

Revised 12/19/09



2010 FLORIDA SWIMMING, INC.

Spring & Summer Junior Olympic Standards

<u>SCY</u>	<u>SCM</u>	<u>LCM</u>		<u>SCY</u>	<u>SCM</u>	<u>LCM</u>
<u>10 & U GIRLS</u>				<u>10 & U BOYS</u>		
31.89	35.24	35.79	50 Free	31.89	35.24	35.79
1:10.19	1:17.53	1:19.99	100 Free	1:10.79	1:18.22	1:20.59
2:32.69	2:48.72	2:54.59	200 Free	2:34.69	2:50.93	2:56.59
6:36.39	5:46.88	5:59.29	500/400 Free	6:36.39	5:46.88	5:59.29
38.19	42.19	43.69	50 Back	38.39	42.42	44.19
1:22.19	1:30.82	1:33.69	100 Back	1:23.19	1:31.92	1:34.69
42.99	47.50	48.99	50 Breast	43.49	48.06	49.49
1:33.39	1:43.20	1:47.09	100 Breast	1:34.69	1:44.63	1:47.99
37.29	41.21	42.09	50 Fly	37.79	41.76	42.59
1:26.69	1:35.79	1:38.69	100 Fly	1:27.69	1:36.90	1:39.69
1:22.29	1:30.93	-----	100 IM	1:23.29	1:32.04	-----
2:53.09	3:11.26	3:16.19	200 IM	2:56.29	3:14.80	3:19.89

<u>11 & 12 GIRLS</u>				<u>11 & 12 BOYS</u>		
28.39	31.29	32.09	50 Free	28.59	31.59	32.99
1:00.69	1:07.03	1:09.99	100 Free	1:02.89	1:09.49	1:11.59
2:13.79	2:27.06	2:30.00	200 Free	2:15.59	2:29.83	2:33.69
5:48.19	5:04.70	5:13.59	500/400 Free	5:57.09	5:12.49	5:22.39
12:12.59	10:41.09	11:03.09	1000/800 Free	12:30.89	10:57.10	11:24.19
33.39	36.72	38.19	50 Back	33.99	37.56	38.99
1:12.19	1:19.54	1:21.99	100 Back	1:13.29	1:20.99	1:24.29
37.19	41.09	42.09	50 Breast	38.09	42.09	43.09
1:20.39	1:28.83	1:31.79	100 Breast	1:22.09	1:30.71	1:34.59
31.69	35.05	35.49	50 Fly	32.39	35.79	36.59
1:11.19	1:18.44	1:19.19	100 Fly	1:13.19	1:20.87	1:23.09
1:11.39	1:18.66	-----	100 IM	1:12.19	1:19.77	-----
2:31.99	2:46.05	2:51.69	200 IM	2:35.89	2:52.26	2:58.09

<u>13 & 14 GIRLS</u>				<u>13 & 14 BOYS</u>		
26.69	29.51	30.59	50 Free	25.69	28.42	29.79
57.99	1:04.02	1:05.99	100 Free	56.29	1:02.25	1:04.79
2:04.99	2:18.20	2:22.19	200 Free	2:00.89	2:13.66	2:19.29
5:29.99	4:48.76	4:55.99	500/400 Free	5:25.29	4:44.66	4:52.89
11:22.09	9:56.90	10:07.49	1000/800 Free	11:12.29	9:48.32	10:04.99
19:21.69	19:14.95	19:48.09	1650/1500 Free	18:40.79	18:34.29	19:22.59
1:06.79	1:13.86	1:17.99	100 Back	1:04.89	1:11.70	1:15.09
2:22.79	2:37.44	2:45.89	200 Back	2:19.49	2:34.14	2:41.59
1:15.89	1:23.86	1:27.29	100 Breast	1:12.29	1:19.88	1:23.59
2:44.99	3:02.31	3:07.99	200 Breast	2:39.29	2:56.02	3:05.39
1:04.99	1:11.75	1:13.69	100 Fly	1:04.39	1:11.15	1:12.99
2:24.49	2:39.66	2:45.99	200 Fly	2:22.79	2:37.78	2:41.89
2:24.19	2:39.41	2:44.29	200 IM	2:20.49	2:35.79	2:41.79
4:59.29	5:30.72	5:39.69	400 IM	4:53.79	5:24.64	5:35.79