
BSLLC12 STANDARDS Gold Long Course Meters**Women 10 & Under**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	30.08	32.89	34.19	38.09	39.49	41.19	43.19
100 Free	1:06.10	1:13.33	1:16.09	1:25.89	1:26.99	1:30.79	1:35.09
200 Free	2:24.62	2:38.39	2:45.03	3:08.79	3:09.59	3:21.19	3:38.79
400 Free	5:14.26	5:40.74	5:49.99	6:08.59	6:42.09	7:00.09	7:18.09
50 Back	35.77	39.22	41.06	45.49	45.59	47.59	49.79
100 Back	1:17.81	1:25.00	1:28.28	1:40.39	1:41.59	1:45.59	1:53.29
50 Breast	37.98	43.22	45.56	51.69	53.39	55.49	57.79
100 Breast	1:22.67	1:36.60	1:40.74	1:52.09	1:54.69	1:58.69	2:05.69
50 Fly	33.33	36.76	38.02	44.29	45.59	48.29	51.19
100 Fly	1:16.53	1:24.90	1:30.63	1:46.49	1:52.59	2:03.09	2:06.09
200 IM	2:42.65	3:00.99	3:08.06	3:17.69	3:30.09	3:43.09	3:56.09
200 Free Relay	2:13.85	2:23.67	2:35.65				
200 Medley Relay	2:29.89	2:43.12	2:59.32				

BSLLC12 STANDARDS Gold Long Course Meters**Women 11-12**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	28.18	29.59	30.33	33.19	33.49	34.29	35.09
100 Free	1:01.26	1:04.83	1:06.61	1:12.09	1:13.39	1:15.29	1:17.49
200 Free	2:12.68	2:19.78	2:24.31	2:38.09	2:39.89	2:44.19	2:52.09
400 Free	4:38.35	4:54.85	5:06.67	5:30.59	5:32.79	5:45.29	6:05.39
800 Free	9:42.11	10:13.78	10:45.13	5:30.59	11:54.39	12:04.39	12:14.39
50 Back	32.62	34.38	35.88	39.49	40.29	41.49	42.79
100 Back	1:10.01	1:15.00	1:18.21	1:25.69	1:27.59	1:30.09	1:34.69
50 Breast	35.29	38.44	40.00	44.99	46.29	47.79	50.29
100 Breast	1:16.97	1:25.72	1:29.09	1:38.29	1:38.99	1:41.89	1:47.09
50 Fly	29.90	32.19	33.30	36.79	37.29	38.49	39.99
100 Fly	1:07.17	1:12.58	1:17.73	1:25.89	1:28.29	1:33.79	1:42.19
200 IM	2:29.15	2:39.23	2:46.61	2:57.79	3:01.39	3:05.79	3:13.89
200 Free Relay	1:56.76	2:06.25	2:08.76				
200 Medley Relay	2:09.14	2:21.47	2:33.38				

BSLLC12 STANDARDS Gold Long Course Meters**Women 13-14**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	27.00	28.49	29.23	30.09	30.79	31.39	31.99
100 Free	59.26	1:02.74	1:03.77	1:06.39	1:06.99	1:08.49	1:09.79
200 Free	2:10.83	2:15.27	2:16.94	2:23.59	2:27.19	2:30.29	2:33.59
400 Free	4:28.14	4:49.92	4:55.85	5:03.89	5:08.29	5:14.09	5:25.29
800 Free	9:07.05	10:00.30	10:05.39	10:07.79	10:10.89	10:21.19	10:31.29
1500 Free	17:29.48	19:45.36	19:50.99	19:53.19	20:10.89	20:47.49	21:41.59
100 Back	1:05.74	1:11.36	1:13.00	1:16.99	1:19.89	1:21.79	1:23.79
200 Back	2:23.81	2:34.94	2:39.09	2:44.09	2:50.39	2:53.69	2:59.79
100 Breast	1:16.26	1:21.34	1:23.56	1:28.79	1:30.09	1:32.29	1:34.69
200 Breast	2:44.44	2:58.00	3:03.54	3:11.59	3:16.69	3:24.49	3:35.99
100 Fly	1:04.80	1:09.37	1:11.93	1:15.49	1:16.09	1:18.29	1:20.59
200 Fly	2:25.66	2:40.54	2:48.82	2:50.89	2:51.19	2:58.39	3:09.69
200 IM	2:26.23	2:34.45	2:38.82	2:43.79	2:47.39	2:50.69	2:54.29
400 IM	5:10.70	5:30.90	5:39.98	5:46.43	5:53.39	6:03.19	6:17.99
400 Free Relay	4:05.87	4:24.17					
400 Medley Relay	4:36.74	4:57.11					

