

2019 Niagara Long Course LSC Championships Time Standards

Qualifying Period: July 1, 2017- Entry Deadline

| Girls | | | 10 & Under | Boys | | |
|---------|----------------|----------------|--------------|----------------|----------------|---------|
| SCY | SCM | LCM | Events | LCM | SCM | SCY |
| 35.69 | 39.29 | 40.09 | 50 Free | 40.99 | 40.19 | 36.49 |
| 1:20.39 | 1:28.59 | 1:30.19 | 100 Free | 1:31.49 | 1:29.89 | 1:21.59 |
| 2:57.99 | 3:16.29 | 3:19.49 | 200 Free | 3:20.59 | 3:17.39 | 2:58.99 |
| 7:36.99 | 6:50.09 | 6:56.49 | 400/500 Free | 6:56.49 | 6:50.09 | 7:39.19 |
| 42.89 | 47.19 | 47.79 | 50 Back | 49.29 | 48.69 | 44.19 |
| 1:33.49 | 1:42.99 | 1:44.19 | 100 Back | 1:46.39 | 1:45.19 | 1:35.49 |
| 48.29 | 53.19 | 54.19 | 50 Breast | 55.79 | 54.79 | 49.29 |
| 1:45.59 | 1:56.29 | 1:58.29 | 100 Breast | 2:03.79 | 2:01.79 | 1:49.99 |
| 42.49 | 46.79 | 47.49 | 50 Fly | 49.09 | 48.39 | 43.99 |
| 1:40.49 | 1:50.79 | 1:52.19 | 100 Fly | 1:56.59 | 1:55.19 | 1:44.49 |
| 3:17.29 | 3:37.79 | 3:41.19 | 200 IM | 3:45.59 | 3:42.39 | 3:21.49 |

| Girls | | | 11 & 12 | Boys | | |
|----------------|----------------|----------------|--------------|---------|---------|---------|
| SCY | SCM | LCM | Events | LCM | SCM | SCY |
| 31.29 | 34.49 | 35.29 | 50 Free | 35.49 | 34.69 | 31.49 |
| 1:07.69 | 1:14.59 | 1:16.19 | 100 Free | 1:17.49 | 1:16.29 | 1:08.29 |
| 2:26.99 | 2:42.09 | 2:45.29 | 200 Free | 2:49.29 | 2:46.19 | 2:29.69 |
| 6:24.99 | 5:47.49 | 5:53.89 | 400/500 Free | 6:03.69 | 5:56.89 | 6:44.99 |
| 35.89 | 39.69 | 40.29 | 50 Back | 41.39 | 40.79 | 36.89 |
| 1:16.69 | 1:24.59 | 1:25.79 | 100 Back | 1:29.99 | 1:28.79 | 1:20.49 |
| 2:49.09 | 3:06.49 | 3:08.89 | 200 Back | 3:13.99 | 3:11.59 | 2:53.69 |
| 40.39 | 44.59 | 45.59 | 50 Breast | 47.39 | 46.39 | 41.79 |
| 1:27.39 | 1:37.19 | 1:39.09 | 100 Breast | 1:43.19 | 1:41.09 | 1:31.09 |
| 3:11.09 | 3:31.19 | 3:35.19 | 200 Breast | 3:39.19 | 3:35.79 | 3:15.29 |
| 34.49 | 37.99 | 38.69 | 50 Fly | 40.69 | 39.99 | 35.99 |
| 1:18.89 | 1:27.09 | 1:29.09 | 100 Fly | 1:31.29 | 1:29.89 | 1:20.99 |
| 3:05.89 | 3:25.19 | 3:27.79 | 200 Fly | 3:23.59 | 3:20.99 | 3:02.09 |
| 2:45.99 | 3:03.19 | 3:06.39 | 200 IM | 3:15.29 | 3:12.09 | 2:53.69 |
| 6:05.99 | 6:44.09 | 6:50.49 | 400 IM | 6:53.79 | 6:47.39 | 6:08.99 |

