

## AZ09STND STANDARDS Arizona 2009 Time Stds Long Course Meters

### Women 10 & Under

	Q	Reg
50 Free	38.69	45.29
100 Free	1:24.19	1:43.99
200 Free	3:03.19	3:48.89
400 Free	6:15.59	7:42.09
50 Back	45.29	55.99
100 Back	1:39.99	2:02.49
50 Breast	51.69	1:01.59
100 Breast	1:52.09	2:17.69
50 Fly	43.99	55.09
100 Fly	1:43.99	2:13.69
200 IM	3:30.59	4:13.89

### Men 10 & Under

	Q	Reg
50 Free	40.69	44.49
100 Free	1:29.09	1:41.59
200 Free	3:16.49	3:35.49
400 Free	6:23.69	7:38.49
50 Back	47.19	56.79
100 Back	1:50.89	1:58.49
50 Breast	54.59	1:01.59
100 Breast	2:02.09	2:13.59
50 Fly	49.19	52.89
100 Fly	2:00.29	2:10.79
200 IM	3:45.19	4:10.69

### Women 11-12

50 Free	34.19	39.19
100 Free	1:13.79	1:26.39
200 Free	2:38.49	3:05.69
400 Free	5:33.29	6:27.79
800 Free	11:38.29	13:32.49
1500 Free	22:41.29	26:07.79
50 Back	39.89	45.69
100 Back	1:28.19	1:42.39
200 Back	3:07.19	3:30.79
50 Breast	45.19	49.09
100 Breast	1:37.69	1:49.99
200 Breast	3:25.79	3:57.59
50 Fly	37.89	42.69
100 Fly	1:26.79	1:38.69
200 Fly	3:13.19	3:33.09
200 IM	3:03.19	3:30.19
400 IM	7:10.79	7:32.09

### Men 11-12

50 Free	35.69	38.39
100 Free	1:17.39	1:23.49
200 Free	2:45.19	3:01.69
400 Free	6:03.19	6:24.09
800 Free	11:51.94	13:35.89
1500 Free	23:09.89	26:12.49
50 Back	41.79	45.79
100 Back	1:33.79	1:39.29
200 Back	3:22.09	3:30.29
50 Breast	48.19	51.09
100 Breast	1:46.19	1:50.49
200 Breast	3:48.39	3:54.69
50 Fly	41.29	43.49
100 Fly	1:35.19	1:38.19
200 Fly	3:45.19	4:18.99
200 IM	3:13.19	3:29.59
400 IM	7:31.99	8:39.79

### Women 13-14

50 Free	31.49	38.19
100 Free	1:07.49	1:22.89
200 Free	2:25.29	2:57.99
400 Free	5:05.69	6:09.39
800 Free	10:34.79	12:35.99
1500 Free	21:16.19	24:06.39
50 Back	37.69	43.29
100 Back	1:21.69	1:33.49
200 Back	2:51.89	3:19.99
50 Breast	42.29	48.59
100 Breast	1:29.69	1:43.99
200 Breast	3:08.99	3:43.99
50 Fly	35.69	40.99
100 Fly	1:17.09	1:30.19
200 Fly	2:54.19	3:17.69
200 IM	2:46.99	3:21.09
400 IM	5:58.59	7:02.69

### Men 13-14

50 Free	30.89	35.69
100 Free	1:05.79	1:17.69
200 Free	2:24.49	2:49.19
400 Free	5:03.69	5:56.49
800 Free	10:59.79	12:16.59
1500 Free	21:47.99	23:35.29
50 Back	37.09	42.59
100 Back	1:20.79	1:27.59
200 Back	2:52.09	3:08.59
50 Breast	42.79	49.19
100 Breast	1:30.49	1:37.49
200 Breast	3:14.49	3:32.79
50 Fly	35.39	40.69
100 Fly	1:16.79	1:23.99
200 Fly	2:58.89	3:06.59
200 IM	2:46.29	3:09.89
400 IM	6:00.19	6:43.89