

### 2017-2018 WOSA Regional Standards

SCM								FEMALE	LCM							
10 & U	11	12	13	14	15	16	17 & O		17 & O	16	15	14	13	12	11	10 & U
40.78	37.82	36.05	33.97	32.33	31.86	31.65	31.26	50 FR	31.88	32.28	32.49	32.97	34.65	36.77	38.58	41.59
1:30.42	1:22.74	1:18.01	1:13.91	1:09.75	1:08.98	1:08.56	1:07.54	100 FR	1:08.88	1:09.93	1:10.36	1:11.14	1:15.39	1:19.57	1:24.40	1:32.23
3:19.20	3:00.85	2:50.21	2:40.29	2:31.41	2:30.04	2:28.09	2:26.19	200 FR	2:29.11	2:31.05	2:33.99	2:34.43	2:43.50	2:53.62	3:04.46	3:20.14
6:57.25	6:28.80	6:03.60	5:45.00	5:20.53	5:18.73	5:14.49	5:10.85	400 FR	5:17.07	5:20.78	5:25.11	5:26.93	5:51.90	6:10.87	6:36.58	7:05.59
	13:16.67	12:18.76	11:42.31	11:10.08	11:02.48	10:49.98	10:43.48	800 FR	10:56.35	11:02.97	11:16.89	11:23.48	11:56.35	12:33.53	13:32.60	
			21:43.44	21:24.27	21:09.76	20:45.76	20:33.31	1500 FR	20:57.97	21:10.68	21:35.15	21:49.96	22:09.51			
44.38	42.31	40.06	39.00	36.00	35.50	35.00	35.00	50 BK	36.50	37.00	37.55	38.40	39.11	41.32	43.2	45.58
1:43.43	1:35.15	1:29.24	1:24.39	1:19.05	1:17.91	1:16.74	1:15.49	100 BK	1:16.99	1:18.27	1:19.48	1:20.64	1:26.08	1:31.02	1:37.06	1:45.49
3:43.39	3:23.30	3:11.48	3:02.38	2:49.19	2:47.31	2:45.91	2:43.08	200 BK	2:46.35	2:49.23	2:50.66	2:52.57	3:06.02	3:15.31	3:27.37	3:47.87
51.32	48.16	44.76	43.00	42.61	41.79	40.00	39.50	50 BR	42.00	42.50	43.00	43.72	45.40	47.42	49.77	53.14
1:57.02	1:49.93	1:43.43	1:36.29	1:31.05	1:30.36	1:29.86	1:28.95	100 BR	1:30.74	1:31.66	1:32.16	1:32.87	1:38.21	1:45.49	1:52.13	1:59.36
	3:55.22	3:41.03	3:28.43	3:16.04	3:15.45	3:13.95	3:12.97	200 BR	3:16.83	3:17.82	3:19.36	3:19.96	3:32.59	3:45.46	3:59.93	
44.76	42.25	39.28	35.00	34.00	33.00	32.90	32.90	50 FLY	33.50	34.00	34.48	36.29	38.80	41.02	42.86	47.68
1:49.33	1:38.70	1:31.61	1:25.53	1:18.97	1:17.16	1:16.75	1:15.97	100 FLY	1:17.49	1:18.28	1:19.32	1:20.55	1:27.23	1:33.43	1:40.67	1:51.52
	3:46.94	3:28.03	3:20.00	2:58.99	2:57.59	2:51.95	2:49.38	200 FLY	2:52.78	2:55.39	3:01.15	3:02.56	3:18.73	3:32.20	3:51.48	
1:47.57								100 IM								
3:46.80	3:27.60	3:15.60	3:04.00	2:52.57	2:50.80	2:48.28	2:46.72	200 IM	2:50.05	2:51.65	2:54.21	2:56.03	3:07.68	3:19.51	3:31.75	3:51.34
	7:17.34	6:51.60	6:32.15	6:11.85	6:01.50	5:59.18	5:54.88	400 IM	6:01.97	6:06.37	6:08.74	6:19.29	6:39.99	6:59.83	7:26.09	