| Girls | | | 13 & 14 | Boys | | |
|----------|-----------------|-----------------|----------------|-----------------|-----------------|-----------------|
| SCY | SCM | LCM | Events | LCM | SCM | SCY |
| 27.39 | 30.39 | 31.19 | 50 Free | 30.19 | 29.39 | 26.49 |
| 59.49 | 1:05.89 | 1:07.49 | 100 Free | 1:05.79 | 1:04.19 | 57.99 |
| 2:09.19 | 2:22.89 | 2:26.09 | 200 Free | 2:22.99 | 2:19.79 | 2:06.39 |
| 5:50.49 | 5:08.89 | 5:14.69 | 400/500 Free | 5:13.29 | 5:09.69 | 5:48.89 |
| 12:06.99 | 10:50.59 | 11:03.39 | 800/1000 Free | 10:54.49 | 10:41.69 | 11:49.99 |
| 20:15.99 | 20:23.19 | 20:39.99 | 1500/1650 Free | 20:29.99 | 20:05.99 | 19:59.99 |
| 1:08.49 | 1:15.69 | 1:16.89 | 100 Back | 1:16.59 | 1:15.39 | 1:08.19 |
| 2:28.99 | 2:44.79 | 2:47.19 | 200 Back | 2:46.09 | 2:43.69 | 2:27.99 |
| 1:18.39 | 1:26.69 | 1:28.69 | 100 Breast | 1:26.79 | 1:24.79 | 1:16.69 |
| 2:50.59 | 3:08.69 | 3:12.69 | 200 Breast | 3:11.59 | 3:07.59 | 2:49.59 |
| 1:07.69 | 1:14.99 | 1:16.39 | 100 Fly | 1:15.29 | 1:13.89 | 1:06.69 |
| 2:39.09 | 2:55.79 | 2:58.39 | 200 Fly | 2:54.99 | 2:50.99 | 2:33.99 |
| 2:30.59 | 2:46.39 | 2:49.59 | 200 IM | 2:44.79 | 2:41.59 | 2:26.29 |
| 5:23.99 | 5:57.89 | 6:04.29 | 400 IM | 5:47.69 | 5:41.29 | 5:08.99 |

| Girls | | | 15 & Over | Boys | | |
|----------------|----------------|----------------|----------------|----------------|----------------|--------------|
| SCY | SCM | LCM | Events | LCM | SCM | SCY |
| 25.89 | 28.68 | 29.49 | 50 Free | 26.99 | 26.29 | 23.69 |
| 56.19 | 1:02.39 | 1:03.99 | 100 Free | 58.99 | 57.39 | 51.69 |
| 2:02.69 | 2:16.19 | 2:19.39 | 200 Free | 2:09.39 | 2:06.19 | 1:54.09 |
| 5:39.09 | 4:58.49 | 5:04.19 | 400/500 Free | 4:45.89 | 4:40.49 | 5:18.79 |
| 11:46.19 | 10:21.09 | 10:32.99 | 800/1000 Free | 9:57.99 | 9:46.39 | 11:07.99 |
| 19:47.79 | 19:54.69 | 20:10.59 | 1500/1650 Free | 19:08.59 | 18:53.09 | 18:46.39 |
| 1:04.09 | 1:11.09 | 1:12.29 | 100 Back | 1:09.99 | 1:07.99 | 1:00.09 |
| 2:21.49 | 2:36.69 | 2:39.09 | 200 Back | 2:27.99 | 2:25.59 | 2:11.49 |
| 1:14.99 | 1:22.89 | 1:24.89 | 100 Breast | 1:18.09 | 1:15.59 | 1:08.39 |
| 2:42.49 | 2:54.89 | 3:03.89 | 200 Breast | 2:53.49 | 2:49.49 | 2:32.99 |
| 1:03.99 | 1:11.99 | 1:12.39 | 100 Fly | 1:06.39 | 1:04.99 | 58.59 |
| 2:24.29 | 2:39.99 | 2:42.59 | 200 Fly | 2:30.69 | 2:27.69 | 2:12.99 |
| 2:20.19 | 2:35.59 | 2:38.79 | 200 IM | 2:30.79 | 2:26.59 | 2:12.49 |
| 5:05.29 | 5:39.69 | 5:46.09 | 400 IM | 5:23.49 | 5:17.09 | 4:45.99 |