

2008 North Carolina Swimming Championship Time Standards

2008 NCS Long Course 14 and Under JO Time Standard				
Girls		10 & U	Boys	
SCY	LCM		LCM	SCY
32.39	36.49	50FR	36.29	31.79
1:12.29	1:21.89	100FR	1:22.49	1:11.09
2:36.39	2:58.69	200FR	3:03.39	2:35.89
6:31.39	5:54.29	400FR	5:51.49	6:27.79
38.19	43.69	50BK	42.69	37.59
1:22.19	1:35.29	100BK	1:37.09	1:22.69
41.99	48.29	50BR	50.29	44.29
1:33.39	1:47.09	100BR	1:55.39	1:37.29
37.29	42.09	50FLY	43.09	37.59
1:26.69	1:38.69	100FLY	1:51.29	1:32.49
2:55.99	3:20.59	200IM	3:22.29	2:56.79

2008 NCS Short Course 14 and Under JO Time Standard				
Girls		10 & U	Boys	
LCM	SCY		SCY	LCM
36.49	32.39	50FR	31.89	36.29
1:21.89	1:12.29	100FR	1:10.79	1:20.59
2:58.69	2:36.39	200FR	2:31.89	2:52.39
43.69	38.19	50BK	38.39	44.29
1:35.29	1:22.19	100BK	1:21.69	1:33.69
48.29	41.99	50BR	42.49	48.59
1:47.09	1:33.39	100BR	1:32.69	1:45.99
42.09	37.29	50FLY	36.69	40.99
1:38.69	1:26.69	100FLY	1:25.69	1:37.19
----	1:22.79	100IM	1:21.49	----
3:20.59	2:55.99	200IM	2:55.29	3:18.89

Girls		11-12	Boys	
SCY	LCM		LCM	SCY
28.69*	32.29*	50FR	32.49*	28.09*
1:01.29*	1:10.69*	100FR	1:11.09*	1:02.39*
2:14.09*	2:32.09*	200FR	2:33.79*	2:15.49*
6:00.49*	5:23.69*	500/400FR	5:27.29*	6:02.59*
33.69*	38.59	50BK	38.79	33.69
1:12.79*	1:22.99	100BK	1:23.59	1:12.29
2:30.59	2:53.19	200BK	2:52.79	2:27.39
37.99	42.09	50BR	43.09	37.59
1:19.99*	1:33.59*	100BR	1:33.29	1:21.09
2:50.29	3:15.19	200BR	3:12.79	2:45.79
31.89*	35.89*	50FLY	36.49*	32.29*
1:13.29*	1:22.59*	100FLY	1:22.09	1:12.19
2:33.09	2:54.99	200FLY	2:53.29	2:31.69
2:34.39*	2:52.39*	200IM	2:56.09	2:35.89
5:23.99	6:11.39	400IM	6:08.29	5:18.09

Girls		11-12	Boys	
LCM	SCY		SCY	LCM
32.39	28.39	50FR	28.59	32.79
1:10.59	1:02.09	100FR	1:02.29*	1:10.79*
2:32.39*	2:14.29*	200FR	2:15.69*	2:33.99*
5:22.79*	5:58.39*	500/400FR	6:03.58*	5:27.69*
38.09*	33.29*	50BK	33.69	38.79
1:21.09*	1:11.89*	100BK	1:12.29	1:23.59
41.99*	37.79*	50BR	37.59	43.09
1:33.79	1:22.19	100BR	1:21.09	1:33.59
35.89*	31.89*	50FLY	32.39	36.59
1:22.49	1:12.99	100FLY	1:12.19	1:22.09
----	1:11.39*	100IM	1:12.19	----
2:51.89	2:31.89	200IM	2:33.59*	2:54.39*

Girls		13-14	Boys	
SCY	LCM		LCM	SCY
26.89*	30.79*	50FR	29.19*	25.29*
58.19*	1:06.69*	100FR	1:03.49*	55.19*
2:05.99*	2:23.49*	200FR	2:16.99*	1:58.59*
5:35.69*	5:00.39*	500/400FR	4:51.09*	5:24.69*
11:37.29	10:20.99	1000/800FR	10:04.99	11:12.29
19:21.69	19:48.09	1650/1500FR	19:22.59	18:40.79
1:05.89	1:16.79	100BK	1:13.99	1:03.59
2:21.19	2:44.29	200BK	2:38.69	2:16.59
1:14.79	1:25.39	100BR	1:21.79	1:10.79
2:40.99	3:03.99	200BR	2:58.59	2:32.99
1:05.29	1:14.09	100FLY	1:11.09	1:02.19
2:22.39	2:42.39	200FLY	2:38.19	2:16.29
2:22.69*	2:42.49*	200IM	2:35.99	2:15.89
5:05.19*	5:45.09*	400IM	5:31.79	4:49.79

Girls		13-14	Boys	
LCM	SCY		SCY	LCM
30.79	26.99	50FR	25.39*	29.29*
1:06.69*	58.59*	100FR	54.99*	1:04.19*
2:22.29*	2:05.79*	200FR	1:59.09*	2:17.29*
5:03.49	5:38.29	500/400FR	5:22.99*	4:50.79*
10:28.89*	11:45.89*	1000/800FR	11:20.39*	10:11.49*
20:37.59	20:09.89	1650/1500FR	19:29.49	20:14.39
1:17.09*	1:06.69*	100BK	1:04.19*	1:14.39*
2:43.29*	2:22.49*	200BK	2:17.39*	2:39.39*
1:27.29*	1:16.39*	100BR	1:12.29	1:23.59
3:08.19*	2:43.79*	200BR	2:36.29	3:02.39
1:15.09*	1:06.09*	100FLY	1:03.69*	1:11.59*
2:49.19*	2:28.39*	200FLY	2:20.79	2:39.89
2:43.79*	2:23.39*	200IM	2:16.69*	2:36.29*
5:44.59*	5:04.49*	400IM	4:51.29*	5:34.89*