

2024 SCS WAG Champs

December 13-15, 2024

INDIVIDUAL EVENT TIME STANDARDS

10 & Under		EVENT	10 & Under	
Girls			Boys	
SCY	LCM		SCY	LCM
33.50	38.00	50 Free	33.10	37.60
1:15.10	1:25.00	100 Free	1:13.70	1:23.40
2:45.30	3:06.70	200 Free	2:45.30	3:06.70
39.90	44.90	50 Back	40.50	45.60
1:27.30	1:38.10	100 Back	1:28.10	1:39.00
45.10	51.00	50 Breast	45.90	52.00
1:37.90	1:50.70	100 Breast	1:40.30	1:53.40
38.40	43.40	50 Fly	38.50	43.50
1:32.00	1:43.60	100 Fly	1:33.70	1:45.40
1:26.00	X	100 IM	1:25.60	X
3:06.70	3:30.50	200 IM	3:07.80	3:31.70
11-12		EVENT	11-12	
Girls			Boys	
SCY	LCM		SCY	LCM
29.00	33.00	50 Free	28.60	32.60
1:03.60	1:12.20	100 Free	1:03.00	1:11.60
2:20.80	2:39.50	200 Free	2:18.90	2:37.40
6:21.20	5:40.30	500/400 Free	6:21.20	5:40.20
34.70	39.20	50 Back	34.50	38.90
1:14.30	1:23.70	100 Back	1:15.10	1:24.60
38.60	43.90	50 Breast	39.30	44.70
1:24.80	1:36.20	100 Breast	1:25.20	1:36.60
32.80	37.20	50 Fly	32.60	36.90
1:14.50	1:24.10	100 Fly	1:14.40	1:24.00
1:13.70	X	100 IM	1:13.80	X
2:37.20	2:57.70	200 IM	2:38.50	2:59.20

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13-14		EVENTS	13-14	
Girls			Boys	
SCY	LCM		SCY	LCM
27.40	31.20	50 Free	25.50	29.10
59.40	1:07.60	100 Free	55.40	1:03.10
2:11.60	2:29.30	200 Free	2:01.90	2:18.50
5:52.00	5:14.20	500/400 Free	5:37.70	5:01.40
12:17.30	10:58.10	1000/800 Free	12:03.80	10:46.00
20:24.50	20:49.00	1650/1500 Free	20:10.20	20:34.40
1:09.30	1:18.20	100 Back	1:05.10	1:13.50
2:30.70	2:49.70	200 Back	2:25.00	2:43.40
1:19.00	1:29.70	100 Breast	1:13.30	1:23.40
2:50.60	3:13.40	200 Breast	2:39.30	3:00.90
1:08.20	1:17.10	100 Fly	1:02.80	1:11.10
2:37.60	2:57.80	200 Fly	2:20.90	2:39.20
2:27.20	2:46.60	200 IM	2:17.50	2:35.90
5:19.80	5:45.50	400 IM	5:11.00	5:37.60
15 & Over		EVENTS	15 & Over	
Girls			Boys	
SCY	LCM		SCY	LCM
26.40	30.10	50 Free	23.60	27.00
57.60	1:05.60	100 Free	51.90	59.20
2:06.30	2:23.40	200 Free	1:54.40	2:10.20
5:41.60	5:04.60	500/400 Free	5:14.30	4:40.50
11:58.50	10:41.30	1000/800 Free	11:30.33	10:16.20
19:54.70	20:10.60	1650/1500 Free	19:13.30	19:56.80
1:05.80	1:14.30	100 Back	1:00.30	1:08.20
2:29.00	2:47.80	200 Back	2:17.70	2:35.30
1:16.60	1:27.10	100 Breast	1:07.70	1:17.40
2:47.90	3:10.40	200 Breast	2:30.00	2:50.50
1:04.40	1:12.90	100 Fly	56.70	1:04.40
2:38.50	2:58.80	200 Fly	2:17.00	2:34.90
2:22.20	2:35.80	200 IM	2:09.50	2:27.00
5:13.70	5:47.50	400 IM	4:56.60	5:24.80

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RELAY TIME STANDARDS

10 & Under				RELAY EVENTS	10 & Under			
Girls					Boys			
SCY		LCM			SCY		LCM	
Hard	Soft	Hard	Soft		Hard	Soft	Hard	Soft
2:15.60	2:18.30	2:33.60	2:36.70	200 Free Relay	2:16.40	2:19.10	2:32.40	2:35.40
2:38.90	2:42.10	2:59.40	3:03.00	200 Medley Relay	2:38.90	3:42.10	2:58.90	3:02.50
11-12				RELAY EVENTS	11-12			
Girls					Boys			
SCY		LCM			SCY		LCM	
Hard	Soft	Hard	Soft		Hard	Soft	Hard	Soft
2:02.80	2:05.20	2:19.60	2:22.40	200 Free Relay	2:03.20	2:05.60	2:17.60	2:20.30
4:26.80	4:32.10	5:02.40	5:08.40	400 Free Relay	4:24.80	4:09.30	5:00.40	5:06.40
2:22.60	2:25.40	2:40.90	2:44.10	200 Medley Relay	2:23.50	2:26.40	2:41.20	2:44.40
5:11.40	5:17.60	5:52.90	5:59.90	400 Medley Relay	5:15.70	5:22.00	5:54.60	6:01.70
13-14				RELAY EVENTS	13-14			
Girls					Boys			
SCY		LCM			SCY		LCM	
Hard	Soft	Hard	Soft		Hard	Soft	Hard	Soft
1:57.20	1:59.50	2:13.20	2:15.90	200 Free Relay	1:50.00	1:52.20	2:00.80	2:03.20
4:13.60	4:18.70	4:47.60	4:53.30	400 Free Relay	3:58.40	4:03.20	4:31.60	4:37.00
9:04.40	9:15.30	10:16.40	10:28.70	800 Free Relay	8:43.60	8:54.10	9:54.00	10:05.90
4:53.70	4:59.60	5:31.80	5:38.40	200 Medley Relay	4:39.50	4:45.10	5:16.50	5:22.80
4:53.70	4:59.60	5:31.80	5:38.40	400 Medley Relay	4:39.50	4:45.10	5:16.50	5:22.80
15 & Over				RELAY EVENTS	15 & Over			
Girls					Boys			
SCY		LCM			SCY		LCM	
Hard	Soft	Hard	Soft		Hard	Soft	Hard	Soft
1:58.80	2:01.20	2:15.60	2:18.30	200 Free Relay	1:46.00	1:48.10	2:00.80	2:03.20
4:15.20	4:20.30	4:49.60	4:55.40	400 Free Relay	3:49.60	3:54.20	4:21.60	4:26.80
9:05.60	9:16.50	10:18.80	10:31.20	800 Free Relay	8:26.80	8:33.30	9:27.20	9:38.50
4:56.30	5:02.20	5:35.10	4:41.80	200 Medley Relay	4:29.40	4:34.80	5:05.30	5:11.40
4:56.30	5:02.20	5:35.10	4:41.80	400 Medley Relay	4:29.40	4:34.80	5:05.30	5:11.40