

Guam Swimming Federation Time Standards Long Course

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
8 & Under Girls						8 & Under Boys						
50.29	45.39	40.39	38.99	37.29	35.79	50 M Free	35.69	37.19	38.69	40.19	44.89	49.39
01:55.49	01:43.29	01:30.99	01:26.89	01:22.79	01:18.69	100 M Free	01:17.99	01:21.89	01:25.79	01:29.49	01:41.19	01:52.89
04:14.29	03:46.39	03:18.49	03:09.29	02:59.99	02:50.79	200 M Free	02:47.59	02:55.59	03:03.59	03:11.49	03:35.49	03:59.39
01:02.19	55.39	48.49	46.29	43.99	41.79	50 M Back	42.09	44.39	46.79	49.09	56.09	01:03.09
01:08.39	01:00.99	53.69	51.19	48.79	46.19	50 M Breast	46.69	48.99	51.39	53.89	01:01.19	01:08.39
01:01.19	53.99	46.79	44.29	41.99	39.49	50 M Fly	38.99	41.09	43.29	45.49	52.09	57:36.00
04:42.09	04:12.49	03:42.89	03:33.09	03:23.19	03:13.29	200 M IM	03:12.19	03:21.89	03:31.39	03:40.99	04:09.69	04:38.49
9-10 Girls						9-10 Boys						
45.29	40.89	36.49	35.09	33.59	32.19	50 M Free	32.09	33.49	34.79	36.19	40.39	44.49
01:43.99	01:32.99	01:21.89	01:18.19	01:14.49	01:10.79	100 M Free	01:10.19	01:13.69	01:17.19	01:20.59	01:31.09	01:41.59
03:48.89	03:23.79	02:58.69	02:50.39	02:41.99	02:33.69	200 M Free	02:30.89	02:38.09	02:45.29	02:52.39	03:13.99	03:35.49
07:42.09	06:55.79	06:09.69	05:54.29	05:38.79	05:23.39	400 M Free	05:20.99	05:36.29	05:51.49	06:06.79	06:52.69	07:38.49
55.99	49.89	43.69	41.69	39.59	37.59	50 M Back	37.89	39.99	42.09	44.19	50.49	56.79
02:02.49	01:48.89	01:35.29	01:30.79	01:26.29	01:21.69	100 M Back	01:21.29	01:25.39	01:29.49	01:33.69	01:46.09	01:58.49
01:01.59	54.89	48.29	46.09	43.89	41.59	50 M Breast	41.99	44.09	46.29	48.49	55.09	01:01.59
02:17.69	02:02.39	01:47.09	01:41.99	01:36.89	01:31.79	100 M Breast	01:32.19	01:36.79	01:41.39	01:45.99	01:59.79	02:13.59
55.09	48.59	42.09	39.89	37.79	35.59	50 M Fly	35.09	36.99	38.99	40.99	46.89	52.89
02:13.69	01:56.19	01:38.69	01:32.89	01:26.99	01:21.19	100 M Fly	01:20.39	01:25.99	01:31.59	01:37.19	01:53.99	02:10.79
04:13.89	03:47.29	03:20.59	03:11.79	03:02.89	02:53.99	200 M IM	02:52.99	03:01.69	03:10.29	03:18.89	03:44.79	04:10.69
11-12 Girls						11-12 Boys						
39.19	36.39	33.69	32.39	30.99	29.69	50 M Free	28.79	30.19	31.59	32.99	35.69	38.39
01:26.39	01:20.19	01:14.09	01:10.99	01:07.89	01:04.79	100 M Free	01:02.59	01:05.59	01:08.59	01:11.59	01:17.49	01:23.49
03:05.69	02:52.39	02:39.19	02:32.49	02:25.89	02:19.29	200 M Free	02:16.29	02:22.69	02:29.19	02:35.69	02:48.69	03:01.69
06:27.79	06:00.09	05:32.39	05:18.49	05:04.69	04:50.79	400 M Free	04:48.09	05:01.79	05:15.49	05:29.19	05:56.59	06:24.09
13:32.49	12:34.49	11:36.49	11:07.49	10:38.39	10:09.39	800 M Free	10:11.89	10:41.09	11:10.19	11:39.29	12:37.59	13:35.89
26:07.79	24:15.79	22:23.79	21:27.79	20:31.79	19:35.89	1500 M Free	19:39.39	20:35.59	21:31.69	22:27.89	24:20.19	26:12.49
45.69	42.49	39.19	37.59	35.89	34.29	50 M Back	33.49	35.29	36.99	38.79	42.29	45.79
01:42.39	01:34.39	01:26.29	01:22.29	01:18.19	01:14.19	100 M Back	01:11.89	01:15.79	01:19.69	01:23.59	01:31.39	01:39.29
03:30.79	03:15.79	03:00.69	02:53.19	02:45.69	02:38.09	200 M Back	02:37.79	02:45.29	02:52.79	03:00.29	03:15.29	03:30.29
49.09	45.59	42.09	40.39	38.59	36.89	50 M Breast	36.99	38.99	41.09	43.09	47.09	51.09
01:49.99	01:41.89	01:33.79	01:29.69	01:25.59	01:21.59	100 M Breast	01:20.99	01:25.19	01:29.39	01:33.59	01:41.99	01:50.49
03:57.59	03:40.59	03:23.69	03:15.19	03:06.69	02:58.19	200 M Breast	02:56.09	03:04.49	03:12.79	03:21.19	03:37.99	03:54.69
42.69	39.69	36.59	35.09	33.59	32.09	50 M Fly	31.39	33.09	34.79	36.59	39.99	43.49
01:38.69	01:30.79	01:22.89	01:18.99	01:14.99	01:11.09	100 M Fly	01:09.99	01:13.99	01:18.09	01:22.09	01:30.19	01:38.19
03:33.09	03:17.79	03:02.59	02:54.99	02:47.39	02:39.79	200 M Fly	02:38.29	02:45.79	02:53.29	03:00.89	03:15.89	03:30.99
03:30.19	03:15.19	03:00.19	02:52.69	02:45.19	02:37.69	200 M IM	02:34.49	02:42.39	02:50.19	02:58.09	03:13.89	03:29.59
07:32.09	06:59.79	06:27.59	06:11.39	05:55.29	05:39.09	400 M IM	05:36.29	05:52.29	06:08.29	06:24.29	06:56.29	07:28.29

