

**FGC JUNIOR OLYMPIC - TIME STANDARDS
2017-2020**

10 & UNDER						
GIRLS			EVENT	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
36.59	35.69	32.39	50 FR	36.49	35.19	31.99
1:20.59	1:17.89	1:10.49	100 FR	1:21.89	1:18.99	1:11.69
2:56.29	2:51.99	2:35.59	200 FR	2:54.79	2:48.99	2:33.39
6:05.39	5:54.29	6:44.89	400/500 FR	6:07.59	5:55.79	6:45.39
43.89	41.59	37.69	50 BA	44.99	42.99	39.09
1:34.69	1:29.69	1:21.29	100 BA	1:35.49	1:31.49	1:23.19
48.49	47.19	42.79	50 BR	48.99	47.29	42.99
1:48.29	1:43.49	1:33.89	100 BR	1:48.19	1:43.59	1:34.19
41.99	40.99	37.19	50 FL	42.19	41.09	37.39
1:37.99	1:34.99	1:26.09	100 FL	1:38.99	1:36.29	1:27.29
---	1:29.19	1:22.79	100 IM	---	1:29.89	1:23.39
3:17.09	3:10.79	2:52.69	200 IM	3:19.39	3:12.89	2:54.99

11 & 12						
GIRLS			EVENTS	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
33.19	32.19	29.09	50 FR	32.09	30.89	27.89
1:10.99	1:08.29	1:01.79	100 FR	1:09.89	1:07.29	1:00.89
2:34.09	2:29.49	2:15.29	200 FR	2:32.49	2:27.49	2:13.49
5:22.29	5:15.19	6:00.19	400/500 FR	5:21.89	5:12.99	5:57.69
11:17.19	10:52.39	12:25.39	800/1000 FR	11:18.59	10:54.59	12:27.89
21:37.39	20:46.59	20:53.89	1500/1650 FR	21:37.39	20:45.69	20:52.99
38.99	37.29	33.89	50 BA	39.49	37.69	34.29
1:25.29	1:21.29	1:13.79	100 BA	1:25.49	1:20.59	1:13.29
2:59.59	2:51.29	2:35.39	200 BA	3:00.19	2:51.49	2:35.99
42.99	41.79	37.89	50 BR	43.59	41.99	38.19
1:35.39	1:30.89	1:22.39	100 BR	1:34.39	1:30.59	1:22.39
3:23.49	3:16.39	2:58.09	200 BR	3:20.59	3:12.59	2:55.09
36.39	35.79	32.49	50 FL	37.29	36.49	33.19
1:22.79	1:20.99	1:13.49	100 FL	1:22.59	1:20.89	1:13.59
2:59.59	2:55.29	2:38.99	200 FL	3:01.19	2:55.29	2:39.39
---	1:18.29	1:10.79	100 IM	---	1:16.39	1:09.09
2:53.09	2:47.59	2:31.69	200 IM	2:53.89	2:46.69	2:30.89
6:09.09	5:56.29	5:22.49	400 IM	6:08.69	5:53.39	5:19.79

13 & 14						
GIRLS			EVENTS	BOYS		
LCM	SCM	SCY		LCM	SCM	SCY
30.69	29.59	26.79	50 FR	28.29	27.29	24.69
1:06.69	1:04.29	58.19	100 FR	1:01.99	59.59	53.89
2:23.89	2:18.99	2:05.79	200 FR	2:14.79	2:09.79	1:57.49
5:01.59	4:54.29	5:36.29	400/500 FR	4:46.69	4:37.89	5:17.59
10:20.99	10:05.29	11:31.59	800/1000 FR	9:56.29	9:35.99	10:58.09
19:48.09	19:06.19	19:12.89	1500/1650 FR	18:58.89	18:13.39	18:19.79
36.39	34.79	31.49	50 BA	34.09	32.49	29.39
1:17.09	1:13.09	1:06.19	100 BA	1:12.29	1:08.19	1:01.79
2:45.59	2:38.49	2:23.39	200 BA	2:36.59	2:28.79	2:14.69
40.19	39.09	35.39	50 BR	37.69	36.19	32.79
1:27.69	1:23.99	1:15.99	100 BR	1:21.29	1:17.09	1:09.79
3:09.79	3:01.89	2:44.59	200 BR	2:56.79	2:48.89	2:32.89
33.89	33.39	30.19	50 FL	31.99	31.19	28.19
1:14.79	1:12.89	1:05.99	100 FL	1:09.69	1:07.69	1:01.29
2:45.69	2:41.09	2:25.79	200 FL	2:36.19	2:29.99	2:15.69
---	1:16.59	1:09.29	100 IM	---	1:09.89	1:03.29
2:42.19	2:35.59	2:20.89	200 IM	2:38.79	2:31.59	2:17.19
5:42.89	5:31.99	5:00.49	400 IM	5:22.59	5:10.29	4:40.79