

**2016
Gulf Age Group Championships
Time Standards**

"- " indicates the 2016 standard is faster than the 2015 standard

Girls		10&U	Boys	
LCM	Yards		Yards	LCM
36.19 -	31.89 -	50 Free	31.99 -	36.29 -
1:19.59	1:10.29	100 Free	1:08.79 -	1:17.89 -
2:57.89 -	2:37.39 -	200 Free	2:35.29 -	2:55.59 -
6:05.79 -	6:49.89 -	500 Free	6:46.99 -	6:03.19 -
44.59 -	37.49 -	50 Back	37.79 -	42.49 -
1:33.09	1:22.79	100 Back	1:24.49 -	1:34.99 -
49.59	43.79	50 Breast	44.19	50.09
1:45.19 -	1:32.99 -	100 Breast	1:36.19	1:48.79
40.29 -	35.69 -	50 Fly	36.19 -	40.87 -
1:40.69	1:29.09	100 Fly	1:31.29	1:42.69
---	1:22.39 -	100 IM	1:22.99	---
03:12.0 -	2:50.09 -	200 IM	2:58.69	3:21.49

Girls		11-12	Boys	
LCM	Yards		Yards	LCM
31.49 -	27.69 -	50 Free	27.89 -	31.79 -
01:09.0 -	1:00.69 -	100 Free	1:00.79 -	1:09.09 -
02:30.6 -	2:12.79 -	200 Free	2:14.29 -	2:32.29 -
05:07.1 -	5:44.09 -	500 Free	5:49.49 -	05:11.9 -
36.79 -	32.59 -	50 Back	32.79 -	36.99 -
1:18.69 -	1:10.39 -	100 Back	1:12.89 -	1:21.49 -
2:49.89 -	2:30.89 -	200 Back	2:32.39 -	02:51.6 -
42.39	37.29	50 Breast	37.39 -	31.79 -
1:32.09	1:21.19	100 Breast	1:20.89 -	1:31.79 -
3:15.99	2:52.99	200 Breast	2:59.59	2:23.34
35.49 -	31.39 -	50 Fly	31.89 -	36.09 -
1:19.59 -	1:10.49 -	100 Fly	1:11.69	1:20.99
3:00.09 -	2:44.09 -	200 Fly	2:47.69	3:05.99
---	1:11.59	100 IM	1:12.29	---
2:51.29	2:31.49	200 IM	2:33.99	2:54.09

Girls		13-14	Boys	
LCM	Yards		Yards	LCM
30.19	26.69	50 Free	25.19	28.99
1:04.99	57.49	100 Free	53.79 -	1:01.29 -
2:21.49	2:04.59	200 Free	1:59.09 -	2:15.39 -
4:57.39	5:29.69	500 Free	5:21.59 -	4:46.99 -
10:20.49	11:42.29	1000 Free	11:04.49 -	9:53.09 -
20:39.79	19:29.19	1650 Free	18:56.19 -	19:18.89 -
1:14.99	1:05.39	100 Back	1:02.49	1:13.09
2:38.09 -	2:20.29 -	200 Back	2:16.89	2:37.59
1:27.19	1:16.29	100 Breast	1:11.29 -	1:21.09 -
3:04.79	2:44.59	200 Breast	2:35.89 -	2:56.99 -
1:12.39	1:04.19	100 Fly	1:01.29	1:09.89
2:52.59	2:26.29	200 Fly	2:16.49 -	2:34.09 -
2:40.79	2:20.69	200 IM	2:14.29 -	2:32.29 -
5:43.59	4:57.19	400 IM	4:45.59 -	05:23.4 -