

	2018 - 2019 VIR Standards: Female SCM					2018 - 2019 VIR Standards: Female LCM				
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O	
50 fr	:42.99	:34.99	:31.99	:30.99	50 fr	:43.99	:35.99	:31.99	:31.99	50 fr
100 fr	1:35.99	1:15.99	1:08.99	1:06.99	100 fr	1:37.99	1:17.99	1:10.99	1:07.99	100 fr
200 fr	3:28.99	2:45.99	2:31.99	2:24.99	200 fr	3:33.99	2:49.99	2:34.99	2:26.99	200 fr
400 fr	7:08.99	5:51.99	5:22.99	5:07.99	400 fr	7:17.99	5:58.99	5:29.99	5:08.99	400 fr
800 fr		12:11.99	11:05.99	10:38.99	800 fr		12:26.99	11:18.99	10:48.99	800 fr
50 bk	:50.99				50 bk	:51.99				50 bk
100 bk	1:49.99	1:27.99	1:19.99	1:15.99	100 bk	1:51.99	1:28.99	1:21.99	1:16.99	100 bk
200 bk		3:06.99	2:48.99	2:43.99	200 bk		3:10.99	2:52.99	2:44.99	200 bk
50 br	:58.99				50 br	:59.99				50 br
100 br	2:04.99	1:37.99	1:30.99	1:26.99	100 br	2:06.99	1:39.99	1:31.99	1:27.99	100 br
200 br		3:28.99	3:13.99	3:06.99	200 br		3:32.99	3:17.99	3:09.99	200 br
50 fly	:50.99				50 fly	:51.99				50 fly
100 fly	1:54.99	1:30.99	1:18.99	1:14.99	100 fly	1:57.99	1:32.99	1:19.99	1:15.99	100 fly
200 fly		3:32.99	3:03.99	2:50.99	200 fly		3:37.99	3:06.99	2:52.99	200 fly
100 IM	1:52.99				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.99	3:06.99	2:49.99	2:43.99	200 IM	4:00.99	3:10.99	2:52.99	2:45.99	200 IM
400 IM		6:46.99	6:01.99	5:49.99	400 IM		6:54.99	6:08.99	5:52.99	400 IM
	2018 - 2019 VIR Standards: Male SCM					2018 - 2019 VIR Standards: Male LCM				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:42.99	:37.99	:33.99	:30.99	50 fr	:43.99	:38.99	:34.99	:30.99	50 fr
100 fr	1:35.99	1:22.99	1:15.99	1:05.99	100 fr	1:37.99	1:24.99	1:16.99	1:07.99	100 fr
200 fr	3:28.99	3:02.99	2:45.99	2:25.99	200 fr	3:33.99	3:06.99	2:48.99	2:27.99	200 fr
400 fr	7:08.99	6:29.99	5:54.99	5:10.99	400 fr	7:17.99	6:37.99	6:01.99	5:16.99	400 fr
800 fr		13:38.99			800 fr		13:55.99			800 fr
1500 fr			23:17.99	21:01.99	1500 fr			23:46.99	21:27.99	1500 fr
50 bk	:50.99				50 bk	:51.99				50 bk
100 bk	1:49.99	1:35.99	1:26.99	1:15.99	100 bk	1:51.99	1:37.99	1:28.99	1:17.99	100 bk
200 bk		3:26.99	3:03.99	2:44.99	200 bk		3:31.99	3:07.99	2:47.99	200 bk
50 br	:58.99				50 br	:59.99				50 br
100 br	2:04.99	1:49.99	1:39.99	1:25.99	100 br	2:06.99	1:51.99	1:41.99	1:27.99	100 br
200 br		3:55.99	3:31.99	3:08.99	200 br		4:00.99	3:35.99	3:12.99	200 br
50 fly	:50.99				50 fly	:51.99				50 fly
100 fly	1:54.99	1:40.99	1:25.99	1:14.99	100 fly	1:57.99	1:42.99	1:27.99	1:15.99	100 fly
200 fly		3:53.99	3:20.99	2:52.99	200 fly		3:58.99	3:24.99	2:56.99	200 fly
100 IM	1:52.99				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	3:56.99	3:26.99	3:07.99	2:44.99	200 IM	4:00.99	3:31.99	3:11.99	2:48.99	200 IM
400 IM		7:23.99	6:42.99	5:49.99	400 IM		7:32.99	6:50.99	5:56.99	400 IM