

**2015
Gulf Senior Championships
Time Standards**

Girls		15&Over	Boys	
LCM	Yards		Yards	LCM
29.59	25.99	50 Free	23.99	27.59
1:03.69	55.99	100 Free	50.99	58.49
2:18.59	2:01.99	200 Free	1:50.99	2:06.89
4:45.59	5:19.99	500 Free	5:07.99	4:36.29
10:05.99	11:18.99	1000 Free	10:33.99	9:28.69
19:18.69	18:55.99	1650 Free	17:32.99	17:59.99
1:12.19	1:02.99	100 Back	59.99	1:10.19
2:36.29	2:16.99	200 Back	2:10.99	2:30.79
1:30.99	1:19.99	100 Breast	1:09.99	1:20.89
3:05.99	2:43.99	200 Breast	2:32.99	2:56.29
1:11.29	1:02.99	100 Fly	58.99	1:07.19
2:42.39	2:23.99	200 Fly	2:08.99	2:27.29
2:37.39	2:17.99	200 IM	2:05.99	2:25.39
5:47.09	5:03.99	400 IM	4:38.99	5:22.59

Girls		14&Under	Boys	
LCM	Yards		Yards	LCM
29.59	26.19	50 Free	22.99	25.99
1:03.89	56.49	100 Free	50.49	57.89
2:17.79	2:03.09	200 Free	1:51.79	2:07.59
4:46.29	5:27.09	500 Free	4:56.49	4:32.69
10:05.49	11:30.99	1000 Free	11:19.49	10:04.59
20:28.49	19:16.49	1650 Free	18:57.79	19:22.99
1:16.09	1:04.69	100 Back	57.39	1:09.39
2:43.09	2:18.89	200 Back	2:09.69	2:32.89
1:26.09	1:13.79	100 Breast	1:06.99	1:17.69
3:09.99	2:38.99	200 Breast	2:25.59	2:49.09
1:11.19	1:02.69	100 Fly	56.19	1:03.59
2:40.89	2:21.69	200 Fly	2:04.49	2:27.09
2:38.39	2:18.79	200 IM	2:06.39	2:27.09
5:37.09	4:53.19	400 IM	4:34.59	5:20.29

Approved 101615