Guam Swimming Federation Time Standards Long Course

B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
13-14 Girls						13-14 Boys						
38.19	35.49	32.79	31.39	30.09	28.69	50 M Free	26.79	28.09	29.39	30.59	33.19	35.69
01:22.89	01:16.99	01:11.09	01:08.09	01:05.09	01:02.19	100 M Free	57.36	01:01.09	01:03.89	01:06.59	01:12.19	01:17.69
02:57.99	02:45.29	02:32.59	02:26.19	02:19.89	02:13.49	200 M Free	02:06.89	02:12.89	02:18.99	02:24.99	02:37.09	02:49.19
06:09.39	05:42.99	05:16.59	05:03.49	04:50.29	04:37.09	400 M Free	04:27.39	04:40.19	04:52.89	05:05.59	05:31.09	05:56.49
12:35.99	11:41.99	10:47.99	10:20.99	09:53.99	09:26.99	800 M Free	09:12.39	09:38.69	10:04.99	10:31.29	11:23.99	12:16.59
24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	18:04.79	1500 M Free	17:41.49	18:32.09	19:22.59	20:13.09	21:54.19	23:35.29
42.49	39.69	36.79	35.49	33.99	32.49	50 M Back	30.19	31.79	33.29	34.99	37.79	40.89
01:33.49	01:26.79	01:20.09	01:16.79	01:13.49	01:10.09	100 M Back	01:05.69	01:08.79	01:11.89	01:15.09	01:21.29	01:27.59
03:19.99	03:05.69	02:51.39	02:44.29	02:37.19	02:29.99	200 M Back	02:21.39	02:28.19	02:34.89	02:41.59	02:55.09	03:08.59
46.29	43.19	39.89	38.29	36.59	34.99	50 M Breast	33.29	35.09	36.99	38.79	42.39	45.79
01:43.99	01:36.59	01:29.09	01:25.39	01:21.69	01:17.99	100 M Breast	01:13.09	01:16.59	01:20.09	01:23.59	01:30.49	01:37.49
03:43.99	03:27.99	03:11.99	03:03.99	02:55.99	02:47.99	200 M Breast	02:39.59	02:47.19	02:54.79	03:02.39	03:17.59	03:32.79
39.69	37.09	34.39	32.99	31.69	30.39	50 M Fly	28.29	29.79	31.09	32.69	35.39	38.19
01:30.19	01:23.69	01:17.29	01:14.09	01:10.79	01:07.59	100 M Fly	01:02.99	01:05.99	01:08.99	01:11.99	01:17.99	01:23.99
03:17.69	03:03.59	02:49.49	02:42.39	02:35.39	02:28.29	200 M Fly	02:19.99	02:26.59	02:33.29	02:39.89	02:53.29	03:06.59
03:21.09	03:06.79	02:52.39	02:45.19	02:37.99	02:30.89	200 M IM	02:22.49	02:29.19	02:35.99	02:42.79	02:56.39	03:09.89
07:02.69	06:32.49	06:02.29	05:47.19	05:32.09	05:16.99	400 M IM	05:02.89	05:17.39	05:31.79	05:46.19	06:15.09	06:43.89
15-16 Girls						15-16 Boys						
37.69	34.99	32.29	30.89	29.59	28.29	50 M Free	25.69	26.89	28.09	29.39	31.79	34.19
01:21.09	01:15.29	01:09.59	01:06.69	01:03.79	01:00.89	100 M Free	56.09	58.79	01:01.39	01:04.09	01:09.39	01:14.79
02:54.29	02:41.89	02:29.39	02:23.19	02:16.99	02:10.79	200 M Free	02:01.59	02:07.39	02:13.19	02:18.99	02:30.49	02:42.09
06:04.19	05:38.19	05:12.19	04:59.19	04:46.19	04:33.19	400 M Free	04:16.69	04:28.89	04:41.09	04:53.29	05:17.79	05:42.19
12:28.89	11:35.39	10:41.89	10:15.19	09:48.39	09:21.69	800 M Free	08:49.09	09:14.29	09:39.39	10:04.59	10:54.99	11:45.39
23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	17:54.79	1500 M Free	16:57.59	17:46.09	18:34.49	19:22.99	20:59.89	22:36.79
41.69	38.89	36.09	34.79	33.29	31.89	50 M Back	28.79	30.29	31.69	33.29	35.99	38.89
01:31.29	01:24.79	01:18.29	01:14.99	01:11.79	01:08.49	100 M Back	01:02.69	01:05.69	01:08.69	01:11.69	01:17.59	01:23.59
03:15.19	03:01.29	02:47.29	02:40.29	02:33.39	02:26.39	200 M Back	02:14.99	02:21.49	02:27.89	02:34.29	02:47.19	02:59.99
45.39	42.29	39.09	37.49	35.89	34.29	50 M Breast	31.89	33.59	35.39	37.09	40.59	43.79
01:42.29	01:34.99	01:27.69	01:24.09	01:20.39	01:16.79	100 M Breast	01:10.49	01:13.89	01:17.19	01:20.59	01:27.29	01:33.99
03:39.89	03:24.19	03:08.49	03:00.59	02:52.79	02:44.89	200 M Breast	02:32.49	02:39.69	02:46.99	02:54.29	03:08.79	03:23.29
39.09	36.49	33.89	32.49	31.19	29.89	50 M Fly	27.49	28.89	30.19	31.79	34.39	37.09
01:28.49	01:22.19	01:15.89	01:12.69	01:09.49	01:06.39	100 M Fly	01:00.39	01:03.29	01:06.19	01:09.09	01:14.79	01:20.59
03:12.09	02:58.39	02:44.69	02:37.79	02:30.99	02:24.09	200 M Fly	02:13.19	02:19.49	02:25.89	02:32.19	02:44.89	02:57.59
03:16.09	03:02.09	02:48.09	02:41.09	02:34.09	02:27.09	200 M IM	02:17.49	02:23.99	02:30.59	02:37.09	02:50.19	03:03.29
06:55.99	06:26.29	05:56.59	05:41.69	05:26.79	05:11.99	400 M IM	04:48.69	05:02.49	05:16.19	05:29.99	05:57.49	06:24.99

