

2008-2009 Top 10 Times by Single Age  
"guidelines"

Girls LCM

Event	11	12	13	14	15	16	17
50 FR	29.29	28.06	27.53	27.06	26.63	26.55	26.35
100 FR	1:03.59	1:01.01	59.72	58.69	57.57	57.22	57.10
200 FR	2:17.17	2:11.14	2:08.70	2:06.37	2:03.78	2:03.19	2:02.49
400 FR	4:49.43	4:36.83	4:28.90	4:24.70	4:19.35	4:18.72	4:18.29
800 FR	10:03.24	9:34.96	9:19.81	9:04.31	8:53.96	8:51.07	8:52.29
1500 FR	19:38.84	18:34.67	17:50.75	17:24.18	17:10.26	17:04.81	17:12.58
50 BK	33.70	32.21	x	x	x	x	x
100 BK	1:12.19	1:09.12	1:06.49	1:05.18	1:04.06	1:04.02	1:04.17
200 BK	2:36.51	2:30.03	2:22.94	2:20.06	2:18.36	2:17.51	2:17.46
50 BR	37.04	35.97	X	X	X	X	X
100 BR	1:21.49	1:18.11	1:15.65	1:14.21	1:12.64	1:12.04	1:11.97
200 BR	2:57.36	2:48.88	2:43.58	2:40.02	2:35.43	2:34.81	2:35.24
50 FL	31.72	30.08	X	X	X	X	X
100 FL	1:10.20	1:06.57	1:05.01	1:03.69	1:02.39	1:02.05	1:01.75
200 FL	2:38.06	2:27.89	2:22.67	2:19.29	2:16.28	2:15.32	2:14.83
200 IM	2:36.65	2:29.26	2:25.71	2:23.11	2:20.45	2:19.38	2:18.80
400 IM	5:34.23	5:17.73	5:07.10	5:00.47	4:56.96	4:54.29	4:55.16

Girls SCY

Event	11	12	13	14	15	16	17
50 FR	25.72	24.83	24.40	23.86	23.49	23.33	23.18
100 FR	55.95	53.70	52.57	51.60	50.83	50.64	50.38
200 FR	2:01.06	1:56.35	1:52.92	1:51.35	1:49.44	1:48.59	1:48.85
500 FR	5:22.13	5:09.90	5:00.89	4:54.32	4:50.93	4:49.88	4:48.77
1000 FR	11:15.23	10:45.26	10:19.10	10:05.24	10:02.50	10:00.72	10:01.15
1650 FR	18:49.82	17:58.13	17:19.71	16:56.21	16:47.96	16:47.11	16:47.35
50 BK	29.40	28.02	x	x	x	x	x
100 BK	1:02.92	59.70	57.81	56.92	55.77	56.10	55.80
200 BK	2:16.41	2:08.92	2:04.94	2:02.28	2:01.41	2:00.56	2:00.56
50 BR	32.71	31.40	X	X	X	X	X
100 BR	1:10.99	1:07.94	1:05.98	1:04.94	1:03.55	1:02.92	1:03.39
200 BR	2:34.97	2:27.25	2:22.57	2:20.50	2:17.98	2:16.35	2:16.63
50 FL	27.84	26.78	X	X	X	X	X
100 FL	1:01.92	59.02	57.50	56.49	55.75	55.23	54.98
200 FL	2:18.42	2:10.95	2:06.48	2:04.13	2:02.64	2:00.75	2:00.30
100 IM	1:04.02	1:01.34	X	X	X	X	X
200 IM	2:17.10	2:11.19	2:08.23	2:04.84	2:02.98	2:02.70	2:02.31
400 IM	4:54.14	4:39.71	4:29.64	4:24.21	4:22.92	4:19.83	4:19.47

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