

Junior Olympics Time Standard

11 - 12	13 - 14	Distance	Stroke	13 - 14	11 - 12
30.59	27.49	50	FREE	26.99	30.89
1:05.39	1:00.29	100	FREE	58.49	1:05.09
2:24.79	2:06.89	200	FREE	2:04.39	2:23.49
6:15.39	5:44.99	500	FREE	5:35.69	6:25.19
35.59		50	BACK		34.29
1:16.89	1:07.39	100	BACK	1:04.69	1:16.49
2:49.19	2:25.79	200	BACK	2:24.29	2:45.09
40.79		50	BREAST		42.49
1:28.69	1:17.79	100	BREAST	1:16.59	1:31.09
3:24.29	2:47.89	200	BREAST	2:46.29	3:24.09
34.29		50	FLY		34.69
1:16.69	1:08.29	100	FLY	1:06.49	1:15.99
3:04.59	2:36.69	200	FLY	2:32.29	3:25.29
1:15.39	1:08.89	100	IM	1:07.39	1:16.19
2:37.19	2:28.39	200	IM	2:25.69	2:38.69

Short Course Yards

11 - 12	13 - 14	Distance	Stroke	13 - 14	11 - 12
34.59	31.99	50	FREE	30.99	34.39
1:14.69	1:07.59	100	FREE	1:07.09	1:13.49
2:39.29	2:25.39	200	FREE	2:25.69	2:45.59
5:45.99	5:11.79	400	FREE	5:10.99	5:45.99
40.49		50	BACK		41.19
1:27.29	1:18.19	100	BACK	1:15.99	1:29.09
3:35.79	2:47.89	200	BACK	2:43.99	3:15.19
46.79		50	BREAST		46.59
1:45.29	1:30.39	100	BREAST	1:27.79	1:44.09
3:41.29	3:14.49	200	BREAST	3:10.29	3:41.29
38.09		50	FLY		39.49
1:29.19	1:17.89	100	FLY	1:15.79	1:32.09
3:41.69	2:58.39	200	FLY	2:53.49	3:44.89
3:05.59	2:49.69	200	IM	2:46.49	3:01.09

Long Course Meters