



# Illinois Swimming 2010-2011 Time Standards



GIRLS							BOYS						
LCM		SCM		SCY		10&Under	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
<b>34.99</b>	<b>38.49</b>	33.99	37.39	30.59	33.69	<b>50 Free</b>	30.49	33.49	33.89	37.29	<b>35.19</b>	<b>38.69</b>	
1:18.79	1:26.69	1:14.79	1:22.29	1:07.39	1:14.09	<b>100 Free</b>	<b>1:07.39</b>	<b>1:14.09</b>	<b>1:14.79</b>	<b>1:22.29</b>	<b>1:18.99</b>	<b>1:26.89</b>	
<b>2:51.39</b>	<b>3:08.49</b>	2:44.49	3:00.99	2:28.19	2:42.09	<b>200 Free</b>	<b>2:29.59</b>	<b>2:44.59</b>	<b>2:45.99</b>	<b>3:02.59</b>	<b>2:54.09</b>	<b>3:11.49</b>	
<b>5:49.29</b>	7:42.09	<b>5:39.79</b>	7:26.79	<b>6:28.29</b>	8:30.49	<b>400/500 Free</b>	<b>6:28.29</b>	8:25.49	<b>5:39.79</b>	7:22.69	<b>5:49.29</b>	7:38.49	
42.09	46.29	39.89	43.89	35.89	39.49	<b>50 Back</b>	35.99	39.59	39.99	43.99	<b>42.39</b>	<b>46.59</b>	
<b>1:30.89</b>	<b>1:39.99</b>	<b>1:25.59</b>	<b>1:34.19</b>	<b>1:17.09</b>	<b>1:24.79</b>	<b>100 Back</b>	<b>1:18.09</b>	<b>1:25.89</b>	<b>1:26.69</b>	<b>1:35.39</b>	<b>1:32.29</b>	<b>1:41.49</b>	
47.39	52.09	44.89	49.39	40.49	44.59	<b>50 Breast</b>	<b>41.09</b>	<b>45.19</b>	<b>45.59</b>	<b>50.19</b>	<b>48.99</b>	<b>53.89</b>	
<b>1:43.49</b>	<b>1:53.79</b>	1:38.69	1:48.59	1:28.29	1:37.79	<b>100 Breast</b>	<b>1:30.59</b>	<b>1:39.69</b>	<b>1:40.59</b>	<b>1:50.69</b>	<b>1:47.59</b>	<b>1:58.39</b>	
<b>39.79</b>	<b>43.79</b>	38.29	42.09	34.49	37.89	<b>50 Fly</b>	34.79	38.29	38.59	42.49	<b>40.99</b>	<b>45.09</b>	
<b>1:35.59</b>	<b>1:45.19</b>	<b>1:28.79</b>	<b>1:37.69</b>	<b>1:19.99</b>	<b>1:27.99</b>	<b>100 Fly</b>	<b>1:21.49</b>	<b>1:29.59</b>	<b>1:30.49</b>	<b>1:39.49</b>	<b>1:39.09</b>	<b>1:48.99</b>	
		1:25.79	1:34.39	1:17.29	1:24.99	<b>100 IM</b>	<b>1:17.99</b>	<b>1:25.79</b>	<b>1:26.59</b>	<b>1:35.29</b>			
3:14.49	3:33.89	3:05.69	3:24.29	2:47.29	3:03.99	<b>200 IM</b>	<b>2:49.69</b>	<b>3:06.69</b>	<b>3:08.39</b>	<b>3:27.19</b>	<b>3:19.99</b>	<b>3:39.99</b>	
<b>2:30.29</b>		<b>2:22.59</b>		<b>2:08.49</b>		<b>200 Free Relay</b>	2:10.59		2:24.99		<b>2:35.59</b>		
<b>2:50.99</b>		<b>2:41.19</b>		<b>2:25.19</b>		<b>200 Med. Relay</b>	2:28.29		2:44.59		<b>2:57.89</b>		
LCM		SCM		SCY		11/12	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
<b>31.29</b>	<b>34.39</b>	30.29	33.29	27.19	29.99	<b>50 Free</b>	26.89	29.59	29.89	32.89	<b>31.29</b>	34.59	
