

2008 2009 Top 10 Times by Single Age
"guidelines"

Girls LCM

Event	11	12	13	14	15	16	17
50 FR	29.29	28.06	27.53	27.06	26.63	26.55	26.35
100 FR	01:03.6	01:01.0	59.72	58.69	57.57	57.22	57.1
200 FR	02:17.2	02:11.1	02:08.7	02:06.4	02:03.8	02:03.2	02:02.5
400 FR	04:49.4	04:36.8	04:28.9	04:24.7	04:19.3	04:18.7	04:18.3
800 FR	10:03.2	09:35.0	09:19.8	09:04.3	08:54.0	08:51.1	08:52.3
1500 FR	19:38.8	18:34.7	17:50.8	17:24.2	17:10.3	17:04.8	17:12.6
50 BK	33.7	32.21	x	x	x	x	x
100 BK	01:12.2	01:09.1	01:06.5	01:05.2	01:04.1	01:04.0	01:04.2
200 BK	02:36.5	02:30.0	02:22.9	02:20.1	02:18.4	02:17.5	02:17.5
50 BR	37.04	35.97	X	X	X	X	X
100 BR	01:21.5	01:18.1	01:15.7	01:14.2	01:12.6	01:12.0	01:12.0
200 BR	02:57.4	02:48.9	02:43.6	02:40.0	02:35.4	02:34.8	02:35.2
50 FL	31.72	30.08	X	X	X	X	X
100 FL	01:10.2	01:06.6	01:05.0	01:03.7	01:02.4	01:02.1	01:01.8
200 FL	02:38.1	02:27.9	02:22.7	02:19.3	02:16.3	02:15.3	02:14.8
200 IM	02:36.6	02:29.3	02:25.7	02:23.1	02:20.5	02:19.4	02:18.8
400 IM	05:34.2	05:17.7	05:07.1	05:00.5	04:57.0	04:54.3	04:55.2

Girls SCY

Event	11	12	13	14	15	16	17
50 FR	25.72	24.83	24.4	23.86	23.49	23.33	23.18
100 FR	55.95	53.7	52.57	51.6	50.83	50.64	50.38
200 FR	02:01.1	01:56.4	01:52.9	01:51.4	01:49.4	01:48.6	01:48.9
500 FR	05:22.1	05:09.9	05:00.9	04:54.3	04:50.9	04:49.9	04:48.8
1000 FR	11:15.2	10:45.3	10:19.1	10:05.2	10:02.5	10:00.7	10:01.2
1650 FR	18:49.8	17:58.1	17:19.7	16:56.2	16:48.0	16:47.1	16:47.3
50 BK	29.4	28.02	x	x	x	x	x
100 BK	01:02.9	59.7	57.81	56.92	55.77	56.1	55.8
200 BK	02:16.4	02:08.9	02:04.9	02:02.3	02:01.4	02:00.6	02:00.6
50 BR	32.71	31.4	X	X	X	X	X
100 BR	01:11.0	01:07.9	01:06.0	01:04.9	01:03.6	01:02.9	01:03.4
200 BR	02:35.0	02:27.2	02:22.6	02:20.5	02:18.0	02:16.4	02:16.6
50 FL	27.84	26.78	X	X	X	X	X
100 FL	01:01.9	59.02	57.5	56.49	55.75	55.23	54.98
200 FL	02:18.4	02:11.0	02:06.5	02:04.1	02:02.6	02:00.8	02:00.3
100 IM	01:04.0	01:01.3	X	X	X	X	X
200 IM	02:17.1	02:11.2	02:08.2	02:04.8	02:03.0	02:02.7	02:02.3
400 IM	04:54.1	04:39.7	04:29.6	04:24.2	04:22.9	04:19.8	04:19.5

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