

# 2021 - 2022 Oregon Swimming Short Course A/B Time Standards

Valid 10/2020-8/2022

Girls				8 & Under	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
18.09	19.89	19.89	21.89	25 Freestyle	18.19	19.99	19.99	21.99
39.99	43.99	43.99	48.39	50 Freestyle	40.99	45.09	45.09	49.59
1:30.99	1:40.09	1:40.09	1:50.09	100 Freestyle	1:32.89	1:42.09	1:42.09	1:52.19
21.59	23.79	23.79	26.19	25 Backstroke	21.99	23.79	23.79	26.19
47.69	52.39	52.39	57.59	50 Backstroke	49.09	53.89	53.89	59.29
24.79	27.19	27.19	29.89	25 Breaststroke	24.99	27.49	27.49	30.19
53.69	58.99	58.99	1:04.78	50 Breaststroke	58.69	1:04.49	1:04.49	1:10.89
20.69	22.79	22.79	25.09	25 Butterfly	22.39	24.69	24.69	27.19
53.19	58.39	58.39	1:04.19	50 Butterfly	58.59	1:04.29	1:04.29	1:10.69
1:43.99	1:54.19	1:54.19	2:05.49	100 Individual Medley	1:48.69	1:59.49	1:59.49	2:11.29
1:29.59	X	1:38.39	X	100 Freestyle Relay	1:30.00	X	1:39.00	X
1:47.19	X	1:57.79	X	100 Medley Relay	2:00.00	X	2:12.00	X

Girls				9 Year Old	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
35.59	39.19	39.19	42.99	50 Freestyle	35.99	39.59	39.59	43.59
1:21.49	1:29.59	1:29.59	1:38.39	100 Freestyle	1:23.29	1:31.49	1:31.49	1:40.49
2:58.29	3:15.99	3:15.99	3:35.39	200 Freestyle	3:03.89	3:22.09	3:22.09	3:42.09
41.99	46.09	46.09	50.69	50 Backstroke	43.89	48.29	48.29	53.09
1:32.79	1:41.09	1:41.09	1:52.09	100 Backstroke	1:36.69	1:46.19	1:46.19	1:56.69
47.69	52.49	52.49	57.69	50 Breaststroke	49.99	54.99	54.99	1:00.49
1:45.89	1:56.39	1:56.39	2:07.89	100 Breaststroke	1:47.99	1:58.79	1:58.79	2:10.69
43.19	47.49	47.49	52.19	50 Butterfly	44.59	48.99	48.99	53.89
1:46.89	1:57.49	1:57.49	2:09.09	100 Butterfly	1:49.99	2:00.99	2:00.99	2:13.09
1:31.89	1:40.89	1:40.89	1:50.89	100 Individual Medley	1:34.19	1:43.49	1:43.49	1:53.69
3:20.49	3:40.29	3:40.29	4:02.09	200 Individual Medley	3:21.99	3:43.19	3:43.19	4:05.49

Girls				10 Year Old	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
32.49	35.69	35.69	39.29	50 Freestyle	32.89	36.19	36.19	39.79
1:12.39	1:19.49	1:19.49	1:27.39	100 Freestyle	1:13.99	1:21.29	1:21.29	1:29.29
2:40.59	2:56.69	2:56.69	3:14.39	200 Freestyle	2:40.59	2:56.69	2:56.69	3:14.39
37.99	41.69	41.69	45.89	50 Backstroke	39.39	43.29	43.29	47.59
1:23.79	1:32.09	1:32.09	1:41.19	100 Backstroke	1:25.59	1:34.09	1:34.09	1:43.39
43.49	47.79	47.79	52.49	50 Breaststroke	44.99	49.49	49.49	54.39
1:33.79	1:42.99	1:42.99	1:53.29	100 Breaststroke	1:37.59	1:47.39	1:47.39	1:58.09

37.39	41.09	41.09	45.19	50 Butterfly	38.99	42.89	42.89	47.19
1:28.49	1:37.19	1:37.19	1:46.79	100 Butterfly	1:34.09	1:43.99	1:43.99	1:54.39
1:21.89	1:29.99	1:29.99	1:38.89	100 Individual Medley	1:24.09	1:32.59	1:32.59	1:41.79
2:58.69	3:16.59	3:16.59	3:36.29	200 Individual Medley	3:02.09	3:20.39	3:20.39	3:40.39