<b>1:08.49</b>	<b>1:15.29</b>	<b>1:05.69</b>	<b>1:12.29</b>	<b>59.19</b>	<b>1:05.09</b>	<b>100 Free</b>	58.79	1:04.69	1:05.29	1:11.79	1:09.09	1:15.99	
<b>2:29.39</b>	<b>2:44.29</b>	<b>2:23.69</b>	<b>2:38.09</b>	<b>2:09.49</b>	<b>2:22.39</b>	<b>200 Free</b>	2:09.29	2:22.19	2:23.49	2:37.79	2:31.19	2:46.29	
<b>5:17.39</b>	<b>5:49.09</b>	<b>5:04.39</b>	<b>5:34.79</b>	<b>5:47.89</b>	<b>6:22.69</b>	<b>400/500 Free</b>	5:49.79	6:24.79	5:06.19	5:36.79	<b>5:22.99</b>	<b>5:55.29</b>	
<b>36.89</b>	<b>40.59</b>	<b>35.09</b>	<b>38.59</b>	<b>31.59</b>	<b>34.79</b>	<b>50 Back</b>	31.79	34.99	35.29	39.79	<b>37.29</b>	<b>40.99</b>	
<b>1:19.49</b>	<b>1:27.39</b>	<b>1:15.39</b>	<b>1:22.89</b>	<b>1:07.89</b>	<b>1:14.69</b>	<b>100 Back</b>	1:08.29	1:15.09	1:15.79	1:23.39	<b>1:20.79</b>	<b>1:28.89</b>	
<b>2:46.69</b>	3:30.79	<b>2:40.29</b>	3:22.49	<b>2:24.39</b>	3:03.29	<b>200 Back</b>	<b>2:27.59</b>	2:59.39	<b>2:43.79</b>	3:18.29	<b>2:49.09</b>	3:30.29	
<b>41.39</b>	<b>45.49</b>	39.19	43.09	35.29	38.79	<b>50 Breast</b>	35.69	39.29	39.59	43.59	42.59	46.89	
<b>1:30.59</b>	<b>1:39.69</b>	1:25.49	1:33.99	1:16.99	1:24.69	<b>100 Breast</b>	1:18.19	1:25.99	1:26.79	1:35.49	<b>1:33.79</b>	<b>1:43.19</b>	
<b>3:10.09</b>	3:57.59	<b>3:03.79</b>	3:49.09	<b>2:45.59</b>	<b>3:27.29</b>	<b>200 Breast</b>	<b>2:53.19</b>	3:21.79	<b>3:12.19</b>	3:42.99	<b>3:18.69</b>	3:54.69	
<b>34.49</b>	<b>37.89</b>	<b>33.49</b>	<b>36.89</b>	<b>30.19</b>	<b>33.19</b>	<b>50 Fly</b>	30.29	33.29	33.59	36.99	34.99	38.49	
<b>1:19.69</b>	<b>1:27.69</b>	<b>1:15.39</b>	<b>1:22.89</b>	<b>1:07.89</b>	<b>1:14.69</b>	<b>100 Fly</b>	<b>1:08.49</b>	<b>1:15.29</b>	<b>1:15.99</b>	<b>1:23.59</b>	<b>1:21.69</b>	<b>1:29.89</b>	
<b>2:53.59</b>	3:33.09	<b>2:51.59</b>	3:25.89	<b>2:34.59</b>	3:06.29	<b>200 Fly</b>	<b>2:45.89</b>	3:04.69	<b>3:04.19</b>	3:24.09	<b>3:06.29</b>	3:30.99	
		<b>1:15.59</b>	<b>1:23.19</b>	<b>1:08.09</b>	<b>1:14.89</b>	<b>100 IM</b>	1:08.59	1:15.49	1:16.09	1:23.69			
<b>2:49.99</b>	<b>3:06.99</b>	<b>2:42.39</b>	<b>2:58.59</b>	<b>2:26.29</b>	<b>2:40.89</b>	<b>200 IM</b>	2:28.09	2:42.89	2:44.39	3:00.79	2:52.79	3:10.09	
	7:32.09		7:15.79		6:34.39	<b>400 IM</b>		6:27.29		7:07.99		7:28.29	
<b>4:47.99</b>		4:34.69		4:07.49		<b>400 Free Relay</b>	4:12.99		4:40.79		5:00.29		
<b>5:24.99</b>		<b>5:08.59</b>		<b>4:37.99</b>		<b>400 Med. Relay</b>	4:44.99		5:16.29		5:43.59		
