

2008-2009 Top 10 Times by Single Age
"guidelines"

Event	Girls LCM		Relays
	11-12	13-14	15-18
200 FR-R	1:58.97	1:53.69	1:50.27
400 FR-R	4:19.18	4:06.32	3:55.62
800 FR-R	x	8:58.68	8:28.37
200 MED-R	2:13.67	2:06.47	2:02.91
400 MED-R	4:52.13	4:35.17	4:22.26

Event	Girls SCY		Relays
	11-12	13-14	15-18
200 FR-R	1:44.00	1:39.43	1:35.83
400 FR-R	3:47.91	3:35.79	3:27.52
800 FR-R	x	7:47.27	7:28.89
200 MED-R	1:55.73	1:50.60	1:45.91
400 MED-R	4:13.02	3:58.51	3:49.45

Event	Boys LCM		Relays
	11-12	13-14	15-18
200 FR-R	1:56.23	1:46.16	1:38.64
400 FR-R	4:17.91	3:52.54	3:32.97
800 FR-R	x	8:30.97	7:47.31
200 MED-R	2:11.19	1:58.85	1:50.40
400 MED-R	4:46.43	4:19.74	3:56.67

Event	Boys SCY		Relays
	11-12	13-14	15-18
200 FR-R	1:41.56	1:32.15	1:25.21
400 FR-R	3:44.71	3:21.85	3:06.59
800 FR-R	x	7:23.70	6:49.83
200 MED-R	1:53.57	1:43.23	1:34.53
400 MED-R	4:08.99	3:45.01	3:26.49