BSLLC12 STANDARDS Gold Long Course Meters**Women 15-16**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	26.74	27.21	28.16	29.99	30.49	31.29	32.59
100 Free	57.82	1:00.13	1:01.49	1:05.09	1:06.99	1:08.29	1:10.59
200 Free	2:04.53	2:10.00	2:11.87	2:18.39	2:19.59	2:21.89	2:26.29
400 Free	4:22.31	4:33.57	4:39.81	4:55.39	5:02.49	5:12.09	5:27.69
800 Free	8:49.80	9:36.06	9:45.99	9:57.49	10:01.69	10:11.39	10:27.49
1500 Free	17:27.64	18:30.29	18:45.99	18:53.29	18:58.49	19:16.39	19:35.79
100 Back	1:04.35	1:07.30	1:09.01	1:16.59	1:18.29	1:20.09	1:23.19
200 Back	2:19.92	2:26.00	2:30.92	2:42.59	2:44.29	2:47.39	2:52.89
100 Breast	1:12.29	1:17.76	1:19.63	1:28.69	1:29.49	1:33.29	1:38.59
200 Breast	2:37.25	2:46.29	2:51.55	3:11.59	3:13.99	3:16.39	3:23.69
100 Fly	1:01.67	1:05.97	1:07.20	1:12.89	1:14.09	1:15.99	1:19.29
200 Fly	2:17.45	2:28.01	2:31.61	2:50.19	2:52.29	3:00.29	3:05.59
200 IM	2:20.46	2:27.12	2:30.29	2:40.59	2:42.09	2:46.79	2:53.89
400 IM	4:57.63	5:13.61	5:20.46	5:43.79	5:49.69	5:52.89	6:02.79

BSLLC12 STANDARDS Gold Long Course Meters**Women Senior**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	26.74	27.21	28.16	29.99	30.49	31.29	32.59
100 Free	57.82	1:00.13	1:01.49	1:05.09	1:06.99	1:08.29	1:10.59
200 Free	2:04.53	2:10.00	2:11.87	2:18.19	2:19.59	2:21.89	2:26.29
400 Free	4:22.31	4:33.57	4:39.81	4:55.39	5:02.49	5:12.09	5:27.69
800 Free	8:49.80	9:36.06	9:45.99	9:46.39	10:01.69	10:11.39	10:27.49
1500 Free	17:27.64	18:30.29	18:45.99	18:53.29	18:58.49	19:16.39	19:35.79
100 Back	1:04.35	1:07.30	1:09.01	1:16.59	1:18.29	1:20.09	1:23.19
200 Back	2:19.92	2:26.00	2:30.92	2:42.59	2:44.29	2:47.39	2:52.89
100 Breast	1:12.29	1:17.76	1:19.63	1:28.69	1:29.49	1:33.29	1:38.59
200 Breast	2:37.25	2:46.29	2:51.55	3:11.59	3:13.99	3:16.39	3:23.69
100 Fly	1:01.67	1:05.97	1:07.20	1:12.49	1:14.09	1:15.99	1:19.29
200 Fly	2:17.45	2:28.01	2:31.61	2:50.19	2:52.29	3:00.29	3:05.59
200 IM	2:20.46	2:27.12	2:30.29	2:40.59	2:42.09	2:46.79	2:53.89
400 IM	4:57.63	5:13.61	5:20.46	5:43.79	5:49.69	5:52.89	6:02.79
400 Free Relay	3:56.48	4:08.25	4:18.55				
400 Medley Relay	4:25.55	4:39.87	4:48.26				

