

2024/25 VIR TIME STANDARDS

	VIR Standards: Female SCM					VIR Standards: Female LCM				
	10&U	12&U	14&U	15&Over		10&U	12&U	14&U	15&O	
50 fr	:42.00	:37.00	:34.00	:31.00	50 fr	:43.00	:38.00	:35.00	:32.00	50 fr
100 fr	1:40.00	1:23.00	1:14.00	1:07.00	100 fr	1:42.00	1:25.00	1:16.00	1:09.00	100 fr
200 fr	3:40.00	3:00.00	2:41.00	2:26.00	200 fr	3:44.00	3:04.00	2:45.00	2:30.00	200 fr
400 fr		6:20.00	5:32.00	5:04.00	400 fr		6:28.00	5:40.00	5:12.00	400 fr
800 fr		13:00.00	11:33.00	10:38.00	800 fr		13:16.00	11:49.00	10:54.00	800 fr
50 bk	:50.00				50 bk	:51.00				50 bk
100 bk	1:54.00	1:35.00	1:24.00	1:16.00	100 bk	1:56.00	1:37.00	1:26.00	1:18.00	100 bk
200 bk		3:16.00	2:59.00	2:44.00	200 bk		3:20.00	3:03.00	2:48.00	200 bk
50 br	0:58.00				50 br	0:59.00				50 br
100 br	2:08.00	1:46.00	1:36.00	1:27.00	100 br	2:10.00	1:48.00	1:38.00	1:29.00	100 br
200 br		3:42.00	3:23.00	3:06.00	200 br		3:46.00	2:27.00	3:10.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:08.00	1:38.00	1:24.00	1:16.00	100 fly	2:10.00	1:40.00	1:26.00	1:18.00	100 fly
200 fly		3:32.00	3:03.00	2:48.00	200 fly		3:36.00	3:07.00	2:52.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:24.00	2:59.00	2:46.00	200 IM	4:14.00	3:28.00	3:03.00	2:50.00	200 IM
400 IM		7:00.00	6:12.00	5:48.00	400 IM		7:08.00	6:20.00	5:56.00	400 IM
	VIR Standards: Male SCM					VIR Standards: Male LCM				
	10&U	12&U	14&U	15&O		10&U	12&U	14&U	15&O	
50 fr	:42.00	:37.00	:33.00	:30.00	50 fr	:43.00	:38.00	:34.00	:31.00	50 fr
100 fr	1:40.00	1:23.00	1:12.00	1:05.00	100 fr	1:42.00	1:25.00	1:14.00	1:07.00	100 fr
200 fr	3:40.00	3:00.00	2:38.00	2:22.00	200 fr	3:44.00	3:04.00	2:42.00	2:26.00	200 fr
400 fr		6:20.00	5:28.00	4:56.00	400 fr		6:28.00	5:36.00	5:04.00	400 fr
800 fr		13:00.00			800 fr		13:16.00			800 fr
1500 fr			22:30.00	21:00.00	1500 fr			23:00.00	21:30.00	1500 fr
50 bk	:50.00				50 bk	:51.00				50 bk
100 bk	1:54.00	1:35.00	1:22.00	1:14.00	100 bk	1:56.00	1:37.00	1:24.00	1:16.00	100 bk
200 bk		3:16.00	2:56.00	2:40.00	200 bk		3:20.00	3:00.00	2:44.00	200 bk
50 br	0:58.00				50 br	0:59.00				50 br
100 br	2:08.00	1:46.00	1:34.00	1:25.00	100 br	2:10.00	1:48.00	1:36.00	1:27.00	100 br
200 br		3:42.00	3:20.00	3:02.00	200 br		3:46.00	3:24.00	3:06.00	200 br
50 fly	:57.00				50 fly	:58.00				50 fly
100 fly	2:08.00	1:38.00	1:22.00	1:14.00	100 fly	2:10.00	1:40.00	1:24.00	1:16.00	100 fly
200 fly		3:32.00	3:00.00	2:44.00	200 fly		3:36.00	3:04.00	2:48.00	200 fly
100 IM	1:56.00				100 IM	n/a	n/a	n/a	n/a	100 IM
200 IM	4:10.00	3:24.00	2:56.00	2:42.00	200 IM	4:14.00	3:28.00	3:00.00	2:46.00	200 IM
400 IM		7:00.00	6:08.00	5:40.00	400 IM		7:08.00	6:16.00	5:48.00	400 IM