



# 2008-09 Time Standards



GIRLS						BOYS						
SCY		LCM		SCM		10 & under	SCY		LCM		SCM	
State	Divisional	State	Divisional	State	Divisional		State	Divisional	State	Divisional	State	Divisional
0:31.39	0:37.09	0:36.19	0:42.79	0:34.69	0:40.99	50 Free	0:32.19	0:37.99	0:37.19	0:44.09	0:35.29	0:41.69
1:09.49	1:22.09	1:21.39	1:36.09	1:15.69	1:29.39	100 Free	1:10.89	1:23.69	1:23.19	1:39.29	1:18.39	1:32.69
2:32.59	3:00.09	2:55.99	3:27.69	2:47.09	3:17.19	200 Free	2:36.19	3:04.39	2:52.79	3:23.79	2:52.59	3:23.69
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	0:44.89	0:53.29	0:41.79	0:49.59
1:19.69	1:34.09	1:32.89	1:49.69	1:28.19	1:44.09	100 Back	1:21.69	1:36.39	1:35.79	1:53.09	1:29.49	1:48.09
0:41.99	0:49.59	0:48.69	0:57.49	0:46.29	0:54.69	50 Breast	0:43.39	0:51.29	0:51.39	1:00.69	0:47.99	0:56.79
1:31.79	1:48.39	1:46.99	2:06.29	1:41.19	1:59.49	100 Breast	1:33.59	1:50.49	1:49.49	2:09.69	1:43.39	2:02.19
0:35.49	0:41.89	0:41.89	0:49.49	0:38.89	0:45.89	50 Fly	0:36.89	0:43.59	0:44.09	0:52.99	0:40.89	0:48.39
1:22.99	1:37.99	1:38.79	1:56.59	1:31.79	1:48.39	100 Fly	1:28.39	1:44.39	1:42.89	2:01.09	1:37.69	1:55.29
2:51.89	3:22.89	3:19.69	3:55.69	3:09.99	3:44.19	200 IM	2:55.09	3:26.69	3:20.99	3:57.19	3:12.49	3:48.59
2:16.29		2:41.59		2:29.19		200 Free Relay	2:25.79		2:46.69		2:39.69	
2:35.79		3:06.99		2:50.59		200 Medley Relay	2:47.99		3:22.09		3:03.69	
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	0:31.79	0:37.59	0:30.49	0:35.99	50 Free	0:28.39	0:33.59	0:32.89	0:39.09	0:31.19	0:36.69
1:00.59	1:11.59	1:09.79	1:22.39	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	2:37.89	3:06.59	2:29.19	2:56.19
5:57.39	7:01.79	5:21.59	6:19.49	5:12.79	6:09.09	400M / 500Y Free	6:01.89	7:07.09	5:33.99	6:33.99	5:16.69	6:16.09
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	0:39.29	0:46.39	0:36.49	0:43.89
1:09.99	1:22.59	1:21.29	1:35.99	1:16.79	1:30.69	100 Back	1:11.99	1:24.99	1:24.39	1:40.49	1:18.89	1:33.39
0:36.29	0:42.89	0:42.29	0:49.99	0:39.79	0:46.99	50 Breast	0:37.49	0:44.29	0:44.69	0:52.79	0:41.19	0:48.79
1:18.29	1:32.39	1:32.19	1:48.79	1:25.89	1:41.39	100 Breast	1:22.59	1:37.49	1:35.09	1:52.09	1:30.59	1:46.99
0:31.19	0:36.89	0:35.09	0:41.49	0:34.19	0:40.39	50 Fly	0:31.79	0:37.59	0:37.19	0:44.09	0:34.89	0:41.09
1:10.49	1:23.19	1:21.79	1:36.59	1:17.29	1:31.29	100 Fly	1:12.39	1:25.49	1:25.39	1:40.59	1:20.09	1:34.39
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	3:32.59	2:48.49	3:19.09
1:56.99		2:15.29		2:08.69		200 Free Relay	2:03.99		2:24.39		2:15.79	
2:12.79		2:35.29		2:25.49		200 Medley Relay	2:21.49		2:47.89		2:34.79	
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	0:34.39	0:27.59	0:32.59
