



## Long Course Time Standards 2008 - 2012

May be reviewed at the end of the 2008/2009 season

Published Sept 30, 2008

Stroke	11 & Under Girls		12 year old Girls		13 year old Girls		14 year old Girls		15 & Over Girls	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:40.59	0:36.08	0:38.45	0:34.18	0:37.11	0:32.99	0:36.47	0:32.42	0:35.54	0:31.59
100 Free	1:29.21	1:19.35	1:24.66	1:15.25	1:20.90	1:11.91	1:18.48	1:09.76	1:16.31	1:07.83
200 Free	3:13.24	2:51.77	3:02.67	2:42.37	2:54.87	2:35.44	2:50.61	2:31.65	2:45.05	2:26.71
400 Free	6:47.33	6:02.07	6:23.41	5:40.81	6:09.88	5:28.78	6:04.15	5:23.69	5:51.82	5:12.73
800 Free	14:21.55	12:45.82	13:30.48	12:00.43	12:55.23	11:29.09	12:39.80	11:15.38	12:13.17	10:51.71
1500 Free	30:15.75	26:54.00	28:32.97	25:22.64	25:42.27	22:50.91	25:12.98	22:24.87	24:03.56	21:23.16
50 Back	0:48.04	0:42.71	0:45.66	0:40.59	0:43.81	0:38.94	0:42.60	0:37.87	0:40.93	0:36.38
100 Back	1:43.09	1:31.63	1:38.09	1:27.19	1:32.97	1:22.64	1:29.99	1:19.99	1:27.05	1:17.38
200 Back	3:39.40	3:15.02	3:26.21	3:03.30	3:19.63	2:57.45	3:13.21	2:51.74	3:07.52	2:46.68
50 Breast	0:54.16	0:48.14	0:51.28	0:45.59	0:48.96	0:43.52	0:47.41	0:42.14	0:45.88	0:40.78
100 Breast	1:56.96	1:43.96	1:51.35	1:38.98	1:46.31	1:34.50	1:42.40	1:31.02	1:39.23	1:28.20
200 Breast	4:09.52	3:41.79	3:54.42	3:28.37	3:47.36	3:22.10	3:40.25	3:15.78	3:33.39	3:09.68
50 Fly	0:46.07	0:40.95	0:42.93	0:38.16	0:40.62	0:36.11	0:39.70	0:35.29	0:38.27	0:34.02
100 Fly	1:43.97	1:32.42	1:37.58	1:26.74	1:31.01	1:20.90	1:28.08	1:18.29	1:24.76	1:15.34
200 Fly	3:56.47	3:30.20	3:40.24	3:15.77	3:26.04	3:03.15	3:20.50	2:58.22	3:09.37	2:48.33
200 IM	3:39.23	3:14.87	3:27.41	3:04.37	3:19.26	2:57.12	3:15.20	2:53.51	3:09.00	2:48.00
400 IM	7:51.17	6:58.82	7:24.75	6:35.34	7:07.28	6:19.80	6:55.69	6:09.50	6:40.64	5:56.12



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Stroke	12 & Under Boys		13 year old Boys		14 year old Boys		15 year old Boys		16 & Over Boys	
	A	AA	A	AA	A	AA	A	AA	A	AA
50 Free	0:37.63	0:33.45	0:35.60	0:31.64	0:34.34	0:30.52	0:33.60	0:29.87	0:32.01	0:28.45
100 Free	1:23.69	1:14.39	1:18.13	1:09.45	1:14.81	1:06.50	1:13.09	1:04.97	1:09.47	1:01.75
200 Free	3:01.07	2:40.95	2:50.47	2:31.53	2:43.69	2:25.50	2:39.40	2:21.69	2:31.49	2:14.66
400 Free	6:26.33	5:43.64	6:01.35	5:21.20	5:50.10	5:11.20	5:41.49	5:03.55	5:25.43	4:49.27
800 Free	14:02.11	12:28.54	13:21.60	11:52.53	12:31.60	11:08.09	12:24.41	11:01.70	11:47.84	10:29.19
1500 Free	26:41.08	23:43.18	24:26.09	21:43.19	23:27.94	20:51.50	23:13.18	20:38.38	22:00.62	19:33.88
50 Back	0:45.11	0:40.10	0:42.85	0:38.09	0:40.67	0:36.15	0:39.66	0:35.25	0:37.54	0:33.37
100 Back	1:37.89	1:27.01	1:31.11	1:20.99	1:25.89	1:16.35	1:23.61	1:14.32	1:19.52	1:10.68
200 Back	3:26.04	3:03.15	3:14.18	2:52.60	3:07.01	2:46.23	3:03.08	2:42.74	2:52.74	2:33.55
50 Breast	0:51.54	0:45.81	0:48.09	0:42.75	0:45.65	0:40.58	0:43.76	0:38.90	0:41.33	0:36.74
100 Breast	1:52.50	1:40.00	1:42.66	1:31.25	1:39.11	1:28.10	1:35.60	1:24.98	1:29.99	1:19.99
200 Breast	3:59.06	3:32.50	3:42.89	3:18.12	3:37.42	3:13.26	3:30.08	3:06.74	3:17.43	2:55.49
50 Fly	0:43.10	0:38.31	0:39.78	0:35.36	0:38.06	0:33.83	0:36.91	0:32.81	0:34.53	0:30.69
100 Fly	1:37.88	1:27.00	1:29.46	1:19.52	1:23.10	1:13.87	1:21.24	1:12.21	1:15.94	1:07.50
200 Fly	3:44.54	3:19.59	3:24.24	3:01.55	3:11.77	2:50.46	3:04.88	2:44.34	2:51.95	2:32.84
200 IM	3:27.37	3:04.33	3:15.51	2:53.79	3:06.06	2:45.39	3:02.16	2:41.92	2:51.62	2:32.55
400 IM	7:24.79	6:35.37	6:51.08	6:12.07	6:42.20	5:57.51	6:33.44	5:49.72	6:15.59	5:33.86