



# Illinois Swimming Short Course 2015-2016 Time Standards



GIRLS						BOYS						
LCM		SCM		SCY		10&Under	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:38.59	38.29	33.49	36.79	30.19	33.19	50 Free	30.19	33.19	33.49	36.79	:34.19	38.39
1:16.99	1:25.39	1:14.79	1:22.29	1:06.29	1:14.09	100 Free	1:06.39	1:13.29	1:13.89	1:21.29	1:16.39	1:26.09
2:49.09	3:06.89	2:44.49	3:00.99	2:25.89	2:42.09	200 Free	2:27.19	2:42.59	2:44.09	3:00.49	2:47.49	3:09.09
5:49.29	6:50.59	5:39.79	6:39.49	6:28.29	7:40.59	400/500 Free	6:28.29	7:44.69	5:39.79	6:47.99	5:49.29	6:56.79
:40.79	45.89	39.89	43.89	:35.29	39.49	50 Back	:35.19	39.59	39.99	43.99	:41.09	46.29
1:28.39	1:39.19	1:25.59	1:34.19	1:15.89	1:24.79	100 Back	1:16.99	1:25.59	1:26.39	1:34.99	1:31.49	1:40.59
:46.69	51.59	44.49	48.89	40.09	44.09	50 Breast	:40.49	45.19	45.59	50.19	:47.89	53.49
1:41.49	1:53.19	1:37.49	1:47.19	1:27.59	1:36.59	100 Breast	1:28.59	1:39.69	1:40.59	1:50.69	1:44.49	1:57.49
:38.69	43.29	37.79	41.59	:33.69	37.49	50 Fly	:34.09	37.69	38.09	41.89	:30.89	44.49
1:34.29	1:43.69	1:28.79	1:37.69	1:19.39	1:27.99	100 Fly	1:20.69	1:29.59	1:30.49	1:39.49	1:33.79	1:47.89
		1:25.79	1:34.39	1:16.69	1:24.99	100 IM	1:16.59	1:25.79	1:26.59	1:35.29		
3:11.09	3:33.29	3:05.69	3:24.29	2:46.59	3:03.99	200 IM	2:47.79	3:06.69	3:08.39	3:27.19	3:10.59	3:37.49
2:29.59		2:22.59		2:06.99		200 Free Relay	2:10.59		2:24.99		2:32.39	
2:48.29		2:41.19		2:24.69		200 Med. Relay	2:28.29		2:44.59		2:57.49	
LCM		SCM		SCY		11/12	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:30.69	34.29	:29.59	33.29	:26.89	29.99	50 Free	:26.59	29.59	:28.99	32.89	:30.09	34.19
1:06.29	1:14.79	1:04.79	1:12.19	:58.29	1:04.99	100 Free	:57.59	1:04.69	1:03.89	1:11.79	1:06.39	1:15.49
2:25.19	2:42.89	2:19.89	2:37.49	2:06.79	2:21.79	200 Free	2:07.29	2:21.89	2:19.49	2:37.49	2:24.99	2:44.99
5:09.29	5:45.19	4:57.39	5:30.79	5:42.09	6:18.59	400/500 Free	5:40.19	6:18.29	4:57.49	5:30.59	5:07.29	5:51.29
:35.49	40.39	:34.79	38.59	:30.69	34.79	50 Back	:30.89	34.49	:34.59	38.39	:35.69	40.79
1:16.29	1:26.39	1:14.49	1:22.09	1:05.89	1:13.89	100 Back	1:06.59	1:14.49	1:14.79	1:22.69	1:16.89	1:27.99
2:46.69	2:56.09	2:40.29	2:51.59	2:24.39	2:34.39	200 Back	2:27.59	2:53.19	2:43.79	3:12.49	2:47.09	3:19.39
:40.29	45.49	:38.79	42.89	:34.49	38.59	50 Breast	:34.29	39.29	:38.49	43.59	:39.99	46.39
