

**2003-04
JUNIOR OLYMPIC TIME STANDARDS**

Revised 1/20/04

All 10 & U and 11-12 standards are now the same as last year

| GIRLS | | | BOYS | | | |
|---------|---------|---------|-------------------|---------|---------|---------|
| JO LC | JO SCM | JO SCY | 10/Under | JO SCY | JO SCM | JO LC |
| :38.49 | :35.59 | :31.99 | 50 Free | :31.89 | :35.29 | :36.79 |
| 1:21.89 | 1:19.29 | 1:11.39 | 100 Free | 1:10.79 | 1:18.19 | 1:21.59 |
| 2:59.89 | 2:52.79 | 2:36.39 | 200 Free | 2:33.89 | 2:50.89 | 2:54.39 |
| 6:09.69 | 5:57.39 | 6:48.39 | 500 Free | 6:44.59 | 5:54.09 | 6:06.79 |
| :43.69 | :42.19 | :38.19 | 50 Back | :38.49 | :42.59 | :44.69 |
| 1:35.49 | 1:30.89 | 1:22.19 | 100 Back | 1:21.69 | 1:30.19 | 1:34.69 |
| :48.79 | :46.49 | :41.99 | 50 Breast | :42.99 | :47.79 | :48.99 |
| 1:47.49 | 1:43.19 | 1:33.39 | 100 Breast | 1:34.09 | 1:44.49 | 1:46.99 |
| :42.09 | :41.19 | :37.29 | 50 Fly | :36.69 | :40.49 | :41.49 |
| 1:39.69 | 1:35.79 | 1:26.69 | 100 Fly | 1:26.69 | 1:36.29 | 1:38.19 |
| N/A | 1:31.29 | 1:22.19 | 100 IM | 1:21.49 | 1:29.79 | N/A |
| 3:22.59 | 3:07.29 | 2:55.99 | 200 IM | 2:56.29 | 3:16.09 | 3:20.89 |

| GIRLS | | | BOYS | | | |
|---------|---------|---------|---------------------|---------|---------|---------|
| JO LC | JO SCM | JO SCY | 11/12 YO | JO SCY | JO SCM | JO LC |
| :33.59 | :31.69 | :28.49 | 50 Free | :28.59 | :31.69 | :33.09 |
| 1:13.59 | 1:09.19 | 1:02.29 | 100 Free | 1:02.19 | 1:09.09 | 1:11.59 |
| 2:39.69 | 2:33.89 | 2:18.19 | 200 Free | 2:16.89 | 2:31.19 | 2:36.19 |
| 5:32.29 | 5:18.79 | 6:04.29 | 400/500 Free | 6:06.09 | 5:20.29 | 5:30.89 |
| :39.19 | :37.29 | :33.59 | 50 Back | :33.69 | :37.39 | :38.79 |
| 1:26.29 | 1:21.19 | 1:13.09 | 100 Back | 1:13.09 | 1:20.69 | 1:24.09 |
| 3:09.59 | 3:03.19 | 2:45.79 | 200 Back | 2:33.79 | 2:49.99 | 3:01.59 |
| :43.19 | :41.69 | :37.49 | 50 Breast | :37.69 | :41.49 | :43.69 |
| 1:33.79 | 1:30.59 | 1:21.59 | 100 Breast | 1:21.29 | 1:29.79 | 1:33.89 |
| 3:31.69 | 3:25.79 | 3:06.19 | 200 Breast | 2:52.99 | 3:11.09 | 3:21.19 |
| :36.79 | :35.79 | :32.19 | 50 Fly | :32.39 | :35.79 | :36.79 |
| 1:24.09 | 1:21.19 | 1:13.09 | 100 Fly | 1:12.49 | 1:20.19 | 1:23.09 |
| 3:07.89 | 3:01.99 | 2:44.69 | 200 Fly | 2:38.29 | 2:54.89 | 3:02.19 |
| N/A | 1:19.79 | 1:11.89 | 100 IM | 1:12.39 | 1:20.39 | N/A |
| 3:00.19 | 2:51.89 | 2:34.79 | 200 IM | 2:36.69 | 2:53.09 | 2:58.09 |
| 6:42.49 | 6:31.89 | 5:54.59 | 400 IM | 5:36.69 | 6:11.99 | 6:24.29 |

