

WOSA LC REGIONAL CHAMPIONSHIP TIME STANDARDS

	9/U G	10/U B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15B	15/O G	16/O B
50 FR	44.92	39.93	38.51	37.74	37.46	34.91	35.45	33.28	34.61	31.53	33.88	31.08	33.22	30.12
100 FR	1.40.44	1.31.77	1.28.35	1.23.30	1.21.65	1.16.74	1.17.83	1.13.09	1.15.49	1.09.26	1.13.02	1.08.46	1.10.82	1.05.76
200 FR	3.33.63	3.30.39	3.13.52	2.59.98	2.59.32	2.47.30	2.47.97	2.37.95	2.41.91	2.31.59	2.38.27	2.27.74	2.33.81	2.25.07
400 FR	7.16.56	7.15.36	7.10.04	6.22.82	6.17.90	5.54.08	5.57.77	5.36.11	5.39.03	5.22.71	5.31.96	5.17.64	5.25.29	5.10.32
800 FR					13.02.24	12.12.96	12.20.60	11.35.75	11.41.79	11.08.00	11.27.15	10.57.71	11.15.51	10.42.36
1500 FR									22.36.13	21.30.83	22.07.84	21.10.55	21.52.09	20.41.27
50 BK	53.68	48.86												
100 BK	1.50.85	1.46.28	1.41.51	1.35.24	1.33.16	1.28.11	1.27.62	1.23.42	1.24.14	1.18.73	1.22.81	1.17.92	1.20.56	1.15.73
200 BK			3.39.15	3.21.81	3.20.05	3.07.65	3.07.44	2.58.39	3.00.40	2.48.71	2.57.26	2.47.67	2.52.95	2.43.64
50 BR	1.00.20	57.00												
100 BR	2.10.48	2.04.23	1.53.18	1.51.22	1.46.97	1.39.25	1.39.36	1.34.82	1.37.16	1.29.87	1.33.16	1.29.01	1.31.63	1.26.74
200 BR			4.04.40	4.05.93	3.48.03	3.32.95	3.32.86	3.22.57	3.26.75	3.15.47	3.21.20	3.14.43	3.17.04	3.12.29
50 FL	55.14	48.75												
100 FL	2.11.44	2.07.52	1.51.04	1.40.54	1.36.28	1.29.54	1.30.46	1.22.94	1.24.54	1.17.80	1.23.61	1.17.31	1.20.06	1.13.57
200 FL			3.44.40	3.42.36	3.57.91	3.26.49	3.29.97	3.06.84	3.08.79	2.59.41	3.07.06	2.53.04	2.58.79	2.48.40
100 IM														
200 IM	4.06.40	3.51.24	3.36.38	3.26.51	3.22.36	3.09.34	3.10.14	2.59.36	3.04.33	2.52.16	2.58.66	2.49.04	2.55.32	2.43.16
400 IM					7.20.85	6.50.49	6.51.05	6.18.12	6.29.95	6.08.49	6.21.15	5.58.59	6.12.12	5.59.30