
LSCA2019 STANDARDS 2019 LSC A Standards Long Course Meters

Girls 8 & Under

A	
50 Free	1:01.50
50 Back	1:13.34
50 Breast	1:17.01

Girls 9-10

A	
50 Free	46.83
50 Back	52.40
50 Breast	58.57

Girls 10 & Under

A	
50 Fly	56.30

Girls 11-12

A	
50 Free	39.52
50 Back	49.68
50 Breast	50.68
50 Fly	51.53

Girls 13-14

A	
50 Free	35.61
50 Back	47.36
50 Breast	48.26
50 Fly	43.28

Girls 15-18

A	
100 Free	1:23.76
50 Back	43.26
50 Breast	47.48
50 Fly	44.17

Boys 8 & Under

A	
50 Free	57.70
50 Back	1:08.60
50 Breast	1:25.08

Boys 9-10

A	
50 Free	46.38
50 Back	54.27

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50 Breast 1:03.13

Boys 10 & Under

A

50 Fly 1:06.15

Boys 11-12

A

50 Free 38.64

50 Back 54.63

50 Breast 53.61

50 Fly 51.22

Boys 13-14

A

50 Free 35.52

50 Back 45.78

50 Breast 49.18

50 Fly 40.48

Boys 15-18

A

100 Free 1:11.93

50 Back 39.00

50 Breast 44.51

50 Fly 34.69