LCM		SCM		SCY		13/14	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
29.99	32.99	28.89	31.79	25.99	28.59	<b>50 Free</b>	<b>24.19</b>	<b>26.59</b>	<b>26.89</b>	<b>29.59</b>	28.29	31.09	
<b>1:04.99</b>	<b>1:11.49</b>	<b>1:02.49</b>	<b>1:08.69</b>	<b>56.29</b>	<b>1:01.89</b>	<b>100 Free</b>	<b>52.79</b>	<b>58.09</b>	<b>58.59</b>	<b>1:04.49</b>	<b>1:01.59</b>	<b>1:07.79</b>	
<b>2:20.99</b>	<b>2:35.09</b>	<b>2:15.09</b>	<b>2:28.59</b>	<b>2:01.69</b>	<b>2:13.89</b>	<b>200 Free</b>	<b>1:55.49</b>	<b>2:06.99</b>	<b>2:08.19</b>	<b>2:20.99</b>	<b>2:15.39</b>	<b>2:28.89</b>	
<b>4:58.99</b>	<b>5:28.89</b>	<b>4:46.79</b>	<b>5:15.49</b>	<b>5:27.79</b>	<b>6:00.59</b>	<b>400/500 Free</b>	<b>5:15.29</b>	<b>5:46.79</b>	<b>4:35.89</b>	<b>5:03.49</b>	<b>4:50.39</b>	<b>5:19.39</b>	
10:23.79	<b>11:26.19</b>	9:59.99	<b>10:59.99</b>	11:25.69	<b>12:34.29</b>	<b>800/1000 Free</b>	11:08.19	<b>12:14.99</b>	9:44.69	<b>10:43.19</b>	10:11.99	<b>11:13.19</b>	
19:44.99	<b>21:43.49</b>	<b>19:15.09</b>	<b>21:10.59</b>	<b>19:08.19</b>	<b>21:02.99</b>	<b>1500/1650 Free</b>	18:38.29	<b>20:30.09</b>	18:44.99	<b>20:37.49</b>	19:21.99	<b>21:18.19</b>	
<b>1:15.19</b>	<b>1:22.69</b>	<b>1:10.79</b>	<b>1:17.89</b>	<b>1:03.79</b>	<b>1:10.19</b>	<b>100 Back</b>	<b>1:00.89</b>	<b>1:06.99</b>	<b>1:07.59</b>	<b>1:14.39</b>	<b>1:12.49</b>	<b>1:19.69</b>	
<b>2:41.79</b>	<b>2:57.99</b>	<b>2:33.69</b>	<b>2:49.09</b>	<b>2:18.49</b>	<b>2:32.29</b>	<b>200 Back</b>	<b>2:13.19</b>	<b>2:26.49</b>	<b>2:27.79</b>	<b>2:42.59</b>	<b>2:36.29</b>	<b>2:51.89</b>	
<b>1:25.59</b>	<b>1:34.19</b>	<b>1:20.79</b>	<b>1:28.89</b>	<b>1:12.79</b>	<b>1:20.09</b>	<b>100 Breast</b>	<b>1:09.49</b>	<b>1:16.39</b>	<b>1:17.09</b>	<b>1:24.79</b>	<b>1:23.19</b>	<b>1:31.49</b>	
<b>3:04.09</b>	<b>3:22.49</b>	<b>2:55.69</b>	<b>3:13.29</b>	<b>2:38.29</b>	<b>2:54.09</b>	<b>200 Breast</b>	<b>2:32.19</b>	<b>2:47.39</b>	<b>2:48.89</b>	<b>3:05.79</b>	<b>3:01.19</b>	<b>3:19.29</b>	
<b>1:13.59</b>	<b>1:20.99</b>	<b>1:10.29</b>	<b>1:17.29</b>	<b>1:03.29</b>	<b>1:09.59</b>	<b>100 Fly</b>	59.79	<b>1:05.79</b>	<b>1:06.39</b>	<b>1:12.99</b>	1:10.69	1:17.79	
<b>2:48.89</b>	<b>3:05.79</b>	<b>2:40.49</b>	<b>2:56.49</b>	<b>2:24.59</b>	<b>2:39.09</b>	<b>200 Fly</b>	<b>2:18.09</b>	<b>2:31.89</b>	<b>2:33.29</b>	<b>2:48.59</b>	2:45.69	3:02.29	
