

WOSA Regional Standards 2018-19

SHORT COURSE (SCM)							FEMALE	LONG COURSE (LCM)						
10 & U	11	12	13	14	15	16 & O		16 & O	15	14	13	12	11	10 & U
38.18	35.67	33.99	32.49	31.56	31.02	30.89	50 FR	31.11	31.53	32.12	33.14	34.24	36.12	39.03
1:24.65	1:18.35	1:13.51	1:10.70	1:07.99	1:07.02	1:06.58	100 FR	1:07.50	1:08.30	1:09.97	1:12.12	1:14.94	1:19.09	1:26.39
3:06.60	2:50.87	2:39.12	2:33.32	2:27.04	2:25.52	2:24.09	200 FR	2:26.49	2:29.29	2:31.26	2:36.39	2:42.78	2:52.78	3:10.25
6:31.48	6:03.60	5:40.30	5:30.00	5:13.53	5:10.88	5:06.82	400 FR	5:10.83	5:15.97	5:19.93	5:36.60	5:46.97	6:11.53	6:38.13
	12:30.47	11:32.19	11:11.77	10:53.08	10:40.68	10:33.72	800 FR	10:41.15	10:50.46	11:07.48	11:25.20	11:45.73	12:41.89	
			21:43.44	20:58.44	20:42.55	20:20.76	1500 FR	20:35.43	20:43.84	21:14.01	21:32.50			
44.38	42.31	40.06	36.06	35.35	34.51	34.00	50 BK	36.00	36.91	37.22	39.11	40.2	43.20	46.28
1:36.81	1:29.22	1:23.81	1:20.72	1:17.63	1:15.91	1:15.40	100 BK	1:15.87	1:17.02	1:18.64	1:22.34	1:25.44	1:31.00	1:38.70
3:29.78	3:10.36	2:59.53	2:54.45	2:45.19	2:44.04	2:43.06	200 BK	2:42.00	2:44.24	2:48.07	2:57.94	3:03.04	3:14.62	3:33.88
51.32	48.16	44.76	43.00	41.21	40.86	39.87	50 BR	41.50	42.65	43.18	44.01	45.01	48.53	53.93
1:49.27	1:42.77	1:37.81	1:32.10	1:29.09	1:28.36	1:27.03	100 BR	1:28.67	1:29.15	1:31.81	1:33.94	1:39.10	1:45.08	1:52.39
	3:40.62	3:27.61	3:19.36	3:11.04	3:08.96	3:06.52	200 BR	3:11.22	3:14.00	3:14.27	3:23.35	3:31.67	3:44.93	
44.76	42.25	37.49	35.00	34.00	33.00	32.90	50 FLY	33.50	34.00	34.49	37.24	39.85	41.02	45.02
1:42.22	1:32.59	1:25.97	1:21.81	1:16.54	1:15.16	1:14.41	100 FLY	1:16.00	1:18.87	1:20.04	1:23.44	1:27.65	1:34.47	1:44.22
	3:33.03	3:15.70	3:06.36	2:55.20	2:52.59	2:48.47	200 FLY	2:52.76	2:56.27	2:57.53	3:10.09	3:19.51	3:37.19	
1:40.60							100 IM							
3:32.90	3:14.35	3:03.30	2:56.00	2:49.07	2:46.37	2:44.28	200 IM	2:47.19	2:49.64	2:51.38	2:59.52	3:07.20	3:18.93	3:37.06
	6:50.90	6:26.45	6:15.10	6:01.85	5:52.79	5:48.56	400 IM	5:50.44	5:55.70	6:05.90	6:22.60	6:33.85	6:59.50	

SHORT COURSE (SCM)							MALE	LONG COURSE (LCM)						
10 & U	11	12	13	14	15	16 & O		16 & O	15	14	13	12	11	10 & U
38.35	35.54	33.29	30.88	29.56	28.99	28.30	50 FR	28.21	29.45	30.17	31.49	33.53	36.27	39.43
1:26.51	1:18.43	1:12.57	1:07.72	1:04.29	1:03.03	1:01.39	100 FR	1:02.34	1:04.17	1:05.61	1:09.07	1:13.68	1:20.46	1:28.21
3:12.10	2:52.71	2:38.95	2:28.98	2:21.99	2:17.30	2:14.36	200 FR	2:16.08	2:20.21	2:25.58	2:31.97	2:41.22	2:56.90	3:15.58
6:41.23	6:10.50	5:41.40	5:24.50	5:03.84	4:53.72	4:47.91	400 FR	4:51.55	5:01.49	5:07.78	5:30.99	5:48.09	6:19.09	6:49.07
	12:58.87	11:40.86	11:04.18	10:40.95	10:20.63	9:59.27	800 FR	10:13.04	10:30.72	10:45.42	11:17.47	11:54.58	13:14.15	
				20:20.59	19:45.16	19:01.07	1500 FR	19:35.37	20:01.09	20:38.18	21:33.56			
46.28	44.33	41.26	36.54	35.01	34.50	34.00	50 BK	35.75	36.50	36.97	39.99	42.28	46.29	47.99
1:39.52	1:30.31	1:24.89	1:18.01	1:14.49	1:12.60	1:09.52	100 BK	1:10.50	1:14.02	1:15.30	1:19.57	1:26.55	1:32.07	1:41.46
3:39.53	3:14.70	3:00.07	2:50.12	2:40.05	2:37.41	2:30.55	200 BK	2:34.04	2:39.48	2:44.47	2:53.51	3:04.09	3:18.53	3:43.77
53.93	49.99	45.26	41.39	38.68	37.51	36.29	50 BR	38.99	41.86	42.76	43.69	48.82	50.04	54.99
1:52.68	1:44.94	1:36.27	1:30.48	1:24.45	1:23.52	1:19.44	100 BR	1:21.08	1:25.16	1:26.10	1:32.28	1:38.15	1:47.63	1:56.54
	3:50.37	3:25.82	3:15.03	3:04.93	3:01.26	2:53.74	200 BR	2:56.14	3:03.75	3:06.69	3:18.94	3:31.67	3:54.88	
45.02	43.83	41.32	37.94	33.82	32.50	30.80	50 FLY	32.50	33.08	36.86	38.37	40.15	43.15	48.47
1:47.81	1:32.18	1:25.44	1:18.55	1:13.40	1:11.18	1:08.87	100 FLY	1:10.21	1:12.06	1:15.14	1:20.12	1:27.10	1:37.36	1:49.51
	3:57.96	3:18.77	3:04.19	2:48.77	2:43.31	2:35.24	200 FLY	2:35.61	2:46.52	2:51.71	3:07.88	3:22.82	4:02.61	
1:42.77							100 IM							
3:36.80	3:16.50	3:03.30	2:51.05	2:40.49	2:37.08	2:33.60	200 IM	2:34.81	2:40.55	2:44.93	2:54.47	3:06.89	3:20.35	3:40.42
	7:15.99	6:31.50	6:07.40	5:45.60	5:40.28	5:31.09	400 IM	5:40.80	5:45.40	5:52.38	6:14.75	6:41.55	7:26.39	