

2008-2009 Niagara LSC Short Course Time Standards

The times used for all standards are generated from 2009-2012 USA Swimming's Motivational Times worksheet (posted on the district website). Silver times are equivalent to "BB" motivational standards, and most Gold times use the "A" standards.

Swimmers 15 & over will use "AA" standards for the 50, 100, and 200 freestyle events. 15 & 16 y/o swimmers will use the 15 & 16 chart and all swimmers age 17 and over will use the chart for 17 & 18 year olds.

2008-2009 10 & Under qualifying times				
Female standards		Event	Male standards	
Gold	Silver		Silver	Gold
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

2008-2009 11-12 y/o qualifying times				
Female standards		Event	Male standards	
Gold	Silver		Silver	Gold
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

Legend:

GOLD - "A" times

SILVER - BB" times

* - "AA" times for Senior 50, 100, 200 Free.

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2008-2009 Niagara LSC Short Course Time Standards

2008-2009 13-14 y/o qualifying times					
Female standards			Male standards		
Gold	Silver	Event	Silver	Gold	
28.69	30.99	50 Freestyle	28.49	26.29	
1:02.19	1:07.39	100 Freestyle	1:02.19	57.39	
2:13.79	2:24.99	200 Freestyle	2:15.69	2:05.29	
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	

2008-2009 15-16 y/o qualifying times					
Female standards			Male standards		
Gold	Silver	Event	Silver	Gold	
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	2:36.49	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

Legend:

GOLD - "A" times

SILVER - "BB" times

* - "AA" times for Senior 50, 100, 200 Free.

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2008-2009 Niagara LSC Short Course Time Standards

2008-2009 17 & Older qualifying times				
Female standards		Event	Male standards	
Gold	Silver		Silver	Gold
26.59*	30.09	50 Freestyle	26.59	23.49*
57.39*	1:04.89	100 Freestyle	58.09	51.39*
2:04.09*	2:20.29	200 Freestyle	2:07.89	1:53.19*
5:44.99	6:13.69	500 Freestyle	5:44.19	5:17.69
11:53.59	12:53.09	1000 Freestyle	11:59.19	11:03.89
19:48.19	21:27.19	1650 Freestyle	19:59.39	18:27.19
1:06.19	1:11.69	100 Backstroke	1:04.19	59.19
2:23.39	2:35.39	200 Backstroke	2:19.89	2:09.09
1:15.29	1:21.49	100 Breaststroke	1:13.19	1:07.59
2:42.29	2:55.79	200 Breaststroke	2:39.29	2:27.09
1:05.49	1:10.99	100 Butterfly	1:03.59	58.69
2:22.69	2:34.59	200 Butterfly	2:20.39	2:09.59
2:25.29	2:37.39	200 IM	2:22.59	2:11.69
5:09.69	5:35.49	400 IM	5:05.99	4:42.39

* - "AA" time standard

Legend:

GOLD - "A" times

SILVER - "BB" times

* - "AA" times for Senior 50, 100, 200 Free.

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