

## 2023 LONG COURSE TAGS TIME STANDARDS

Girls				Boys		
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
28.49	29.89	33.19*	<b>50 Fr</b>	33.29*	29.19	26.49
1:01.39	1:04.79	1:13.19	<b>100 Fr</b>	1:13.09*	1:03.69	56.99
2:13.09	2:22.49	2:38.79	<b>200 Fr</b>	2:39.99*	2:18.79	2:04.69
4:40.69	4:56.39	5:37.39	<b>400 Fr</b>	5:40.69*	4:54.49	4:25.59
9:38.79	X	X	<b>800 Fr</b>	x	X	9:08.29
18:27.79	X	X	<b>1500 Fr</b>	x	X	17:42.29
X	34.89	39.89*	<b>50 Bk</b>	38.99*	34.39	X
1:10.89*	1:15.49*	1:24.99	<b>100 Bk</b>	1:24.09*	1:14.19	1:05.09
2:32.29*	2:42.59	x	<b>200 Bk</b>	x	2:39.69	2:20.99
X	39.59	45.29	<b>50 Br</b>	44.89	38.19	X
1:20.89	1:25.09	1:38.89	<b>100 Br</b>	1:38.19	1:22.49	1:13.69*
2:54.79	3:05.09	x	<b>200 Br</b>	x	3:00.69	2:40.59
X	32.39	36.79*	<b>50 Fly</b>	36.59	31.39	X
1:07.99	1:12.19	1:26.09*	<b>100 Fly</b>	1:25.09*	1:10.89	1:02.49
2:34.79	2:47.79	x	<b>200 Fly</b>	x	2:43.99	2:20.69
2:32.69	2:40.99	3:00.29	<b>200 IM</b>	3:01.39*	2:36.49	2:20.19
5:22.89	X	x	<b>400 IM</b>	x	X	5:01.29
1:56.99	2:02.89	2:19.58	<b>200 FR</b>	2:19.79	2:01.29	1:49.49
2:13.59	4:27.69	5:10.79	<b>400 FR</b>	5:13.99	4:28.69	3:57.69
9:12.69			<b>800 FR</b>	x	x	8:43.49
2:10.69	2:39.49	2:39.49	<b>200 MR</b>	2:41.09	2:17.39	2:01.99
4:44.29	5:02.29	X	<b>400 MR</b>	x	5:02.99	4:25.79

## 2023 LONG COURSE TAGS BONUS TIME STANDARDS

Girls				Boys		
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
29.19	29.99	33.69	<b>50 Fr</b>	33.59	29.29	26.69
1:02.19	1:05.09	1:14.79	<b>100 Fr</b>	1:13.79	1:03.99	57.29
2:13.79	2:23.09	2:42.39	<b>200 Fr</b>	2:44.49	2:20.09	2:05.39
4:42.39	5:00.79	5:43.89	<b>400 Fr</b>	5:47.99	4:58.49	4:26.99
9:46.29	X	X	<b>800 Fr</b>	X	X	9:18.00
18:42.89	X	X	<b>1500 Fr</b>	X	X	17:47.49
X	35.29	40.39	<b>50 Bk</b>	39.89	34.79	X
1:12.39	1:16.09	1:26.79	<b>100 Bk</b>	1:26.39	1:14.89	1:05.49
2:35.69	2:44.09	X	<b>200 Bk</b>	X	2:42.99	2:21.69
X	40.19	46.19	<b>50 Br</b>	46.29	38.89	X
1:21.99	1:26.19	1:41.09	<b>100 Br</b>	1:40.59	1:25.19	1:14.19
2:57.19	3:08.29	X	<b>200 Br</b>	X	3:02.89	2:42.59
X	32.69	38.19	<b>50 Fly</b>	37.39	31.79	X
1:09.29	1:13.29	1:29.49	<b>100 Fly</b>	1:29.19	1:11.99	1:02.89
2:37.99	2:50.89	X	<b>200 Fly</b>	X	2:51.99	2:22.69
2:34.39	2:42.99	3:04.89	<b>200 IM</b>	3:05.79	2:37.99	2:21.09
5:26.39	X	X	<b>400 IM</b>	X	X	5:02.79

