

2017

approved

LCM

SES BONUS Time Standards - LCM

BOYS

GIRLS

LCM		BOYS		Event		GIRLS		LCM	
10 & u	11-12	13-14	Senior	Senior	Senior	13-14	11-12	10 & u	
:38.69	:33.99	:29.09	:27.19	50 FREE	:29.99	:30.29	:32.59	:38.29	
1:26.99	1:14.99	1:03.39	:58.29	100 FREE	1:04.69	1:05.89	1:12.59	1:24.89	
3:05.39	2:40.59	2:18.89	2:05.89	200 FREE	2:18.69	2:22.09	2:35.59	3:02.29	
<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	400 FREE	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	
	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>	800 FREE	<i>no bonus</i>	<i>no bonus</i>	<i>no bonus</i>		
		<i>no bonus</i>	<i>no bonus</i>	1500 FREE	<i>no bonus</i>	<i>no bonus</i>			
:47.59	:41.49	<i>any time</i>	<i>any time</i>	50 BACK	<i>any time</i>	<i>any time</i>	:38.89	:45.69	
1:43.09	1:28.69	1:13.79	1:09.19	100 BACK	1:15.09	1:15.39	1:23.29	1:37.69	
		2:38.89	2:28.49	200 BACK	2:42.49	2:42.69			
:55.39	:47.59	<i>any time</i>	<i>any time</i>	50 BREAST	<i>any time</i>	<i>any time</i>	:44.79	:52.79	
2:00.39	1:42.99	1:23.89	1:19.69	100 BREAST	1:26.79	1:26.79	1:38.89	1:54.39	
		3:04.89	2:54.29	200 BREAST	3:08.99	3:09.39			
:47.19	:38.39	<i>any time</i>	<i>any time</i>	50 FLY	<i>any time</i>	<i>any time</i>	:36.09	:45.19	
1:53.09	1:29.89	1:11.09	1:04.29	100 FLY	1:11.99	1:12.79	1:25.09	1:48.69	
		2:48.29	2:27.09	200 FLY	2:53.59	2:53.59			
3:38.09	3:05.89	2:38.09	2:25.69	200 IM	2:39.09	2:41.59	2:59.19	3:21.69	
		<i>no bonus</i>	<i>no bonus</i>	400 IM	<i>no bonus</i>	<i>no bonus</i>			

Events 400 meters and longer are not allowed for Bonus Swims

13-14 and Senior 50 meter Back, Breast, and Fly shall have no minimum Bonus Standard