

	2023 VIR Standards: Female SCM					2023 VIR Standards: Female LCM				
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O	
50 fr	:48.00	:37.00	:33.00	:31.00	50 fr	:49.00	:38.00	:34.00	:32.00	50 fr
100 fr	1:46.00	1:19.00	1:11.00	1:07.00	100 fr	1:48.00	1:21.00	1:13.00	1:09.00	100 fr
200 fr	3:42.00	2:54.00	2:38.00	2:26.00	200 fr	3:46.00	2:58.00	2:42.00	2:30.00	200 fr
400 fr		6:00.00	5:28.00	5:04.00	400 fr		6:08.00	5:36.00	5:12.00	400 fr
800 fr		12:30.00	11:28.00	10:38.00	800 fr		12:46.00	11:44.00	10:54.00	800 fr
50 bk	:55.00				50 bk	:56.00				50 bk
100 bk	1:58.00	1:32.00	1:22.00	1:16.00	100 bk	2:00.00	1:34.00	1:24.00	1:18.00	100 bk
200 bk		3:16.00	2:56.00	2:44.00	200 bk		3:20.00	3:00.00	2:48.00	200 bk
50 br	1:00.00				50 br	1:01.00				50 br
100 br	2:10.00	1:42.00	1:34.00	1:27.00	100 br	2:12.00	1:44.00	1:36.00	1:29.00	100 br
200 br		3:36.00	3:20.00	3:06.00	200 br		3:40.00	3:24.00	3:10.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:06.00	1:34.00	1:22.00	1:16.00	100 fly	2:08.00	1:36.00	1:24.00	1:18.00	100 fly
200 fly		3:24.00	3:00.00	2:48.00	200 fly		3:28.00	3:04.00	2:52.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:12.00	2:56.00	2:46.00	200 IM	4:14.00	3:16.00	3:00.00	2:50.00	200 IM
400 IM		6:40.00	6:08.00	5:48.00	400 IM		6:48.00	6:16.00	5:56.00	400 IM
	2023 VIR Standards: Male SCM					2023 VIR Standards: Male LCM				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:48.00	:37.00	:33.00	:30.00	50 fr	:49.00	:38.00	:34.00	:31.00	50 fr
100 fr	1:46.00	1:19.00	1:11.00	1:05.00	100 fr	1:48.00	1:21.00	1:13.00	1:07.00	100 fr
200 fr	3:42.00	2:54.00	2:38.00	2:22.00	200 fr	3:46.00	2:58.00	2:42.00	2:26.00	200 fr
400 fr		6:00.00	5:28.00	4:56.00	400 fr		6:08.00	5:36.00	5:04.00	400 fr
800 fr		12:30.00			800 fr		12:46.00			800 fr
1500 fr			22:30.00	21:00.00	1500 fr				21:30.00	1500 fr
50 bk	:55.00				50 bk	:56.00				50 bk
100 bk	1:58.00	1:32.00	1:22.00	1:14.00	100 bk	2:00.00	1:34.00	1:24.00	1:16.00	100 bk
200 bk		3:16.00	2:56.00	2:40.00	200 bk		3:20.00	3:00.00	2:44.00	200 bk
50 br	1:00.00				50 br	1:01.00				50 br
100 br	2:10.00	1:42.00	1:34.00	1:25.00	100 br	2:12.00	1:44.00	1:36.00	1:27.00	100 br
200 br		3:36.00	3:20.00	3:02.00	200 br		3:40.00	3:24.00	3:06.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:06.00	1:34.00	1:22.00	1:14.00	100 fly	2:08.00	1:36.00	1:24.00	1:16.00	100 fly
200 fly		3:24.00	3:00.00	2:44.00	200 fly		3:28.00	3:04.00	2:48.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:12.00	2:56.00	2:42.00	200 IM	4:14.00	3:16.00	3:00.00	2:46.00	200 IM
400 IM		6:40.00	6:08.00	5:40.00	400 IM		6:48.00	6:16.00	5:48.00	400 IM