

	2016 - 2017 VIR Standards: Female SCM					2016 - 2017 VIR Standards: Female LCM				
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O	
50 fr	:43.12	:34.46	:31.26	:30.63	50 fr	:44.00	:35.16	:31.90	:31.19	50 fr
100 fr	1:35.19	1:15.91	1:08.96	1:06.46	100 fr	1:37.13	1:17.46	1:10.37	1:07.12	100 fr
200 fr	3:28.93	2:45.69	2:31.64	2:24.82	200 fr	3:33.19	2:49.08	2:34.73	2:26.09	200 fr
400 fr	7:08.46	5:51.59	5:22.53	5:07.43	400 fr	7:17.12	5:58.76	5:29.11	5:08.31	400 fr
800 fr		12:11.24	11:05.03	10:38.10	800 fr		12:26.17	11:18.60	10:48.55	800 fr
50 bk	:52.36				50 bk	:53.41				50 bk
100 bk	1:49.57	1:27.14	1:19.60	1:15.67	100 bk	1:51.81	1:28.92	1:21.22	1:16.53	100 bk
200 bk		3:06.24	2:48.89	2:43.65	200 bk		3:10.04	2:52.34	2:44.92	200 bk
50 br	:59.47				50 br	1:00.67				50 br
100 br	2:04.44	1:37.98	1:30.00	1:26.70	100 br	2:06.97	1:39.98	1:31.84	1:27.54	100 br
200 br		3:28.61	3:13.98	3:06.85	200 br		3:32.86	3:17.94	3:09.87	200 br
50 fly	:50.67				50 fly	:51.68				50 fly
100 fly	1:54.79	1:30.93	1:18.17	1:14.90	100 fly	1:57.14	1:32.79	1:19.77	1:15.99	100 fly
200 fly		3:32.89	3:03.05	2:50.47	200 fly		3:37.24	3:06.79	2:52.69	200 fly
100 IM	1:52.67				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.17	3:06.97	2:49.47	2:43.27	200 IM	4:00.99	3:10.79	2:52.93	2:45.19	200 IM
400 IM		6:46.50	6:01.44	5:49.91	400 IM		6:54.79	6:08.82	5:52.71	400 IM
	2016 - 2017 VIR Standards: Male SCM					2016 - 2017 VIR Standards: Male LCM				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:43.12	:37.44	:33.89	:30.12	50 fr	:44.00	:38.20	:34.59	:30.74	50 fr
100 fr	1:35.19	1:22.80	1:15.24	1:05.76	100 fr	1:37.13	1:24.49	1:16.78	1:07.11	100 fr
200 fr	3:28.93	3:02.66	2:45.50	2:24.11	200 fr	3:33.19	3:06.39	2:48.87	2:27.05	200 fr
400 fr	7:08.46	6:29.09	5:54.52	5:10.07	400 fr	7:17.12	6:37.03	6:01.76	5:16.40	400 fr
800 fr		13:38.50			800 fr		13:55.21			800 fr
1500 fr			23:17.72	21:01.67	1500 fr			23:46.24	21:27.42	1500 fr
50 bk	:52.36				50 bk	:53.41				50 bk
100 bk	1:49.57	1:35.55	1:26.49	1:15.65	100 bk	1:51.81	1:37.50	1:28.26	1:17.20	100 bk
200 bk		3:26.84	3:03.30	2:44.13	200 bk		3:31.06	3:07.04	2:47.48	200 bk
50 br	:59.47				50 br	1:00.67				50 br
100 br	2:04.44	1:49.49	1:39.89	1:25.81	100 br	2:06.97	1:51.72	1:41.93	1:27.56	100 br
200 br		3:55.29	3:31.67	3:08.82	200 br		4:00.09	3:35.99	3:12.67	200 br
50 fly	:50.67				50 fly	:51.68				50 fly
100 fly	1:54.79	1:40.47	1:25.55	1:14.06	100 fly	1:57.14	1:42.52	1:27.29	1:15.57	100 fly
200 fly		3:53.83	3:20.71	2:52.76	200 fly		3:58.60	3:24.80	2:56.28	200 fly
100 IM	1:52.67				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.17	3:26.80	3:07.68	2:44.86	200 IM	4:00.99	3:31.02	3:11.51	2:48.22	200 IM
400 IM		7:23.18	6:42.37	5:49.18	400 IM		7:32.22	6:50.58	5:56.31	400 IM