1:27.39	1:39.09	1:24.09	1:33.49	1:15.49	1:24.19	100 Breast	1:15.19	1:24.89	1:24.79	1:34.39	1:28.09	1:40.99
3:10.09	3:22.39	3:03.79	3:19.89	2:45.59	2:59.69	200 Breast	2:53.19	3:09.29	3:12.19	3:30.19	3:15.79	3:38.09
:33.19	37.69	:32.19	36.59	:29.39	32.99	50 Fly	:29.49	32.89	:32.59	36.49	:33.49	38.29
1:15.59	1:25.99	1:12.69	1:21.99	1:05.69	1:13.79	100 Fly	1:05.69	1:14.59	1:14.09	1:22.89	1:15.99	1:28.09
2:53.59	3:33.09	2:51.59	3:25.89	2:34.59	3:06.29	200 Fly	2:45.89	3:04.69	3:04.19	3:24.09	2:59.59	3:30.99
		1:15.19	1:22.89	1:07.09	1:14.59	100 IM	1:06.89	1:14.89	1:14.69	1:23.19		
2:45.49	3:04.99	2:39.49	2:57.79	2:24.19	2:39.99	200 IM	2:24.09	2:41.29	2:40.59	2:59.49	2:45.69	3:07.49
	7:32.09		7:15.79		6:34.39	400 IM		6:27.29		7:07.99		7:28.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:40.89		4:30.09		4:03.69		400 Free Relay	4:07.29		4:34.99		4:45.99	
	NT		NT		NT	200 Med Relay		NT		NT		NT
5:19.69		5:07.39		4:34.29		400 Med. Relay	4:41.29		5:15.29		5:30.39	
LCM		SCM		SCY		13/14	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
:29.19	:32.19	:28.19	:31.09	:25.39	:28.09	50 Free	:23.79	:26.39	:26.79	:29.59	:27.39	:30.59
1:03.39	1:10.19	1:01.39	1:07.59	:55.09	1:01.09	100 Free	:51.69	:57.09	:57.99	1:03.79	:59.89	1:06.39
2:17.49	2:32.39	2:13.19	2:26.59	1:59.69	2:11.69	200 Free	1:52.89	2:05.39	2:07.69	2:20.49	2:10.79	2:26.09
4:49.69	5:21.79	4:41.29	5:09.49	5:22.19	5:56.09	400/500 Free	5:07.69	5:36.19	4:32.29	4:59.59	4:40.59	5:13.59
9:58.19	10:57.99	9:47.79	10:46.59	10:57.79	12:03.59	800/1000 Free	10:32.59	11:35.89	9:37.69	10:35.49	9:48.09	10:46.89
19:08.59	21:03.39	18:48.59	20:41.49	18:51.29	20:44.49	1500/1650 Free	18:20.89	20:10.99	18:29.19	20:20.09	18:49.19	20:42.09
1:12.09	1:19.99	1:09.59	1:16.59	1:01.69	1:08.29	100 Back	:58.89	1:05.69	1:06.89	1:13.59	1:08.99	1:18.19
2:35.89	2:52.39	2:29.89	2:45.39	2:12.59	2:27.89	200 Back	2:08.29	2:21.89	2:26.09	2:40.79	2:29.09	2:47.59
1:22.59	1:31.59	1:19.59	1:27.59	1:10.79	1:18.19	100 Breast	1:06.89	1:14.49	1:16.39	1:24.09	1:18.69	1:27.59
2:58.29	3:18.49	2:53.39	3:10.89	2:33.19	2:51.29	200 Breast	2:25.99	2:42.69	2:47.19	3:03.99	2:51.89	3:11.89
1:10.39	1:17.99	1:08.19	1:15.09	1:01.29	1:07.89	100 Fly	:57.79	1:03.79	1:04.69	1:11.19	1:07.09	1:13.99
2:38.59	2:55.79	2:33.69	2:49.09	2:17.49	2:32.69	200 Fly	2:12.79	2:26.29	2:29.39	2:42.39	2:35.29	2:50.59
