



# 2009-2010 Time Standards



GIRLS						10 & under	BOYS					
SCY		LCM		SCM			SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:31.39	0:37.09	0:36.09	0:42.59	0:34.69	0:40.99	50 Free	0:31.99	0:37.79	0:36.59	0:43.19	0:35.09	0:41.49
1:09.39	1:21.89	1:21.09	1:35.69	1:15.59	1:29.29	100 Free	1:10.69	1:23.49	1:21.99	1:36.79	1:18.19	1:32.29
2:32.59	3:00.09	2:55.99	3:27.69	2:47.09	3:17.19	200 Free	2:35.99	3:04.09	2:52.79	3:23.89	2:52.39	3:23.49
0:36.89	0:43.59	0:42.89	0:50.69	0:40.69	0:48.09	50 Back	0:37.89	0:44.79	0:44.19	0:52.19	0:41.79	0:49.39
1:19.19	1:33.49	1:32.89	1:49.69	1:27.59	1:43.39	100 Back	1:21.69	1:36.39	1:34.39	1:51.39	1:29.49	1:45.69
0:41.79	0:49.39	0:48.69	0:57.49	0:46.09	0:54.39	50 Breast	0:43.39	0:51.29	0:51.09	1:00.29	0:47.99	0:56.69
1:31.59	1:48.09	1:46.99	2:06.29	1:40.99	1:59.19	100 Breast	1:33.59	1:50.49	1:49.49	2:09.29	1:43.39	2:02.09
0:35.39	0:41.79	0:41.49	0:48.99	0:38.79	0:45.79	50 Fly	0:36.89	0:43.59	0:43.39	0:51.29	0:40.89	0:48.29
1:22.99	1:37.99	1:38.79	1:56.59	1:31.79	1:48.39	100 Fly	1:27.89	1:43.79	1:42.89	2:01.49	1:37.19	1:54.69
2:50.79	3:21.59	3:18.69	3:54.49	3:08.79	3:42.79	200 IM	2:54.39	3:25.79	3:20.99	3:57.19	3:11.69	3:46.19
2:16.29		2:41.29		2:29.19		200 Free Relay	2:23.39		2:46.69		2:37.09	
2:35.59		3:06.99		2:50.39		200 Medley Relay	2:46.49		3:22.09		3:01.99	
SCY		LCM		SCM		11-12	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:27.79	0:32.79	0:31.69	0:37.39	0:30.49	0:35.99		50 Free	0:28.39	0:33.59	0:32.69	0:38.59	0:31.19
1:00.59	1:11.59	1:09.49	1:22.09	1:06.29	1:18.29	100 Free	1:01.79	1:12.99	1:11.29	1:24.19	1:07.69	1:19.89
2:13.79	2:37.89	2:32.09	2:59.49	2:26.39	2:52.79	200 Free	2:15.69	2:40.19	2:36.09	3:04.19	2:29.19	2:56.09
5:57.39	7:01.79	5:20.89	6:18.69	5:12.79	6:09.09	400M / 500Y Free	6:01.89	7:07.09	5:29.99	6:29.39	5:16.69	6:13.69
0:32.59	0:38.49	0:37.69	0:44.49	0:35.79	0:42.29	50 Back	0:33.29	0:39.29	0:38.89	0:45.89	0:36.49	0:43.09
1:09.89	1:22.49	1:21.29	1:35.99	1:16.69	1:30.49	100 Back	1:11.99	1:24.99	1:24.09	1:39.29	1:18.89	1:33.09
0:36.29	0:42.89	0:42.09	0:49.69	0:39.79	0:46.99	50 Breast	0:37.49	0:44.29	0:44.39	0:52.39	0:41.19	0:48.69
1:18.29	1:32.39	1:31.99	1:48.59	1:25.89	1:41.39	100 Breast	1:22.59	1:37.49	1:35.09	1:52.29	1:30.59	1:46.99
0:30.99	0:36.59	0:35.09	0:41.49	0:33.99	0:40.19	50 Fly	0:31.79	0:37.59	0:36.79	0:43.49	0:34.89	0:41.19
1:10.49	1:23.19	1:21.69	1:36.39	1:17.29	1:31.29	100 Fly	1:12.39	1:25.49	1:25.39	1:40.79	1:20.09	1:34.59
2:30.09	2:57.19	2:54.19	3:25.59	2:44.29	3:13.89	200 IM	2:33.99	3:01.79	2:59.99	3:32.39	2:48.49	3:18.89
1:56.99		2:15.29		2:08.69		200 Free Relay	2:03.19		2:24.39		2:14.89	
2:12.79		2:34.79		2:25.49		200 Medley Relay	2:21.39		2:47.89		2:34.69	
SCY		LCM		SCM		13-14	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:26.39	0:31.19	0:30.19	0:35.69	0:28.99	0:34.29		50 Free	0:25.09	0:29.69	0:28.89	0:34.09	0:27.59
0:57.69	1:08.09	1:05.49	1:17.29	1:03.29	1:14.69	100 Free	0:54.69	1:04.59	1:03.59	1:15.09	0:59.99	1:10.79
2:05.19	2:27.79	2:22.89	2:48.69	2:17.09	2:41.79	200 Free	2:00.49	2:22.19	2:18.09	2:42.99	2:11.99	2:35.79
