

**FGC Senior Championship Time Standards  
2011-2016**

| LCM      | SCM      | SCY      | 15-16/Open            | SCY      | SCM      | LCM      |
|----------|----------|----------|-----------------------|----------|----------|----------|
| 31.89    | 30.89    | 28.39    | <b>50 Free</b>        | 25.29    | 27.69    | 28.69    |
| 1:08.19  | 1:06.19  | 1:00.79  | <b>100 Free</b>       | 54.79    | 59.99    | 1:01.99  |
| 2:24.49  | 2:20.49  | 2:09.29  | <b>200 Free</b>       | 1:56.79  | 2:09.59  | 2:13.59  |
| 4:59.29  | 4:51.29  | 5:36.59  | <b>400/500 Free</b>   | 5:14.89  | 4:34.39  | 4:42.39  |
| 10:21.39 | 10:08.59 | 11:32.49 | <b>800/1000 Free</b>  | 10:56.39 | 9:39.19  | 9:51.89  |
| 19:58.09 | 19:28.09 | 19:38.29 | <b>1500/1650 Free</b> | 18:27.49 | 18:14.99 | 18:44.99 |
| 37.49    | 36.89    | 32.09    | <b>50 Back</b>        | 29.59    | 33.99    | 34.59    |
| 1:19.49  | 1:17.49  | 1:09.89  | <b>100 Back</b>       | 1:01.59  | 1:09.29  | 1:11.29  |
| 2:48.19  | 2:44.19  | 2:29.19  | <b>200 Back</b>       | 2:15.59  | 2:28.99  | 2:32.99  |
| 41.79    | 40.79    | 36.09    | <b>50 Breast</b>      | 33.29    | 36.49    | 37.49    |
| 1:30.79  | 1:28.79  | 1:18.89  | <b>100 Breast</b>     | 1:11.09  | 1:18.49  | 1:20.49  |
| 3:13.39  | 3:09.39  | 2:49.69  | <b>200 Breast</b>     | 2:35.09  | 2:53.79  | 2:57.79  |
| 35.89    | 35.19    | 31.59    | <b>50 Fly</b>         | 28.59    | 30.69    | 31.39    |
| 1:14.89  | 1:12.89  | 1:06.59  | <b>100 Fly</b>        | 1:00.59  | 1:05.39  | 1:07.39  |
| 2:42.39  | 2:38.39  | 2:25.49  | <b>200 Fly</b>        | 2:13.59  | 2:27.99  | 2:31.99  |
| X        | 1:17.69  | 1:09.99  | <b>100 IM</b>         | 1:03.99  | 1:11.09  | X        |
| 2:43.89  | 2:39.89  | 2:24.49  | <b>200 IM</b>         | 2:12.79  | 2:26.19  | 2:30.19  |
| 5:46.39  | 5:38.39  | 5:06.29  | <b>400 IM</b>         | 4:48.79  | 5:13.49  | 5:21.49  |

FLORIDA  
GOLD COAST  
SWIMMING