SCM								MALE	LCM							
10 & U	11	12	13	14	15	16	17 & O		17 & O	16	15	14	13	12	11	10 & U
41.38	38.12	35.22	32.28	30.29	29.74	28.64	28.28	50 FR	28.84	29.21	30.34	30.90	32.92	35.93	38.89	42.19
1:32.20	1:23.93	1:17.42	1:10.79	1:05.99	1:04.43	1:02.39	1:01.46	100 FR	1:02.69	1:03.64	1:05.72	1:07.65	1:12.21	1:18.97	1:25.60	1:34.04
3:25.20	3:04.39	2:49.03	2:35.76	2:25.12	2:20.40	2:16.36	2:14.70	200 FR	2:17.39	2:19.08	2:23.21	2:28.02	2:38.87	2:52.40	3:08.08	3:26.16
7:07.88	6:36.00	6:04.80	5:39.25	5:10.33	5:01.84	4:54.72	4:50.58	400 FR	4:56.40	5:00.62	5:07.88	5:16.54	5:46.04	6:12.10	6:43.92	7:16.44
	13:53.32	12:28.21	11:34.37	10:51.27	10:32.11	10:15.01	10:08.86	800 FR	10:21.05	10:27.31	10:44.75	11:04.30	11:48.26	12:43.18	14:09.97	
			21:30.24	20:48.59	20:11.85	19:39.07	19:27.28	1500 FR	19:50.63	20:02.66	20:36.09	21:13.56	21:56.05			
46.28	44.33	42.64	38.50	36.50	36.00	34.50	34.50	50 BK	36.00	36.50	37.39	40.00	42.61	45.64	47.66	48.09
1:46.38	1:36.34	1:30.42	1:21.56	1:15.79	1:13.81	1:10.62	1:09.83	100 BK	1:11.23	1:12.04	1:15.29	1:17.30	1:23.19	1:32.23	1:38.25	1:48.50
3:54.04	3:28.03	3:12.07	2:57.85	2:44.19	2:40.38	2:33.55	2:31.90	200 BK	2:34.95	2:36.62	2:43.59	2:47.47	3:01.40	3:15.91	3:32.20	3:58.72
54.67	51.55	47.61	43.80	41.57	39.00	37.50	35.00	50 BR	41.00	41.95	42.77	44.55	46.29	52.73	54.21	56.14
2:01.75	1:52.30	1:42.84	1:34.59	1:26.19	1:25.23	1:21.44	1:20.63	100 BR	1:22.24	1:26.94	1:26.94	1:27.92	1:36.47	1:44.89	1:54.54	2:04.18
	4:05.86	3:41.03	3:23.00	3:07.93	3:05.26	2:57.46	2:55.66	200 BR	2:59.18	3:01.01	3:08.97	3:11.69	3:27.98	3:45.46	4:10.78	
48.00	45.01	41.67	37.95	35.00	32.50	31.00	30.80	50 FLY	34.60	34.60	35.50	37.04	40.00	45.23	48.47	53.41
1:54.66	1:41.65	1:31.02	1:22.12	1:14.65	1:12.32	1:09.91	1:09.20	100 FLY	1:10.59	1:11.31	1:13.77	1:16.14	1:23.77	1:32.83	1:43.68	1:56.95
	4:14.14	3:31.58	3:12.57	2:52.26	2:47.60	2:37.24	2:35.65	200 FLY	2:38.77	2:40.38	2:50.95	2:55.71	3:16.42	3:35.81	4:19.21	
1:49.93								100 IM								
3:50.40	3:30.00	3:15.60	2:58.82	2:44.65	2:40.46	2:35.60	2:32.81	200 IM	2:35.87	2:38.71	2:43.67	2:47.93	3:02.40	3:19.51	3:34.20	3:55.01
	7:46.90	7:00.00	6:24.10	5:53.99	5:48.43	5:40.09	5:36.69	400 IM	5:42.42	5:46.89	5:55.40	6:01.08	6:31.78	7:08.40	7:56.23	