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B	BB	A	AA	AAA	AAAA		AAAA	AAA	AA	A	BB	B
17-18 Girls						17-18 Boys						
37.49	34.89	32.19	30.79	29.49	28.19	50 M Free	25.09	26.29	27.49	28.69	31.09	33.49
01:20.69	01:14.99	01:09.19	01:06.29	01:03.39	01:00.59	100 M Free	54.89	57.49	01:00.09	01:02.69	01:07.99	01:13.19
02:52.79	02:40.49	02:28.09	02:21.99	02:15.79	02:09.59	200 M Free	01:59.29	02:04.99	02:10.59	02:16.29	02:27.69	02:38.99
06:00.99	05:35.19	05:09.39	04:56.49	04:43.59	04:30.69	400 M Free	04:12.29	04:24.39	04:36.39	04:48.39	05:12.39	05:36.39
12:19.59	11:26.79	10:33.99	10:07.59	09:41.09	09:14.69	800 M Free	08:44.19	09:09.19	09:34.09	09:59.09	10:48.99	11:38.89
23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	17:44.89	1500 M Free	16:38.19	17:25.69	18:13.29	19:00.79	20:35.79	22:10.89
01:30.79	01:24.29	01:17.79	01:14.59	01:11.29	01:08.09	100 M Back	01:01.49	01:04.39	01:07.29	01:10.29	01:16.09	01:21.99
03:13.99	03:00.09	02:46.29	02:39.39	02:32.39	02:25.49	200 M Back	02:12.19	02:18.49	02:24.79	02:31.09	02:43.69	02:56.29
01:42.19	01:34.89	01:27.59	01:23.89	01:20.29	01:16.59	100 M Breast	01:08.59	01:11.89	01:15.19	01:18.39	01:24.99	01:31.49
03:39.99	03:24.29	03:08.59	03:00.79	02:52.89	02:44.99	200 M Breast	02:29.09	02:36.19	02:43.29	02:50.39	03:04.59	03:18.79
01:27.79	01:21.49	01:15.19	01:12.09	01:08.99	01:05.79	100 M Fly	58.89	01:01.69	01:04.49	01:07.29	01:12.89	01:18.49
03:09.49	02:55.89	02:42.39	02:35.59	02:28.89	02:22.09	200 M Fly	02:10.89	02:17.09	02:23.29	02:29.49	02:41.99	02:54.49
03:16.29	03:02.29	02:48.29	02:41.19	02:34.19	02:27.19	200 M IM	02:13.69	02:20.09	02:26.49	02:32.79	02:45.59	02:58.29
06:54.39	06:24.79	05:55.19	05:40.39	05:25.59	05:10.79	400 M IM	04:44.79	04:58.39	05:11.99	05:25.49	05:52.59	06:19.79