

**2016
Gulf Age Group Championships
Time Standards**

"-" indicates the 2016 standard is faster than the 2015 standard

Girls		10&U	Boys	
LCM	Yards		Yards	LCM
36.09	31.89 -	50 Free	31.99 -	36.79 -
1:19.59	1:10.29	100 Free	1:10.09 -	1:20.29 -
2:58.09 -	2:37.39 -	200 Free	2:35.29 -	2:57.49 -
6:08.69 -	6:49.89 -	500 Free	6:46.99 -	6:05.09 -
43.49 -	37.79 -	50 Back	37.79 -	44.39 -
1:34.49	1:22.79	100 Back	1:24.49 -	1:38.89 -
49.79	43.79	50 Breast	44.19	51.39
1:45.69 -	1:32.99 -	100 Breast	1:36.19	1:51.09
40.89 -	35.69 -	50 Fly	36.19 -	41.39 -
1:40.49	1:29.09	100 Fly	1:31.29	1:45.99
---	1:22.39 -	100 IM	1:22.99	---
3:19.19 -	2:54.69 -	200 IM	2:58.69	3:25.99

Girls		11-12	Boys	
LCM	Yards		Yards	LCM
31.49 -	27.69 -	50 Free	27.89 -	32.09 -
1:08.69 -	1:00.69 -	100 Free	1:02.29 -	1:11.39 -
2:30.29 -	2:12.79 -	200 Free	2:14.29 -	2:33.49 -
5:14.49 -	5:49.69 -	500 Free	5:49.49 -	5:13.49 -
37.49 -	32.59 -	50 Back	33.69 -	39.59 -
1:20.69 -	1:10.39	100 Back	1:12.09	1:24.39
2:53.39 -	2:31.99 -	200 Back	2:34.69 -	2:58.09 -
42.59	37.29	50 Breast	37.39 -	43.39 -
1:31.99	1:21.19	100 Breast	1:20.89 -	1:33.49 -
3:14.69	2:52.99	200 Breast	2:59.59	3:25.99
35.19	31.39 -	50 Fly	31.89 -	36.49 -
1:18.19	1:10.49 -	100 Fly	1:11.69	1:21.69
3:04.19	2:44.09 -	200 Fly	2:47.69	3:05.99
---	1:11.59	100 IM	1:12.29	---
2:52.79	2:31.49	200 IM	2:33.99	2:56.39

Girls		13-14	Boys	
LCM	Yards		Yards	LCM
30.19	26.69	50 Free	25.19	28.99
1:04.99	57.49	100 Free	53.99 -	1:01.89 -
2:21.49	2:04.59	200 Free	1:59.09 -	2:16.19 -
4:57.39	5:29.69	500 Free	5:21.59 -	4:48.49 -
10:20.49	11:42.29	1000 Free	11:04.49 -	9:55.99 -
20:39.79	19:29.19	1650 Free	18:56.19 -	19:25.39 -
1:14.99	1:05.39	100 Back	1:02.49	1:13.09
2:39.99 -	2:20.29 -	200 Back	2:16.89	2:37.59
1:27.19	1:16.29	100 Breast	1:11.29 -	1:22.39 -
3:04.79	2:44.59	200 Breast	2:35.89 -	2:59.59 -
1:12.39	1:04.19	100 Fly	1:01.29	1:09.89
2:52.59	2:26.29	200 Fly	2:16.49 -	2:35.89 -
2:40.79	2:20.69	200 IM	2:14.79 -	2:35.49 -
5:43.59	4:57.19	400 IM	4:45.59 -	5:30.19 -

Approved 10/12/16