BSLLC12 STANDARDS Gold Long Course Meters**Men 10 & Under**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	30.28	34.15	35.26	38.99	40.49	42.39	46.39
100 Free	1:06.46	1:15.48	1:18.00	1:27.39	1:29.49	1:33.49	1:41.19
200 Free	2:23.56	2:41.23	2:48.60	3:08.29	3:18.09	3:28.09	3:34.99
400 Free	5:17.34	5:54.14	6:18.57	6:52.69	7:07.99	7:22.69	7:30.69
50 Back	35.66	40.66	42.23	46.99	49.09	51.59	56.09
100 Back	1:16.41	1:27.30	1:31.37	1:40.99	1:43.49	1:50.79	2:02.99
50 Breast	42.40	46.06	48.39	54.89	55.19	57.49	1:01.69
100 Breast	1:32.59	1:42.21	1:47.97	1:57.99	1:58.29	2:05.09	2:15.99
50 Fly	34.31	37.32	40.12	46.19	47.09	50.09	55.49
100 Fly	1:14.82	1:25.88	1:35.82	1:50.79	1:55.79	2:01.79	2:05.89
200 IM	2:44.95	3:08.65	3:18.08	3:39.39	3:50.19	3:56.19	4:10.69
200 Free Relay	2:11.92	2:30.61					
200 Medley Relay	2:30.42	2:51.94					

BSLLC12 STANDARDS Gold Long Course Meters**Men 11-12**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	27.22	29.46	30.32	33.29	33.89	34.89	36.69
100 Free	59.62	1:04.90	1:07.60	1:13.89	1:14.49	1:16.89	1:21.39
200 Free	2:09.43	2:19.01	2:27.22	2:41.29	2:42.89	2:51.09	3:04.89
400 Free	4:38.36	5:00.75	5:12.28	5:27.49	5:43.19	6:00.29	6:05.29
800 Free	9:45.23	10:39.05	11:16.03	5:27.49	11:19.19	11:39.19	11:53.19
50 Back	31.49	34.12	36.06	40.59	40.89	42.29	44.99
100 Back	1:07.85	1:14.40	1:18.60	1:26.89	1:29.09	1:34.09	1:42.19
50 Breast	35.56	38.73	40.96	46.59	47.99	50.99	55.29
100 Breast	1:17.61	1:26.82	1:32.64	1:40.89	1:42.29	1:48.09	1:56.39
50 Fly	29.28	31.97	33.64	37.99	39.59	42.69	47.99
100 Fly	1:04.71	1:13.83	1:18.48	1:28.09	1:32.29	1:37.99	1:41.69
200 IM	2:27.61	2:40.75	2:50.11	3:02.19	3:04.19	3:12.99	3:25.89
200 Free Relay	1:56.15	2:11.39					
200 Medley Relay	2:09.93	2:27.62					

BSLLC12 STANDARDS Gold Long Course Meters**Men 13-14**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	25.11	26.78	27.45	28.49	29.89	30.59	31.79
100 Free	55.24	58.35	1:00.05	1:02.99	1:05.79	1:07.39	1:10.29
200 Free	2:01.32	2:07.17	2:12.72	2:18.89	2:22.59	2:25.99	2:32.49
400 Free	4:16.46	4:30.83	4:41.91	4:46.99	5:11.09	5:18.99	5:28.89
800 Free	8:54.30	9:39.15	9:49.99	9:59.59	10:05.89	10:23.49	10:52.79
1500 Free	16:58.43	17:46.68	18:31.99	18:51.19	18:55.79	19:16.19	19:50.89
100 Back	1:02.35	1:06.01	1:09.86	1:14.29	1:16.99	1:19.19	1:23.09
200 Back	2:14.11	2:23.67	2:31.58	2:43.79	2:44.49	2:51.19	3:01.49
100 Breast	1:10.05	1:16.44	1:20.60	1:26.09	1:27.19	1:29.69	1:34.39
200 Breast	2:31.23	2:45.33	2:54.43	3:07.29	3:07.79	3:15.99	3:28.49
100 Fly	1:00.00	1:04.51	1:06.92	1:11.99	1:15.29	1:19.69	1:26.79
200 Fly	2:12.74	2:26.08	2:35.14	2:44.99	2:48.69	2:53.59	2:59.29
200 IM	2:17.74	2:25.75	2:30.82	2:34.99	2:45.19	2:51.99	3:02.49
400 IM	4:52.14	5:11.00	5:24.23	5:28.09	6:01.69	6:09.69	6:15.69
400 Free Relay	3:52.95	4:09.54					
400 Medley Relay	4:14.86	4:40.11					

