

NIAGARA SWIMMING TIME STANDARDS - BOYS

9 & Under Boys	2005-2007		2007-2008		2008-2009		Amount of Change	
	Event	Silver	Gold	Silver	Gold	Silver	Gold	Silver
50 Free	39.99	34.97	39.02	33.73	37.89	33.54	-2.10	-1.43
100 Free	1:32.69	1:18.95	1:29.24	1:15.37	1:25.89	1:14.74	-6.80	-4.21
200 Free	3:24.99	2:52.08	3:13.54	2:40.79	3:02.34	2:39.54	-22.65	-12.54
500 Free	7:57.89	7:40.00	8:01.54	7:22.68	8:05.14	7:04.54	7.25	-35.46
50 Back	48.33	42.78	48.39	41.44	47.44	40.74	-0.89	-2.04
100 Back	1:54.49	1:34.85	1:46.82	1:27.81	1:39.19	1:26.39	-15.30	-8.46
50 Breast	53.49	46.75	52.56	45.33	51.74	44.94	-1.75	-1.81
100 Breast	2:07.79	1:46.10	2:00.34	1:39.54	1:52.99	1:38.49	-14.80	-7.61
50 Fly	51.61	42.32	48.44	39.23	45.24	38.84	-6.37	-3.48
100 Fly	2:09.79	1:41.47	2:00.46	1:33.76	1:51.24	1:32.44	-18.55	-9.03
100 IM	1:40.29	1:29.25	1:39.11	1:27.00	1:37.94	1:25.84	-2.35	-3.41
200 IM	3:58.29	3:19.53	3:45.24	3:06.11	3:32.29	3:04.99	-26.00	-14.54

10 Year Olds and 10 & Under Boys	2005-2007		2007-2008		2008-2009		Amount of Change	
	Event	Silver	Gold	Silver	Gold	Silver=BB	Gold=A	Silver
50 Free	37.59	32.35	36.59	32.12	35.59	31.89	-2.00	-0.46
100 Free	1:25.95	1:11.94	1:22.97	1:11.37	1:19.99	1:10.79	-5.96	-1.15
200 Free	3:09.89	2:34.26	3:00.39	2:33.08	2:50.89	2:31.89	-19.00	-2.37
500 Free	7:40.89	7:10.89	7:38.04	6:57.74	7:35.19	6:44.59	-5.70	-26.30
50 Back	45.96	39.59	44.93	38.99	43.89	38.39	-2.07	-1.20
100 Back	1:45.39	1:24.31	1:38.94	1:23.00	1:32.49	1:21.69	-12.90	-2.62
50 Breast	50.29	43.20	49.24	42.85	48.19	42.49	-2.10	-0.71
100 Breast	1:57.29	1:34.60	1:51.04	1:33.65	1:44.79	1:32.69	-12.50	-1.91
50 Fly	47.29	37.35	44.64	37.02	41.99	36.69	-5.30	-0.66
100 Fly	1:55.39	1:27.55	1:47.99	1:26.62	1:40.59	1:25.69	-14.80	-1.86
100 IM	1:35.14	1:23.36	1:33.27	1:22.33	1:31.39	1:21.29	-3.75	-2.07
200 IM	3:40.89	2:58.16	3:29.49	2:56.73	3:18.09	2:55.29	-22.80	-2.87