| GIRLS | | | BOYS | | | |
|----------------|----------------|----------------|-----------------------|----------------|----------------|----------------|
| JO LC | JO SCM | JO SCY | 13/14 YO | JO SCY | JO SCM | JO LC |
| :31.89 | :30.39 | :27.19 | 50 Free | :25.69 | :28.19 | :30.69 |
| 1:09.29 | 1:06.19 | :59.39 | 100 Free | :56.09 | 1:02.69 | 1:06.39 |
| 2:28.59 | 2:22.79 | 2:07.89 | 200 Free | 2:02.69 | 2:16.99 | 2:24.99 |
| 5:16.59 | 5:03.99 | 5:47.39 | 400/500 Free | 5:35.09 | 4:53.29 | 5:06.29 |
| 10:47.99 | 10:36.69 | 12:07.59 | 800/1000 Free | 11:43.89 | 10:15.99 | 10:31.29 |
| 20:39.79 | 20:05.09 | 20:12.19 | 1500/1650 Free | 19:39.49 | 19:32.59 | 20:14.39 |
| 1:19.69 | 1:15.49 | 1:07.59 | 100 Back | 1:04.89 | 1:11.69 | 1:15.59 |
| 2:51.99 | 2:42.69 | 2:25.69 | 200 Back | 2:19.69 | 2:34.19 | 2:42.99 |
| 1:30.09 | 1:25.89 | 1:17.49 | 100 Breast | 1:12.29 | 1:19.89 | 1:23.59 |
| 3:11.99 | 3:05.69 | 2:47.99 | 200 Breast | 2:36.29 | 2:52.69 | 3:02.39 |
| 1:17.59 | 1:14.89 | 1:07.39 | 100 Fly | 1:04.09 | 1:10.79 | 1:12.69 |
| 2:49.59 | 2:44.19 | 2:28.59 | 200 Fly | 2:22.29 | 2:37.19 | 2:41.59 |
| 2:48.39 | 2:43.29 | 2:25.09 | 200 IM | 2:20.49 | 2:35.99 | 2:44.59 |
| 6:03.19 | 5:53.79 | 5:20.49 | 400 IM | 5:02.89 | 5:34.69 | 5:46.79 |

| GIRLS | | | BOYS | | | |
|----------|----------------|----------------|-----------------------|----------------|----------------|----------|
| JO LC | JO SCM | JO SCY | 15/19 YO | JO SCY | JO SCM | JO LC |
| :31.89 | :30.69 | :27.49 | 50 Free | :24.49 | :27.39 | :28.79 |
| 1:08.09 | 1:05.99 | :59.09 | 100 Free | :53.39 | 1:00.19 | 1:03.09 |
| 2:25.39 | 2:22.19 | 2:07.39 | 200 Free | 1:57.39 | 2:11.09 | 2:17.39 |
| 5:12.89 | 5:01.89 | 5:44.99 | 400/500 Free | 5:25.29 | 4:44.69 | 4:53.29 |
| 10:41.89 | 10:26.49 | 11:55.89 | 800/1000 Free | 11:12.19 | 9:48.19 | 10:04.59 |
| 20:28.49 | 19:51.99 | 19:59.89 | 1500/1650 Free | 18:47.49 | 18:41.39 | 19:22.99 |
| 1:18.39 | 1:15.29 | 1:07.79 | 100 Back | 1:02.39 | 1:08.29 | 1:11.99 |
| 2:47.59 | 2:41.99 | 2:26.89 | 200 Back | 2:13.59 | 2:26.59 | 2:34.89 |
| 1:29.79 | 1:24.79 | 1:16.79 | 100 Breast | 1:09.19 | 1:16.49 | 1:20.59 |
| 3:08.49 | 3:02.59 | 2:45.29 | 200 Breast | 2:30.09 | 2:45.89 | 2:54.29 |
| 1:16.09 | 1:13.59 | 1:06.29 | 100 Fly | 1:00.79 | 1:07.19 | 1:09.09 |
| 2:44.69 | 2:42.79 | 2:27.69 | 200 Fly | 2:14.59 | 2:28.69 | 2:32.19 |
| 2:46.09 | 2:43.29 | 2:27.09 | 200 IM | 2:14.19 | 2:28.99 | 2:37.19 |
| 5:57.59 | 5:47.09 | 5:14.09 | 400 IM | 4:49.09 | 5:19.49 | 5:29.99 |