Girls		10 & Under	Boys	
SCY A	SCM A	Event	SCY A	SCM A
2:19.09	2:32.89	200 Freestyle Relay	2:25.19	2:41.99
2:37.49	2:53.09	200 Medley Relay	2:44.99	3:01.29

Girls				11 Year Old	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
30.09	33.09	33.09	36.39	50 Freestyle	30.89	33.99	33.99	37.39
1:06.49	1:13.19	1:13.19	1:20.59	100 Freestyle	1:06.79	1:13.39	1:13.39	1:20.59
2:26.09	2:40.69	2:40.69	3:02.19	200 Freestyle	2:32.39	2:47.69	2:47.69	3:04.39
6:31.59	7:10.79			500 Freestyle	6:33.69	7:13.09		
		5:43.49	6:17.79	400 Freestyle			5:45.39	6:33.69
12:18.99	13:32.89			1000 Freestyle	12:13.19	13:27.89		
		10:40.99	11:44.39	800 Freestyle			10:36.99	11:39.99
20:56.89	23:02.59			1650 Freestyle	20:44.69	22:48.99		
		21:22.59	23:30.89	1500 Freestyle			20:28.79	22:31.49
34.89	38.29	38.29	42.09	50 Backstroke	36.89	40.49	40.49	44.49
1:16.49	1:24.09	1:24.09	1:32.39	100 Backstroke	1:19.49	1:27.29	1:27.29	1:35.99
2:25.79	2:40.19	2:40.19	2:56.09	200 Backstroke	2:26.09	2:40.69	2:42.19	2:58.39
39.89	43.79	43.79	48.09	50 Breaststroke	41.49	45.59	45.59	50.09
1:27.69	1:36.39	1:36.39	1:45.89	100 Breaststroke	1:32.69	1:41.79	1:41.79	1:51.89
2:47.69	3:04.29	3:04.29	3:22.49	200 Breaststroke	2:47.29	3:03.79	3:03.79	3:21.99
34.19	37.49	37.49	41.19	50 Butterfly	35.49	38.99	38.99	42.89
1:20.79	1:28.89	1:28.89	1:37.79	100 Butterfly	1:23.89	1:32.39	1:32.39	1:41.49
2:39.49	2:55.19	2:55.19	3:12.49	200 Butterfly	2:48.09	3:04.89	3:04.89	3:23.39
1:15.89	1:23.49	1:23.49	1:31.89	100 Individual Medley	1:19.09	1:26.99	1:26.99	1:35.69
2:46.49	3:02.89	3:02.89	3:20.99	200 Individual Medley	2:54.09	3:11.29	3:11.29	3:30.19
5:20.19	5:51.79	5:51.79	6:26.59	400 Individual Medley	5:18.09	5:49.49	5:49.49	6:24.09

Girls				12 Year Old	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
28.59	31.49	31.49	34.89	50 Freestyle	28.69	31.49	31.49	34.59

1:01.39	1:07.49	1:07.49	1:14.09	100 Freestyle	1:01.79	1:07.89	1:07.89	1:14.59
2:17.19	2:30.79	2:30.79	2:45.69	200 Freestyle	2:18.09	2:31.69	2:31.69	2:46.69
6:06.59	6:43.29			500 Freestyle	6:12.19	6:49.39		
		5:21.89	5:54.09	400 Freestyle			5:26.49	5:59.09
12:18.99	13:32.89			1000 Freestyle	12:13.19	13:27.89		
		10:40.99	11:44.39	800 Freestyle			10:36.99	11:39.99
20:56.89	23:02.59			1650 Freestyle	20:44.69	22:48.99		
		21:22.59	23:30.89	1500 Freestyle			20:28.79	22:31.49
32.99	36.19	36.19	39.79	50 Backstroke	34.09	37.39	37.39	41.09
1:11.09	1:18.09	1:18.09	1:25.79	100 Backstroke	1:12.49	1:19.69	1:19.69	1:27.59
2:25.79	2:40.19	2:40.19	2:56.09	200 Backstroke	2:26.09	2:40.69	2:42.19	2:58.39
37.29	41.09	41.09	45.19	50 Breaststroke	38.29	42.19	42.19	46.39
1:20.89	1:28.99	1:28.99	1:38.79	100 Breaststroke	1:23.49	1:31.79	1:31.79	1:40.79
2:47.69	3:04.29	3:04.29	3:22.49	200 Breaststroke	2:47.29	3:03.79	3:03.79	3:21.99
31.29	34.39	34.39	37.79	50 Butterfly	32.19	35.49	35.49	39.09
1:12.29	1:19.39	1:19.39	1:27.29	100 Butterfly	1:14.09	1:21.59	1:21.59	1:29.69
2:39.49	2:55.19	2:55.19	3:12.49	200 Butterfly	2:48.09	3:04.89	3:04.89	3:23.39
1:11.49	1:18.59	1:18.59	1:26.39	100 Individual Medley	1:11.99	1:19.09	1:19.09	1:26.89
2:36.19	2:51.79	2:51.79	3:08.99	200 Individual Medley	2:38.89	2:54.59	2:54.59	3:11.79
5:20.19	5:51.79	5:51.79	6:26.59	400 Individual Medley	5:18.09	5:49.49	5:49.49	6:24.09