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11 Year Old Boys Event	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver	Gold	Silver	Gold
50 Free	35.03	30.83	34.16	30.50	33.29	30.24	-1.74	-0.59
100 Free	1:19.39	1:08.30	1:16.69	1:07.37	1:14.04	1:06.84	-5.35	-1.46
200 Free	2:55.09	2:29.46	2:47.24	2:25.37	2:39.44	2:24.24	-15.65	-5.22
500 Free	7:23.99	6:38.40	7:14.54	6:32.49	7:05.14	6:24.64	-18.85	-13.76
1000 Free	14:53.02	13:54.60	14:13.89	13:18.59	14:12.39	13:08.99	-40.63	-45.61
1650 Free					24:04.19	22:05.69		
50 Back	42.59	36.84	41.46	36.53	40.34	36.04	-2.25	-0.80
100 Back	1:36.39	1:20.85	1:31.05	1:18.18	1:25.79	1:16.99	-10.60	-3.86
200 Back	3:34.49	3:06.49	3:01.19	2:48.29	2:52.99	2:40.79	-41.50	-25.70
50 Breast	47.29	41.65	45.91	40.37	44.64	40.04	-2.65	-1.61
100 Breast	1:46.99	1:29.57	1:41.74	1:27.76	1:36.59	1:26.89	-10.40	-2.68
200 Breast	3:45.29	3:27.29	3:21.89	3:07.59	3:15.59	3:00.99	-29.70	-26.30
50 Fly	42.93	35.68	40.83	34.80	38.74	34.54	-4.19	-1.14
100 Fly	1:41.19	1:22.54	1:35.51	1:19.93	1:29.94	1:18.94	-11.25	-3.60
200 Fly	3:32.99	3:04.99	3:03.19	2:47.19	2:59.09	2:46.89	-33.90	-18.10
100 IM	1:30.09	1:19.33	1:27.43	1:17.65	1:24.84	1:16.74	-5.25	-2.59
200 IM	3:23.69	2:49.10	3:13.74	2:47.35	3:03.89	2:45.59	-19.80	-3.51
400 IM	6:50.00	6:17.75	6:20.99	5:46.59	6:10.59	5:44.99	-39.41	-36.00

11 - 12 and 12 Year Old Boys Event	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver=BB	Gold=A	Silver	Gold
50 Free	32.47	29.19	31.73	28.89	30.99	28.59	-1.48	-0.60
100 Free	1:12.74	1:03.85	1:10.42	1:03.37	1:08.09	1:02.89	-4.65	-0.96
200 Free	2:40.19	2:18.73	2:34.09	2:17.66	2:27.99	2:16.59	-12.20	-2.14
500 Free	7:06.99	6:09.80	6:51.04	6:07.25	6:35.09	6:04.69	-31.90	-5.11
1000 Free	14:02.93	13:00.49	13:52.99	12:54.69	13:52.99	12:48.89	-9.94	-11.60
1650 Free			23:28.89	21:40.80	23:23.89	21:35.89	-5.00	-4.91
50 Back	39.21	34.46	38.00	34.08	36.79	33.69	-2.42	-0.77
100 Back	1:27.25	1:14.45	1:23.17	1:13.37	1:19.09	1:12.29	-8.16	-2.16
200 Back	3:06.49	2:48.49	2:56.54	2:41.14	2:46.59	2:33.79	-19.90	-14.70
50 Breast	44.10	38.19	42.59	37.89	41.09	37.59	-3.01	-0.60
100 Breast	1:36.49	1:22.64	1:32.44	1:21.87	1:28.39	1:21.09	-8.10	-1.55
200 Breast	3:27.29	3:09.29	3:17.34	3:01.14	3:07.39	2:52.99	-19.90	-16.30
50 Fly	38.57	32.78	37.03	32.59	35.49	32.39	-3.08	-0.39
100 Fly	1:26.79	1:14.29	1:23.04	1:13.24	1:19.29	1:12.19	-7.50	-2.10
200 Fly	3:04.99	2:46.99	2:58.24	2:42.64	2:51.49	2:38.29	-13.50	-8.70
100 IM	1:24.89	1:13.76	1:21.59	1:12.98	1:18.29	1:12.19	-6.60	-1.57
200 IM	3:06.29	2:40.04	2:57.99	2:37.97	2:49.69	2:35.89	-16.60	-4.15
400 IM	6:30.49	5:45.49	6:15.24	5:38.74	5:59.59	5:31.99	-30.90	-13.50