BSLLC12 STANDARDS Gold Long Course Meters**Men 15-16**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	23.29	24.32	24.96	26.99	27.99	28.39	29.19
100 Free	51.55	53.75	54.81	59.29	1:01.29	1:02.39	1:04.39
200 Free	1:52.98	1:58.17	2:00.72	2:09.89	2:13.39	2:15.99	2:20.69
400 Free	4:00.72	4:12.58	4:21.59	4:40.39	4:52.29	5:00.99	5:05.99
800 Free	8:25.11	8:52.69	9:22.07	9:31.19	9:36.49	9:53.09	10:18.69
1500 Free	16:11.30	17:01.90	17:55.18	18:17.39	18:21.99	18:52.09	19:41.29
100 Back	57.30	1:00.46	1:01.96	1:09.59	1:11.09	1:12.79	1:15.79
200 Back	2:05.93	2:13.86	2:18.93	2:32.49	2:33.19	2:38.49	2:46.49
100 Breast	1:04.44	1:08.50	1:10.91	1:21.49	1:22.19	1:25.69	1:30.99
200 Breast	2:19.66	2:29.51	2:38.28	2:59.89	3:01.39	3:10.69	3:15.69
100 Fly	54.64	58.25	59.11	1:06.29	1:08.79	1:11.79	1:16.69
200 Fly	2:04.46	2:11.76	2:17.46	2:40.59	2:43.79	2:48.79	2:55.79
200 IM	2:05.55	2:14.26	2:18.15	2:27.99	2:31.09	2:34.09	2:38.99
400 IM	4:29.53	4:50.68	4:57.31	5:20.99	5:26.09	5:27.19	5:38.39

BSLLC12 STANDARDS Gold Long Course Meters**Men Senior**

	Gold	SLV	BRZ	SEQT	BLU	RED	WHT
50 Free	23.29	24.32	24.96	25.79	27.99	28.39	29.19
100 Free	51.55	53.75	54.81	56.69	1:01.29	1:02.39	1:04.39
200 Free	1:52.98	1:58.17	2:00.72	2:06.49	2:13.39	2:15.99	2:20.69
400 Free	4:00.72	4:12.58	4:21.59	4:40.39	4:52.29	5:00.99	5:05.99
800 Free	8:25.11	8:52.69	9:22.07	9:31.19	9:36.49	9:53.09	10:18.69
1500 Free	16:11.30	17:01.90	17:55.18	18:17.39	18:21.99	18:52.09	19:41.29
100 Back	57.30	1:00.46	1:01.96	1:08.19	1:11.09	1:12.79	1:15.79
200 Back	2:05.93	2:13.86	2:18.93	2:29.29	2:33.19	2:38.49	2:46.49
100 Breast	1:04.44	1:08.50	1:10.91	1:19.69	1:22.19	1:25.69	1:30.99
200 Breast	2:19.66	2:29.51	2:38.28	2:57.39	3:01.39	3:10.69	3:15.69
100 Fly	54.64	58.25	59.11	1:04.29	1:08.79	1:11.79	1:16.69
200 Fly	2:04.46	2:11.76	2:17.46	2:37.89	2:43.79	2:48.79	2:55.79
200 IM	2:05.55	2:14.26	2:18.15	2:27.99	2:31.09	2:34.09	2:38.99
400 IM	4:29.53	4:50.68	4:57.31	5:16.69	5:26.09	5:27.19	5:38.39
400 Free Relay	3:32.26	3:43.97	3:54.71				
400 Medley Relay	3:51.76	4:07.38	4:21.03				