Girls		11 - 12	Boys	
SCY A	SCM A	Event	SCY A	SCM A
1:56.69	2:08.19	200 Freestyle Relay	2:00.99	2:12.89
4:22.29	5:04.49	400 Freestyle Relay	4:28.89	4:58.79
2:12.29	2:25.29	200 Medley Relay	2:18.19	2:31.89
4:55.09	5:24.29	400 Medley Relay	5:01.29	5:31.09

Girls				13 Year Old	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
27.49	30.29	30.29	33.19	50 Freestyle	26.39	29.09	29.29	32.29
59.69	1:05.59	1:05.59	1:12.09	100 Freestyle	57.79	1:03.49	1:03.49	1:09.79
2:10.59	2:23.49	2:23.49	2:37.59	200 Freestyle	2:05.99	2:18.59	2:19.89	2:33.89
5:53.19	6:28.59			500 Freestyle	5:50.69	6:25.39		
		5:10.09	5:41.09	400 Freestyle			5:07.69	5:38.39
12:18.99	13:32.89			1000 Freestyle	12:13.19	13:26.59		

		10:40.99	11:44.39	800 Freestyle			10:35.89	11:39.99
20:56.89	23:02.59			1650 Freestyle	20:44.69	22:48.99		
		21:22.59	23:30.89	1500 Freestyle			20:28.79	22:31.49
1:07.99	1:14.69	1:14.69	1:22.09	100 Backstroke	1:07.49	1:14.09	1:14.09	1:21.49
2:25.79	2:40.19	2:40.19	2:56.09	200 Backstroke	2:26.09	2:40.69	2:42.19	2:58.39
1:18.09	1:25.79	1:25.79	1:34.29	100 Breaststroke	1:15.69	1:23.19	1:23.19	1:31.39
2:47.69	3:04.29	3:04.29	3:22.49	200 Breaststroke	2:47.29	3:03.79	3:03.79	3:21.99
1:08.89	1:15.69	1:15.69	1:23.19	100 Butterfly	1:07.19	1:13.89	1:14.59	1:21.99
2:39.49	2:55.19	2:55.19	3:12.49	200 Butterfly	2:48.09	3:04.89	3:04.89	3:23.39
2:28.69	2:43.39	2:43.39	2:59.59	200 Individual Medley	2:26.99	2:41.09	2:41.09	2:57.49
5:20.19	5:51.79	5:51.79	6:26.59	400 Individual Medley	5:18.09	5:49.49	5:49.49	6:24.09

Girls				14 Year Old	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
26.79	29.49	29.49	32.39	50 Freestyle	25.19	27.69	27.69	30.39
58.59	1:04.39	1:04.39	1:10.69	100 Freestyle	54.89	1:00.29	1:00.29	1:06.19
2:07.89	2:20.59	2:20.59	2:34.49	200 Freestyle	1:59.79	2:11.59	2:11.59	2:24.59
5:50.99	6:26.09			500 Freestyle	5:35.39	6:09.19		
		5:07.89	5:38.59	400 Freestyle			5:01.59	5:31.59
12:06.59	13:19.29			1000 Freestyle	11:40.89	12:50.99		
		10:30.19	11:32.49	800 Freestyle			10:07.89	11:07.99
20:17.19	22:17.19			1650 Freestyle	19:37.89	21:34.32		
		20:01.59	22:00.39	1500 Freestyle			19:48.09	21:45.59
1:05.99	1:12.49	1:12.49	1:19.69	100 Backstroke	1:03.69	1:09.99	1:09.99	1:16.89
2:23.09	2:37.19	2:37.19	2:52.79	200 Backstroke	2:20.09	2:33.89	2:33.89	2:49.19
1:15.89	1:23.49	1:23.49	1:23.69	100 Breaststroke	1:11.09	1:18.09	1:18.09	1:25.89
2:47.29	3:03.79	3:03.79	3:21.99	200 Breaststroke	2:36.29	2:51.69	2:51.69	3:08.69
1:06.39	1:12.99	1:12.99	1:20.19	100 Butterfly	1:02.19	1:08.39	1:08.39	1:15.09
2:33.89	2:49.09	2:49.09	3:05.89	200 Butterfly	2:29.49	2:44.19	2:44.19	3:00.49
2:25.09	2:39.59	2:39.59	2:57.49	200 Individual Medley	2:18.09	2:31.79	2:31.79	2:46.79
5:15.29	5:46.29	5:46.29	6:20.79	400 Individual Medley	4:53.79	5:22.79	5:22.79	5:54.79