5:33.49	6:33.59	5:04.09	5:58.89	4:56.49	5:49.89	400M / 500Y Free	5:23.59	6:21.89	4:55.39	5:48.59	4:43.19	5:34.19
11:54.69		10:44.39		10:26.09		800M / 1000Y Free	11:37.29		10:25.59		10:10.19	
19:50.49		20:29.29		19:45.79		1500M / 1650Y Free	19:20.29		20:11.49		19:13.39	
1:05.99	1:17.89	1:16.59	1:30.39	1:12.69	1:25.79	100 Back	1:02.89	1:14.29	1:14.59	1:28.09	1:09.39	1:21.89
2:22.49	2:48.19	2:45.89	3:15.79	2:35.89	3:03.99	200 Back	2:16.19	2:40.79	2:42.29	3:11.59	2:30.49	2:57.59
1:14.39	1:27.79	1:28.19	1:44.09	1:21.79	1:36.59	100 Breast	1:11.49	1:24.39	1:23.79	1:38.89	1:18.59	1:32.79
2:42.09	3:11.29	3:09.19	3:43.29	2:57.09	3:28.99	200 Breast	2:37.49	3:05.89	3:02.99	3:35.99	2:53.59	3:24.89
1:04.89	1:16.59	1:15.09	1:28.69	1:10.99	1:23.79	100 Fly	1:02.69	1:13.99	1:11.89	1:24.89	1:09.79	1:22.39
2:28.99	2:55.89	2:53.69	3:24.99	2:44.69	3:14.39	200 Fly	2:24.09	2:50.09	2:44.79	3:14.49	2:39.09	3:07.79
2:23.09	2:48.89	2:44.29	3:13.89	2:36.69	3:04.89	200 IM	2:16.49	2:41.09	2:38.19	3:06.69	2:29.39	2:56.29
5:01.89	5:56.29	5:50.09	6:53.19	5:30.29	6:29.79	400 IM	4:52.19	5:44.79	5:44.19	6:46.19	5:21.49	6:19.39
1:50.19		2:06.89		2:00.99		200 Free Relay	1:46.29		2:08.49		1:57.69	
2:05.29		2:26.79		2:18.19		200 Medley Relay	2:02.09		2:29.89		2:13.69	
3:59.59		4:28.99		4:23.09		400 Free Relay	3:48.99		4:22.69		4:13.49	
4:23.39		5:08.19		4:50.59		400 Medley Relay	4:18.99		5:14.99		4:43.59	
SCY		LCM		SCM		SENIOR	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:25.69	0:30.39	0:29.19	0:34.49	0:28.19	0:33.29		50 Free	0:22.89	0:27.09	0:26.09	0:30.79	0:25.19
0:55.79	1:05.89	1:02.89	1:14.29	1:01.19	1:12.29	100 Free	0:49.99	0:58.99	0:56.79	1:07.09	0:54.79	1:04.69
2:01.89	2:23.89	2:17.49	2:42.29	2:13.49	2:37.59	200 Free	1:50.29	2:10.19	2:05.39	2:27.99	2:00.79	2:22.59
5:29.19	6:28.49	4:49.99	5:42.19	4:52.69	5:45.39	400M / 500Y Free	5:02.69	5:57.19	4:28.89	5:17.29	4:24.89	5:12.59
11:25.79		10:02.09		10:00.79		800M / 1000Y Free	10:43.09		9:26.59		9:22.79	
19:25.69		19:35.59		19:21.09		1500M / 1650Y Free	18:08.19		18:16.29		18:01.69	
1:04.09	1:15.69	1:13.89	1:27.19	1:10.59	1:23.39	100 Back	0:57.69	1:08.09	1:06.79	1:18.89	1:03.69	1:15.19
2:19.09	2:44.19	2:40.59	3:09.59	2:32.19	2:59.59	200 Back	2:06.89	2:29.79	2:26.19	2:52.59	2:20.29	2:45.59
1:12.89	1:26.09	1:23.59	1:38.69	1:20.19	1:34.69	100 Breast	1:04.99	1:16.69	1:14.79	1:28.29	1:11.39	1:24.29
2:38.59	3:07.19	3:01.49	3:34.19	2:53.19	3:24.39	200 Breast	2:24.29	2:50.29	2:48.09	3:18.39	2:39.09	3:07.79
1:02.39	1:13.69	1:10.49	1:23.19	1:08.29	1:20.59	100 Fly	0:55.49	1:05.49	1:02.19	1:13.39	1:01.79	1:12.99
2:24.49	2:50.59	2:42.29	3:11.59	2:39.69	3:08.49	200 Fly	2:07.59	2:30.59	2:27.99	2:54.69	2:20.89	2:46.29
2:18.59	2:43.59	2:36.19	3:04.39	2:31.79	2:59.19	200 IM	2:05.49	2:28.09	2:21.29	2:46.79	2:17.29	2:42.09
5:00.99	5:55.19	5:38.59	6:39.59	5:29.29	6:28.59	400 IM	4:32.39	5:21.49	5:12.09	6:08.29	4:59.69	5:53.69
3:53.79		4:25.19		4:16.79		400 Free Relay	3:29.89		4:00.39		3:52.39	
8:35.89		9:34.99		9:29.09		800 Free Relay	7:44.89		9:01.59		8:29.09	
4:22.99		4:53.49		4:50.09		400 Medley Relay	3:53.79		4:27.59		4:16.09	

Shading indicates a new/faster time

Rev 1c

9/25/2009