## 2023 SHORT COURSE TAGS TIME STANDARDS

Girls				Boys		
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
24.99	26.39	29.39	<b>50 Fr</b>	29.19*	25.69*	23.09
53.99	57.29	1:04.39	<b>100 Fr</b>	1:04.59*	55.69*	50.29
1:56.59	2:03.89	2:19.59	<b>200 Fr</b>	2:21.69*	2:01.49	1:49.09
5:13.19	5:30.69	6:16.79	<b>500 Fr</b>	6:13.69*	5:23.49	4:54.09
10:51.29	X	X	<b>1000 Fr</b>	x	X	10:07.89
18:04.49	X	X	<b>1650 Fr</b>	x	X	17:02.19
x	30.49*	34.29	<b>50 Bk</b>	34.29	29.89	x
59.79	1:05.09*	1:13.79	<b>100 Bk</b>	1:13.99	1:03.69*	55.29
2:09.89*	2:20.39*	X	<b>200 Bk</b>	x	2:17.89*	2:01.79
x	34.39	39.19	<b>50 Br</b>	39.19	33.29*	x
1:09.09*	1:13.79	1:25.79	<b>100 Br</b>	1:25.09	1:11.89	1:03.49
2:29.39*	2:39.19	X	<b>200 Br</b>	x	2:38.39	2:17.09
x	28.89	32.79	<b>50 Fly</b>	32.79*	28.29	x
59.39	1:03.59	1:15.79*	<b>100 Fly</b>	1:15.79*	1:02.69	54.99
2:12.49	2:25.49	X	<b>200 Fly</b>	x	2:22.19	2:02.29
x	1:05.69	1:13.69	<b>100 IM</b>	1:14.49	1:04.49	x
2:13.19	2:20.39	2:40.79*	<b>200 IM</b>	2:40.19	2:17.89	2:03.39
4:41.89	X	X	<b>400 IM</b>	x	X	4:23.39
1:42.29	1:47.69	2:03.59	<b>200 FR</b>	2:04.11	1:46.79	1:35.09
3:42.69	3:56.09	4:34.79	<b>400 FR</b>	4:35.69	3:55.59	3:26.79
8:00.19	X	X	<b>800 FR</b>	X	X	7:35.96
1:53.19	1:59.89	2:18.59	<b>200 MR</b>	2:20.49	1:59.19	1:44.99
4:08.19	4:24.29	X	<b>400 MR</b>	X	4:24.59	3:50.89

## 2023 SHORT COURSE TAGS BONUS TIME STANDARDS

Girls				Boys		
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
25.69	26.69	29.59	<b>50 Fr</b>	29.79	25.99	23.29
54.49	57.49	1:04.99	<b>100 Fr</b>	1:05.79	56.39	50.59
1:57.19	2:04.59	2:20.89	<b>200 Fr</b>	2:23.09	2:02.19	1:49.99
5:14.79	5:33.49	6:23.29	<b>500 Fr</b>	6:24.69	5:26.69	4:55.59
10:56.29	X	X	<b>1000 Fr</b>	X	X	10:16.29
18:22.69	X	X	<b>1650 Fr</b>	X	X	17:12.29
X	30.79	34.79	<b>50 Bk</b>	34.99	30.09	X
1:01.09	1:05.69	1:14.49	<b>100 Bk</b>	1:15.39	1:04.49	56.89
2:10.79	2:21.99	X	<b>200 Bk</b>	X	2:19.99	2:02.39
X	34.89	39.49	<b>50 Br</b>	39.59	34.19	X
1:10.39	1:14.69	1:26.59	<b>100 Br</b>	1:26.99	1:12.79	1:04.29
2:32.89	2:41.59	X	<b>200 Br</b>	X	2:39.39	2:19.69
X	29.19	33.39	<b>50 Fly</b>	33.69	28.59	X
1:00.49	1:04.19	1:17.69	<b>100 Fly</b>	1:17.99	1:03.59	55.29
2:14.99	2:26.99	X	<b>200 Fly</b>	X	2:23.69	2:02.99
X	1:06.19	1:15.19	<b>100 IM</b>	1:15.69	1:05.69	X
2:14.79	2:20.79	2:42.99	<b>200 IM</b>	2:43.59	2:18.59	2:04.09
4:46.39	X	X	<b>400 IM</b>	X	X	4:24.79