

## 2019 Country Championships Standard Times

*\*No Standard times for relays.*

Female	10/11	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18&O	Open
50 Free	38.50	36.00	34.35	34.25	34.00	33.80		33.50	
100 Free	1:31.50	1:21.00		1:20.80		1:20.60		1:19.80	
200 Free	3:20.00		3:09.00		3:04.50		2:57.00		
400 Free	6:25.00			6:11.00		6:06.10			
800 Free	11:49.00								
1500 Free	22:00.00								
50 Back	48.00	43.50	42.65	42.45	42.15	41.70		41.30	
100 Back	1:54.00	1:39.30		1:38.80		1:37.30		1:34.00	
200 Back	3:16.20								
50 Breast	53.00	49.00	47.40	47.30	47.10	46.70		45.00	
100 Breast	1:57.60	1:51.50		1:48.50		1:47.00		1:45.00	
200 Breast	3:35.00								
50 Fly	46.00	42.50	40.95	40.60	40.30	39.80		37.80	
100 Fly	2:05.00	1:51.00		1:46.00		1:36.50		1:34.00	
200 Fly	3:30.00								
200 IM	3:31.20		3:24.50		3:21.00		3:19.00		
400 IM	7:25.00			7:11.00		7:00.00			
Male	11&U	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18&O	Open
50 Free	39.50	37.00	34.50	33.00	32.00	30.60		29.00	
100 Free	1:37.70	1:26.40		1:16.80		1:15.30		1:14.80	
200 Free	3:05.00		2:57.10		2:52.10		2:47.50		
400 Free	6:06.00			5:53.00		5:29.00			
800 Free	11:15.00								
1500 Free	22:00.00								
50 Back	47.50	44.90	40.00	39.80	39.60	39.40		38.00	
100 Back	1:55.50	1:39.80		1:33.00		1:29.50		1:27.50	
200 Back	3:04.00								
50 Breast	52.50	50.10	46.80	46.40	42.90	42.65		40.70	
100 Breast	2:05.00	1:48.50		1:42.10		1:37.00		1:35.00	
200 Breast	3:30.00								
50 Fly	47.05	43.30	41.40	42.80	40.55	37.70		32.75	
100 Fly	2:05.00	1:48.00		1:37.00		1:30.50		1:27.00	
200 Fly	3:14.00								
200 IM	3:31.00		3:15.00		3:03.80		3:00.50		
400 IM	7:05.00			6:51.00		6:40.00			

*\*Only Long Course Times are accepted for entry to Country Championships*