0:57.69	1:08.09	1:05.49	1:17.29	1:03.29	1:14.69	100 Free	0:55.09	1:05.09	1:03.59	1:15.19	1:00.39	1:11.39
2:05.19	2:27.79	2:22.89	2:48.69	2:17.09	2:41.79	200 Free	2:01.69	2:23.59	2:19.29	2:46.39	2:13.29	2:37.99
5:33.49	6:33.59	5:04.09	5:58.89	4:56.49	5:49.89	400M / 500Y Free	5:23.69	6:21.99	4:56.69	5:55.59	4:43.29	5:39.39
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	19:21.69		20:11.49		19:14.79	
1:05.99	1:17.89	1:16.89	1:30.79	1:12.69	1:25.79	100 Back	1:03.39	1:14.89	1:15.69	1:29.79	1:09.99	1:23.69
2:22.49	2:48.19	2:45.99	3:15.89	2:35.89	3:03.99	200 Back	2:17.39	2:42.19	2:44.19	3:14.69	2:31.89	3:01.79
1:14.39	1:27.79	1:28.19	1:44.09	1:21.79	1:36.59	100 Breast	1:11.79	1:24.79	1:25.29	1:40.89	1:18.89	1:34.79
2:42.09	3:11.29	3:09.19	3:43.29	2:57.09	3:28.99	200 Breast	2:38.69	3:07.29	3:05.39	3:38.59	2:54.89	3:28.89
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	1:12.89	1:27.39	1:09.79	1:23.69
2:29.29	2:56.19	2:54.69	3:26.19	2:44.99	3:14.69	200 Fly	2:24.09	2:50.09	2:44.79	3:14.89	2:39.09	3:07.39
2:23.09	2:48.89	2:44.29	3:13.89	2:36.69	3:04.89	200 IM	2:18.09	2:42.99	2:38.19	3:09.79	2:31.09	3:00.69
5:02.79	5:57.29	5:50.09	6:53.19	5:31.29	6:30.99	400 IM	4:57.19	5:50.69	5:49.89	6:50.79	5:26.99	6:30.39
1:50.19		2:06.89		2:00.99		200 Free Relay	1:46.99		2:08.49		1:58.49	
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		4:22.99		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	0:31.39	0:25.19	0:30.49
0:55.99	1:06.09	1:02.89	1:14.29	1:01.39	1:12.49	100 Free	0:49.99	0:58.99	0:56.79	1:07.69	0:54.79	1:07.09
2:02.09	2:24.09	2:17.49	2:42.29	2:13.69	2:37.79	200 Free	1:50.29	2:10.19	2:05.39	2:30.59	2:00.79	2:23.89
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	5:25.49	4:24.89	5:08.39
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	0:57.89	1:08.39	1:06.79	1:22.39	1:03.89	1:17.99
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	2:57.19	2:20.29	2:49.59
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	1:32.89	1:11.39	1:26.49
2:38.59	3:07.19	3:01.49	3:34.19	2:53.19	3:24.39	200 Breast	2:25.39	2:51.59	2:48.49	3:26.79	2:40.29	3:13.69
1:02.49	1:13.79	1:10.49	1:23.19	1:08.39	1:20.79	100 Fly	0:55.49	1:05.49	1:02.19	1:15.99	1:01.79	1:15.29
2:24.49	2:50.59	2:42.29	3:11.59	2:39.69	3:08.49	200 Fly	2:08.59	2:31.79	2:27.99	2:58.79	2:21.99	2:48.89
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	2:53.29	2:17.29	2:44.49
5:00.99	5:55.19	5:38.59	6:39.59	5:29.29	6:28.59	400 IM	4:32.89	5:22.09	5:12.09	6:25.99	5:00.19	5:43.19
3:53.79		4:25.19		4:16.79		400 Free Relay	3:30.09		4:00.39		3:52.59	
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	