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13 Year Old Boys	2005-2007		2007-2008		2008-2009		Amount of Change	
	Event	Silver	Gold	Silver	Gold	Silver	Gold	Silver
50 Free	31.33	27.84	30.61	27.71	29.89	27.59	-1.44	-0.25
100 Free	1:10.09	1:01.57	1:07.75	1:00.74	1:05.49	1:00.44	-4.60	-1.13
200 Free	2:32.99	2:12.71	2:27.54	2:11.95	2:22.14	2:11.19	-10.85	-1.52
500 Free	6:52.59	5:55.50	6:36.96	5:53.77	6:21.39	5:52.04	-31.20	-3.46
1000 Free	13:24.78	12:22.59	13:27.01	12:18.89	13:16.49	12:15.19	-8.29	-7.40
1650 Free	22:32.00	20:35.00	22:30.19	20:37.64	22:15.44	20:32.69	-16.56	7.69
50 Back	39.11	32.73	must qualify for the 100		must qualify for the 100			
100 Back	1:22.29	1:10.27	1:18.43	1:09.43	1:14.69	1:08.59	-7.60	-1.68
200 Back	2:56.39	2:26.39	2:47.56	2:31.01	2:38.84	2:26.64	-17.55	0.25
50 Breast	42.89	37.60	must qualify for the 100		must qualify for the 100			
100 Breast	1:30.99	1:17.92	1:27.16	1:17.30	1:23.39	1:16.69	-7.60	-1.23
200 Breast	3:16.79	2:54.24	3:07.56	2:49.44	2:58.39	2:44.64	-18.40	-9.60
50 Fly	38.57	32.78	must qualify for the 100		must qualify for the 100			
100 Fly	1:20.99	1:09.34	1:17.46	1:08.56	1:13.99	1:07.79	-7.00	-1.55
200 Fly	2:55.79	2:34.74	2:48.89	2:32.19	2:42.04	2:29.54	-13.75	-5.20
100 IM	1:18.00	1:10.00	must qualify for the 200		must qualify for the 200			
200 IM	2:56.49	2:31.27	2:49.04	2:30.08	2:41.69	2:28.89	-14.80	-2.38
400 IM	6:13.39	5:24.90	5:58.56	5:21.03	5:43.59	5:17.19	-29.80	-7.71

13 - 14 & 14 Year Old Boys	2005-2007		2007-2008		2008-2009		Amount of Change	
	Event	Silver	Gold	Silver	Gold	Silver=BB	Gold=A or AA	Silver
50 Free	30.19	26.49	29.49	25.99	28.79	25.49	-1.40	-1.00
100 Free	1:07.26	58.29	1:05.08	56.94	1:02.89	55.59	-4.37	-2.70
200 Free	2:25.69	2:06.69	2:20.99	2:03.64	2:16.29	2:00.59	-9.40	-6.10
500 Free	6:38.09	5:41.19	6:22.89	5:40.29	6:07.69	5:39.39	-30.40	-1.80
1000 Free	13:42.09	11:44.69	13:01.04	11:43.09	12:39.99	11:41.49	-62.10	-3.20
1650 Free	21:55.99	19:39.49	21:31.49	19:34.49	21:06.99	19:29.49	-49.00	-10.00
50 Back	39.00	31.00	must qualify for the 100		must qualify for the 100			
100 Back	1:17.09	1:06.09	1:13.69	1:05.49	1:10.29	1:04.89	-6.80	-1.20
200 Back	2:46.09	2:22.29	2:38.59	2:20.89	2:31.09	2:19.49	-15.00	-2.80
50 Breast	41.50	36.00	must qualify for the 100		must qualify for the 100			
100 Breast	1:25.39	1:13.19	1:21.89	1:12.74	1:18.39	1:12.29	-7.00	-0.90
200 Breast	3:06.19	2:39.19	2:57.79	2:37.74	2:49.39	2:36.29	-16.80	-2.90
50 Fly	35.00	32.70	must qualify for the 100		must qualify for the 100			
100 Fly	1:15.09	1:04.39	1:11.89	1:03.89	1:08.69	1:03.39	-6.40	-1.00
200 Fly	2:46.49	2:22.69	2:39.54	2:21.74	2:32.59	2:20.79	-13.90	-1.90
100 IM			must qualify for the 200		must qualify for the 200			
200 IM	2:46.49	2:22.49	2:40.09	2:22.19	2:33.69	2:21.89	-12.80	-0.60
400 IM	5:56.19	5:04.29	5:41.89	5:03.33	5:27.59	5:02.39	-28.60	-1.90