Girls		13 - 14	Boys	
SCY A	SCM A	Event	SCY A	SCM A
1:48.99	1:59.80	200 Freestyle Relay	1:43.29	1:53.49
3:59.49	4:23.19	400 Freestyle Relay	3:50.79	4:13.59
8:48.89	9:41.19	800 Freestyle Relay	8:20.89	9:16.49
2:02.99	2:15.19	200 Medley Relay	1:59.29	2:11.09

4:29.99	4:56.69	400 Medley Relay	4:22.19	4:47.99
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Girls				15 & Over*	Boys			
SCY A	SCY B	SCM A	SCM B	Event	SCY A	SCY B	SCM A	SCM B
26.59	29.29	29.29	31.09	50 Freestyle	23.79	26.29	26.29	27.99
57.49	1:03.49	1:03.49	1:07.79	100 Freestyle	51.99	57.39	57.39	1:00.89
2:03.89	2:16.89	2:16.89	2:27.39	200 Freestyle	1:53.59	2:05.49	2:05.49	2:15.19
5:31.69	6:04.89			500 Freestyle	5:09.79	5:39.79		
		4:53.49	5:22.29	400 Freestyle			4:33.39	5:00.19
11:53.29	12:43.99			1000 Freestyle	10:50.47	11:50.49		
		10:19.89	11:05.39	800 Freestyle			9:32.09	10:58.69
20:02.39	21:06.39			1650 Freestyle	18:26.19	19:37.39		
		20:00.69	21:30.79	1500 Freestyle			18:34.09	20:00.79
1:03.69	1:10.19	1:10.19	1:15.89	100 Backstroke	58.29	1:05.29	1:05.29	1:10.69
2:19.99	2:36.59	2:36.59	2:44.69	200 Backstroke	2:08.49	2:24.79	2:24.79	2:34.09
1:13.99	1:22.59	1:22.59	1:27.29	100 Breaststroke	1:06.49	1:14.09	1:14.09	1:18.99
2:40.09	2:56.69	2:56.69	3:09.09	200 Breaststroke	2:28.29	2:47.29	2:47.29	2:56.99
1:03.59	1:10.09	1:10.09	1:15.69	100 Butterfly	57.49	1:03.39	1:03.39	1:08.39
2:34.59	2:50.19	2:50.19	2:54.79	200 Butterfly	2:13.49	2:29.09	2:29.09	2:40.29
2:18.69	2:33.29	2:33.29	2:46.99	200 Individual Medley	2:06.79	2:20.09	2:20.09	2:33.89
5:03.69	5:35.29	5:35.29	5:54.39	400 Individual Medley	4:33.19	5:04.49	5:04.49	5:35.79
1:47.29	0.00	1:57.99	0.00	200 Freestyle Relay	1:35.39	0.00	1:44.79	0.00
4:00.89	0.00	4:30.09	0.00	400 Freestyle Relay	3:34.99	0.00	4:00.19	0.00
9:02.29	0.00	10:07.29	0.00	800 Freestyle Relay	8:01.09	0.00	8:54.69	0.00
2:00.09	0.00	2:17.19	0.00	200 Medley Relay	1:51.09	0.00	2:02.09	0.00
4:27.29	0.00	4:53.70	0.00	400 Medley Relay	4:03.69	0.00	4:27.29	0.00

\*15 & Over Standards for **Short Course** Championships equal to 14 YO