

**2008-09
JUNIOR OLYMPIC BONUS TIME STANDARDS**

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	10/Under	JO SCY	JO SCM	JO LC
:38.49	:36.29	:32.49	50 Free	:32.39	:36.19	: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	:37.99	50 Back	:38.29	: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	:41.69	:37.49	50 Fly	:36.69	:40.49	:41.49
1:39.69	1:35.09	1:26.69	100 Fly	1:26.69	1:36.29	1:38.19
N/A	1:31.39	1:22.29	100 IM	1:21.49	1:29.79	N/A
3:22.59	3:16.49	2:55.99	200 IM	2:56.29	3:16.09	3:20.89

GIRLS			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	11/12 YO	JO SCY	JO SCM	JO LC
:33.59	:31.99	:28.59	50 Free	:28.59	:31.69	:33.09
1:13.59	1:08.49	1:01.29	100 Free	1:02.19	1:09.09	1:11.59
2:39.69	2:32.09	2:16.19	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
11:36.46	11:16.49	12:52.99	800/1000 Free	12:48.89	11:12.89	11:39.29
22:23.79	21:34.09	21:41.69	500/1650 Free	21:35.89	21:28.39	22:27.89
:39.19	:36.79	:33.09	50 Back	:33.79	:37.59	:38.79
1:26.29	1:20.49	1:12.09	100 Back	1:13.09	1:20.69	1:24.09
3:00.69	2:53.59	2:37.09	200 Back	2:33.79	2:49.99	3:01.59
:43.19	:41.79	:37.59	50 Breast	:37.69	:41.49	:43.69
1:33.79	1:30.19	1:20.79	100 Breast	1:21.29	1:29.79	1:33.89
3:23.69	3:16.29	2:57.69	200 Breast	2:52.99	3:11.09	3:21.19
:36.79	:35.69	:32.09	50 Fly	:32.39	:35.79	:36.79
1:24.09	1:21.79	1:13.29	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	2:54.89	2:36.69	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			BONUS STANDARDS	BOYS		
JO LC	JO SCM	JO SCY	13/14 YO	JO SCY	JO SCM	JO LC
:31.89	:30.49	:27.49	50 Free	:25.89	:28.89	:30.69
1:09.29	1:05.89	:59.59	100 Free	:55.59	1:01.89	1:06.39
2:28.59	2:24.99	2:09.89	200 Free	2:04.69	2:19.19	2:24.99
5:16.59	5:09.49	5:53.69	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	500/1650 Free	19:39.49	19:32.59	20:14.39
1:19.69	1:15.49	1:08.09	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	2:42.79	2:25.79	200 IM	2:20.49	2:35.99	2:44.59
6:03.19	5:58.79	5:21.49	400 IM	5:02.89	5:34.69	5:46.79