2:36.99	2:53.29	2:31.49	2:46.69	2:15.79	2:30.49	200 IM	2:08.79	2:22.79	2:25.39	2:39.99	2:28.89	2:46.39
5:31.59	6:07.09	5:20.89	5:52.99	4:49.69	5:19.99	400 IM	4:35.29	5:07.29	5:14.89	5:46.39	5:23.29	6:00.29
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:22.19		4:12.19		3:48.39		400 Free Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:19.49		800 Free Relay	8:01.59		9:01.49		9:22.99	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:56.19		4:44.89		4:13.99		400 Med. Relay	4:02.69		4:32.89		4:48.09	
LCM		SCM		SCY		Senior	SCY		SCM		LCM	
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG
29.19	32.19	27.89	30.89	24.99	27.79	50 Free	22.49	24.99	25.09	27.69	26.49	29.39
1:03.09	1:09.99	1:00.19	1:06.89	53.99	1:00.29	100 Free	48.89	54.19	54.49	1:00.19	57.29	1:03.39
2:16.69	2:30.79	2:11.09	2:25.09	1:57.49	2:10.69	200 Free	1:47.29	1:59.49	1:59.69	2:12.49	2:05.49	2:19.29
4:49.89	5:19.79	4:34.29	5:05.59	5:13.59	5:49.19	400/500 Free	4:54.29	5:26.79	4:17.39	4:45.99	4:29.99	5:01.29
10:08.09	11:08.89	9:45.29	10:49.29	11:08.99	12:22.09	800/1000 Free	10:35.79	11:56.09	9:10.59	10:26.59	9:26.79	10:23.49
19:16.99	21:12.69	18:46.39	20:50.49	18:47.89	20:42.99	1500/1650 Free	17:51.69	19:39.19	17:49.09	19:46.19	18:14.29	20:05.59
1:11.99	1:20.29	1:07.79	1:15.99	1:00.79	1:08.49	100 Back	56.19	1:02.89	1:02.69	1:09.79	1:07.09	1:15.49
2:36.99	2:54.59	2:25.99	2:44.19	2:10.89	2:27.89	200 Back	2:03.19	2:18.49	2:17.49	2:33.69	2:25.99	2:44.09
1:22.89	1:31.79	1:18.19	1:27.09	1:10.09	1:18.39	100 Breast	1:02.99	1:11.19	1:10.29	1:18.99	1:16.09	1:24.29
2:59.69	3:18.79	2:49.79	3:09.89	2:32.19	2:50.99	200 Breast	2:18.29	2:38.69	2:34.29	2:56.19	2:47.89	3:07.09
1:10.49	1:18.29	1:07.59	1:15.19	1:00.59	1:07.79	100 Fly	54.79	1:00.79	1:01.09	1:07.49	1:03.59	1:11.09
2:39.49	2:55.99	2:31.69	2:50.49	2:15.99	2:34.29	200 Fly	2:05.99	2:22.59	2:20.59	2:38.19	2:28.99	2:49.29
2:36.49	2:52.89	2:27.39	2:43.89	2:12.09	2:27.59	200 IM	2:02.19	2:16.09	2:16.29	2:30.99	2:23.29	2:41.49
5:38.29	6:12.69	5:21.19	5:54.29	4:47.79	5:19.19	400 IM	4:26.89	4:59.49	4:57.79	5:32.39	5:13.49	5:47.79
	NT		NT		NT	200 Free Relay		NT		NT		NT
4:23.09		4:07.89		3:42.19		400 Free Relay	3:21.69		3:45.09		3:57.89	
9:29.99		9:00.89		8:07.29		800 Free Relay	7:28.39		8:17.69		8:52.29	
	NT		NT		NT	200 Med. Relay		NT		NT		NT
4:54.69		4:32.89		4:04.59		400 Med. Relay	3:42.69		4:08.49		4:26.99	

\*Approved\*