	3:11.76	3:09.90	3:18.31	2:55.03	2:59.17	2:48.01	2:56.73	2:40.40	2:44.55	2:45.45	2:51.11	200FR	2:32.30	2:40.74	2:31.4	2:43.35	2:31.95	2:37.41	2:26.00	2:33.33	2:27.85	2:31.03	2:08.35	2:10.21	2:18.23	2:20.71
400FR	6:46.07	6:45.23	6:37.64	6:58.73	6:15.82	6:26.06	6:25.56	6:31.83	5:58.57	6:08.91	5:44.65	5:51.02	5:43.05	5:51.55	400FR	5:34.79	5:40.56	5:13.16	5:18.88	5:29.57	5:34.51	5:09.23	5:16.62	5:14.63	5:19.96	4:39.54	4:46.31	4:57.78	5:09.23
800FR							12:14.44	12:30.44	11:16.24	11:56.41	11:50.48	11:58.66	11:00.84	11:32.33	800FR	11:13.99	11:35.68	10:46.96	10:56.63	11:10.39	11:19.26	10:21.18	10:45.87	10:58.74	11:02.22	10:03.83	10:14.14	10:22.20	10:37.97
1500 FR													21:55.84	1500 FR		21:47.30		20:31.94		21:30.05		20:06.41		21:03.03		19:53.62		20:48.90	
50BK	46.98	48.82	45.06	46.27	45.00	48.39	42.95	43.86	43.29	46.33	40.67	41.95	41.67	43.26	50BK	38.06	39.71	39.96	41.95	38.94	38.98	36.58	37.77	37.93	37.82	33.25	34.00	35.76	36.64
100BK	1:45.65	1:44.09	1:41.80	1:37.27	1:41.42	1:42.87	1:31.62	1:32.62	1:30.83	1:34.52	1:24.28	1:28.57	1:27.98	1:26.50	100BK	1:20.85	1:26.08	1:24.32	1:25.48	1:21.06	1:24.30	1:19.13	1:21.77	1:19.79	1:22.44	1:07.31	1:09.63	1:12.95	1:14.51
200BK	3:58.03	3:50.69	3:46.05	3:34.44	3:37.43	3:45.16	3:28.16	3:23.36	3:25.34	3:29.33	3:07.15	3:11.40	3:12.49	3:18.36	200BK	2:58.48	3:10.50	2:52.73	2:57.20	2:55.93	3:09.58	2:48.77	2:53.44	2:49.96	3:03.76	2:38.84	2:45.91	2:35.06	2:43.66
50BR	55.50	56.99	52.10	53.95	52.34	55.04	48.89	50.53	48.33	53.53	45.44	48.14	46.23	46.99	50BR	44.47	48.12	43.97	46.73	44.27	45.40	41.28	43.20	42.21	43.65	38.04	39.52	40.95	42.35
100BR	2:06.77	2:06.82	1:56.03	1:53.35	2:00.06	2:03.44	1:44.88	1:47.10	1:41.96	1:49.27	1:39.17	1:41.67	1:35.84	1:37.15	100BR	1:33.82	1:37.72	1:27.35	1:32.50	1:33.32	1:36.61	1:25.11	1:31.76	1:29.89	1:34.72	1:19.15	1:22.79	1:26.58	1:31.84
200BR	4:14.16	4:24.77	4:02.49	4:06.31	3:53.91	4:03.67	3:52.38	3:50.66	3:34.00	3:43.55	3:32.40	3:37.27	3:21.94	3:31.17	200BR	3:25.68	3:26.27	3:12.73	3:21.40	3:17.74	3:21.92	3:02.59	3:11.64	3:13.76	3:17.85	2:57.83	3:06.80	3:10.73	3:13.47
50FL	48.73	54.22	45.44	48.41	45.70	49.21	42.89	43.51	42.30	45.92	39.88	41.64	39.84	41.89	50FL	36.62	39.39	36.82	37.60	35.86	36.84	33.09	34.95	33.91	35.01	29.58	31.00	32.40	33.31
100FL	2:05.83	2:08.72	1:53.03	1:52.99	1:49.67	1:54.90	1:47.11	1:43.12	1:34.58	1:45.35	1:31.93	1:34.37	1:27.81	1:34.65	100FL	1:25.77	1:31.05	1:16.37	1:24.92	1:27.09	1:28.82	1:13.17	1:16.21	1:21.41	1:22.33	1:04.24	1:06.57	1:12.18	1:15.08
200FL					3:42.10	3:50.27	3:59.01	4:02.14	3:31.78	3:22.37	3:30.90	3:32.60	3:18.10	3:14.70	200FL	3:25.68	3:09.81	2:55.08	2:58.97	3:17.66	3:23.12	2:51.56	2:51.28	3:10.41	3:12.92	2:37.03	2:46.31	3:06.54	3:09.95
200IM	3:49.39	3:51.70	3:36.37	3:39.77	3:36.99	3:41.49	3:15.42	3:22.26	3:11.09	3:21.01	3:02.96	3:09.15	2:58.55	3:05.27	200IM	2:55.32	3:05.29	2:47.96	3:03.15	2:53.03	2:59.28	2:42.73	2:46.21	2:49.34	2:56.85	2:27.37	2:29.17	2:39.57	2:46.29
400IM							6:56.43	7:09.19	6:30.48	6:33.38	6:32.57	6:44.08	6:08.90	6:28.51	400IM	6:17.92	6:21.12	5:59.50	6:07.77	6:09.40	6:16.38	5:50.28	5:51.50	6:01.96	6:03.31	5:09.72	5:24.25	5:40.97	5:54.85