<b>2:40.69</b>	<b>2:56.79</b>	<b>2:34.09</b>	<b>2:49.49</b>	<b>2:18.79</b>	<b>2:32.69</b>	<b>200 IM</b>	<b>2:11.89</b>	<b>2:25.09</b>	<b>2:26.39</b>	<b>2:40.99</b>	2:34.99	2:50.49	
<b>5:43.09</b>	<b>6:17.39</b>	5:28.39	6:01.09	4:55.89	5:25.49	<b>400 IM</b>	<b>4:45.79</b>	<b>5:14.39</b>	<b>5:17.19</b>	<b>5:48.89</b>	5:33.79	6:07.19	
<b>4:28.89</b>		4:16.19		3:50.79		<b>400 Free Relay</b>	3:41.49		4:05.89		4:20.69		
9:46.89		9:20.29		8:24.79		<b>800 Free Relay</b>	<b>8:09.19</b>		<b>9:02.99</b>		9:32.29		
5:02.79		4:45.19		4:16.89		<b>400 Med. Relay</b>	<b>4:06.69</b>		<b>4:33.79</b>		5:00.79		
LCM		SCM		SCY		Senior	SCY		SCM		LCM		
CHMP	REG	CHMP	REG	CHMP	REG		CHMP	REG	CHMP	REG	CHMP	REG	
29.29	32.19	<b>28.19</b>	<b>30.99</b>	<b>25.39</b>	<b>27.89</b>	<b>50 Free</b>	<b>22.79</b>	<b>25.09</b>	<b>25.29</b>	<b>27.79</b>	26.69	29.39	
<b>1:03.59</b>	<b>1:09.99</b>	<b>1:00.99</b>	<b>1:07.09</b>	<b>54.99</b>	<b>1:00.49</b>	<b>100 Free</b>	<b>49.69</b>	<b>54.69</b>	<b>55.19</b>	<b>1:00.69</b>	57.59	1:03.39	
<b>2:17.09</b>	<b>2:30.79</b>	<b>2:12.29</b>	<b>2:25.49</b>	<b>1:59.19</b>	<b>2:11.09</b>	<b>200 Free</b>	<b>1:49.69</b>	<b>2:00.69</b>	<b>2:01.79</b>	<b>2:13.99</b>	<b>2:06.59</b>	<b>2:19.29</b>	
4:50.69	5:19.79	<b>4:39.29</b>	<b>5:07.19</b>	<b>5:19.19</b>	<b>5:51.09</b>	<b>400/500 Free</b>	<b>4:57.09</b>	<b>5:26.79</b>	<b>4:19.99</b>	<b>4:45.99</b>	4:33.89	5:01.29	
10:08.09	11:08.89	9:50.29	10:49.29	11:14.59	12:22.09	<b>800/1000 Free</b>	10:39.99	11:56.09	9:10.59	10:26.59	9:26.79	10:23.49	
19:16.99	<b>21:12.69</b>	<b>18:56.79</b>	<b>20:50.49</b>	<b>18:49.99</b>	<b>20:42.99</b>	<b>1500/1650 Free</b>	17:51.99	<b>19:39.19</b>	<b>17:58.39</b>	<b>19:46.19</b>	18:15.99	<b>20:05.59</b>	
<b>1:12.99</b>	<b>1:20.29</b>	1:09.79	1:16.79	1:02.89	1:09.19	<b>100 Back</b>	57.49	1:03.19	1:03.79	1:10.19	1:08.59	1:15.49	
<b>2:38.69</b>	<b>2:54.59</b>	<b>2:31.29</b>	<b>2:46.39</b>	<b>2:16.29</b>	<b>2:29.89</b>	<b>200 Back</b>	<b>2:06.59</b>	<b>2:19.29</b>	<b>2:20.49</b>	<b>2:34.49</b>	<b>2:30.69</b>	<b>2:45.79</b>	
1:23.49	1:31.79	1:19.19	1:27.09	1:11.29	1:18.39	<b>100 Breast</b>	1:05.49	1:11.99	1:12.69	1:19.99	1:16.59	1:24.29	
<b>3:00.69</b>	<b>3:18.79</b>	2:53.09	3:10.39	2:35.89	2:51.49	<b>200 Breast</b>	2:25.39	2:39.89	2:41.39	2:57.49	2:50.09	3:07.09	
<b>1:11.19</b>	<b>1:18.29</b>	<b>1:08.39</b>	<b>1:15.19</b>	<b>1:01.59</b>	<b>1</b>								