

2008-2009 Top 10 Times by Single Age  
"guidelines"

Boys LCM

Event	11	12	13	14	15	16	17
50 FR	28.78	26.92	25.97	25.18	24.57	24.05	23.83
100 FR	1:02.99	59.62	56.78	54.85	53.54	52.86	52.23
200 FR	2:16.42	2:08.59	2:03.19	1:58.65	1:55.58	1:54.71	1:53.61
400 FR	4:47.18	4:31.55	4:20.50	4:12.17	4:06.16	4:02.63	4:00.67
800 FR	10:08.18	9:31.76	8:59.10	8:42.16	8:29.67	8:21.90	8:21.88
1500 FR	19:41.10	18:17.11	17:16.59	16:30.80	16:14.00	16:02.43	15:54.41
50 BK	33.69	31.33	x	x	x	x	x
100 BK	1:12.12	1:07.25	1:04.34	1:01.93	1:00.21	58.90	58.28
200 BK	2:35.37	2:26.92	2:18.51	2:13.30	2:09.78	2:05.85	2:05.32
50 BR	36.72	34.63	X	X	X	X	X
100 BR	1:21.52	1:15.83	1:12.34	1:09.01	1:07.61	1:06.93	1:05.95
200 BR	2:57.27	2:46.14	2:37.22	2:30.44	2:27.75	2:25.34	2:23.37
50 FL	31.15	29.15	X	X	X	X	X
100 FL	1:09.95	1:04.79	1:01.20	58.97	57.86	56.57	56.21
200 FL	2:37.24	2:26.05	2:17.54	2:12.04	2:08.25	2:05.47	2:03.84
200 IM	2:34.33	2:25.59	2:19.95	2:14.33	2:11.94	2:09.68	2:07.39
400 IM	5:32.92	5:12.07	4:54.19	4:45.29	4:39.55	4:33.11	4:33.33

Boys SCY

	11	12	13	14	15	16	17
50 FR	25.20	23.79	22.66	21.77	21.43	21.09	20.67
100 FR	55.27	51.66	49.51	47.57	46.64	45.97	45.38
200 FR	1:59.78	1:53.14	1:47.87	1:43.88	1:41.79	1:39.80	1:39.21
500 FR	5:21.28	5:04.49	4:49.52	4:40.17	4:33.94	4:30.21	4:28.07
1000 FR	11:16.02	10:33.26	9:55.74	9:37.46	9:27.47	9:20.72	9:18.21
1650 FR	18:55.57	17:44.21	16:40.85	16:07.70	15:57.34	15:45.16	15:33.55
50 BK	29.26	27.09	X	X	X	X	X
100 BK	1:02.16	58.42	55.50	53.12	51.84	50.80	50.07
200 BK	2:15.56	2:06.32	1:59.38	1:55.35	1:51.22	1:49.72	1:49.20
50 BR	32.72	30.22	X	X	X	X	X
100 BR	1:10.96	1:05.92	1:02.22	59.77	58.67	57.61	56.85
200 BR	2:35.08	2:32.49	2:15.73	2:10.95	2:08.31	2:06.17	2:03.69
50 FL	27.75	25.84	X	X	X	X	X
100 FL	1:01.56	56.97	54.50	52.26	51.05	50.14	49.33
200 FL	2:18.98	2:07.01	2:00.74	1:55.95	1:53.68	1:50.59	1:49.53
100 IM	1:03.57	59.08	X	X	X	X	X
200 IM	2:16.86	2:06.98	2:00.87	1:56.61	1:54.09	1:52.34	1:50.78
400 IM	4:50.74	4:31.83	4:17.26	4:09.49	4:03.48	3:58.34	3:57.06