

FGC Senior Championship Time Standards 2012-2016

Updated 10/31/12

LCM	SCM	SCY	15-16/Open	SCY	SCM	LCM
31.39	30.39	27.89	50 Free	24.79	27.19	28.19
1:07.19	1:05.19	59.79	100 Free	53.79	58.99	1:00.99
2:22.49	2:18.49	2:07.29	200 Free	1:54.79	2:07.59	2:11.59
4:55.29	4:47.29	5:31.59	400/500 Free	5:09.89	4:30.39	4:38.39
10:13.39	10:00.59	11:22.49	800/1000 Free	10:46.39	9:31.19	9:41.89
19:43.09	19:13.09	19:21.79	1500/1650 Free	18:10.99	17:59.99	18:29.99
36.99	36.39	31.59	50 Back	29.09	33.49	34.09
1:18.49	1:16.49	1:08.89	100 Back	1:00.59	1:08.29	1:10.29
2:46.19	2:42.19	2:27.19	200 Back	2:13.59	2:26.99	2:30.99
41.29	40.29	35.59	50 Breast	32.79	35.99	36.99
1:28.79	1:26.79	1:16.89	100 Breast	1:09.09	1:16.49	1:18.49
3:11.39	3:07.39	2:47.69	200 Breast	2:33.09	2:51.79	2:55.79
35.39	34.69	31.09	50 Fly	28.09	30.19	30.89
1:12.89	1:10.89	1:04.59	100 Fly	58.59	1:03.39	1:05.39
2:40.39	2:36.39	2:23.49	200 Fly	2:11.59	2:25.99	2:29.99
X	1:15.69	1:07.99	100 IM	1:01.99	1:09.09	X
2:41.89	2:37.89	2:22.49	200 IM	2:10.79	2:24.19	2:28.19
5:42.39	5:34.39	5:02.29	400 IM	4:44.79	5:09.49	5:17.49

FLORIDA
GOLD COAST
SWIMMING