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15-16 Year Old Boys	2005-2007		2007-2008		2008-2009		Amount of Change	Amount of Change
	Silver	Gold	Silver	Gold	Silver=BB	Gold=A or AA	Silver	Gold
Event								
50 Free	28.79	24.49	28.14	24.39	27.49	24.29	-1.30	-0.20
100 Free	1:03.51	53.09	1:01.76	53.09	59.99	53.09	-3.52	0.00
200 Free	2:13.79	1:58.19	2:12.34	1:56.99	2:10.89	1:55.79	-2.90	-2.40
500 Free	6:19.49	5:25.29	6:05.89	5:25.29	5:52.29	5:25.29	-27.20	0.00
1000 Free	13:42.09	11:12.19	12:55.14	11:12.19	12:08.19	11:12.19	-93.90	0.00
1650 Free	21:55.99	18:47.99	21:08.94	18:47.99	20:21.89	18:47.99	-34.10	0.00
50 Back	39.00	30.50	must qualify for the 100		must qualify for the 100			
100 Back	1:12.89	1:02.49	1:09.64	1:01.89	1:06.39	1:01.29	-6.50	-1.20
200 Back	2:46.09	2:14.89	2:34.89	2:13.79	2:23.69	2:12.69	-22.40	-2.20
50 Breast	41.50	33.00	must qualify for the 100		must qualify for the 100			
100 Breast	1:18.26	1:09.89	1:16.25	1:09.54	1:14.99	1:09.19	-3.27	-0.70
200 Breast	2:58.36	2:32.29	2:50.48	2:31.19	2:42.59	2:30.09	-15.77	-2.20
50 Fly	35.00	28.50	must qualify for the 100		must qualify for the 100			
100 Fly	1:09.88	1:00.79	1:07.74	1:00.64	1:05.59	1:00.49	-4.29	-0.30
200 Fly	2:46.49	2:14.99	2:36.04	2:14.69	2:25.59	2:14.39	-20.90	-0.60
100 IM			must qualify for the 200		must qualify for the 200			
200 IM	2:38.00	2:14.57	2:32.49	2:15.13	2:26.99	2:15.69	-11.01	1.12
400 IM	5:56.19	4:52.69	5:34.69	4:50.89	5:13.19	4:49.09	-43.00	-3.60

17-18 Boys	2005-2007		2007-2008		2008-2009		Amount of Change	Amount of Change
	Silver	Gold	Silver	Gold	Silver=BB	Gold=A or AA	Silver	Gold
Event								
50 Free	28.79	24.49	27.84	24.14	26.89	23.79	-1.90	-0.70
100 Free	1:03.51	53.09	1:01.20	52.59	58.89	52.09	-4.62	-1.00
200 Free	2:13.79	1:58.19	2:10.99	1:55.79	2:08.19	1:53.39	-5.60	-4.80
500 Free	6:19.49	5:25.29	6:01.84	5:21.49	5:44.19	5:17.69	-35.30	-7.60
1000 Free	13:42.09	11:12.19	12:51.45	11:08.04	11:59.19	11:03.89	-102.90	-8.30
1650 Free	21:55.99	18:47.99	20:58.30	18:37.59	19:59.39	18:27.19	-116.60	-20.80
50 Back	39.00	30.50	must qualify for the 100		must qualify for the 100			
100 Back	1:12.89	1:02.49	1:08.94	1:01.24	1:04.99	59.99	-7.90	-2.50
200 Back	2:46.09	2:14.89	2:32.99	2:11.99	2:19.89	2:09.09	-26.20	-5.80
50 Breast	41.50	33.00	must qualify for the 100		must qualify for the 100			
100 Breast	1:18.26	1:09.89	1:15.73	1:08.74	1:13.19	1:07.59	-5.07	-2.30
200 Breast	2:58.36	2:32.29	2:49.13	2:29.99	2:39.89	2:27.59	-18.47	-4.70
50 Fly	35.00	28.50	must qualify for the 100		must qualify for the 100			
100 Fly	1:09.88	1:00.79	1:06.99	59.94	1:04.09	59.09	-5.79	-1.70
200 Fly	2:46.49	2:14.99	2:33.44	2:12.29	2:20.39	2:09.59	-26.10	-5.40
100 IM			must qualify for the 200		must qualify for the 200			
200 IM	2:38.00	2:14.57	2:30.79	2:13.53	2:23.59	2:12.49	-14.41	-2.08
400 IM	5:56.19	4:52.69	5:31.44	4:47.89	5:06.69	4:43.09	-49.50	-9.60