

AZ09STND STANDARDS Arizona 2009 Time Stds Short Course Meters

Women 10 & Under

	Q	Reg
50 Free	37.59	44.29
100 Free	1:22.19	1:41.49
200 Free	2:58.69	3:41.19
400 Free	6:05.49	7:26.79
50 Back	44.69	53.99
100 Back	1:35.19	1:56.79
50 Breast	50.69	59.19
100 Breast	1:48.79	2:12.59
50 Fly	43.29	53.89
100 Fly	1:41.79	2:09.79
100 IM	1:33.49	1:56.79
200 IM	3:23.79	4:06.09

Men 10 & Under

	Q	Reg
50 Free	39.09	43.29
100 Free	1:25.79	1:38.49
200 Free	3:09.69	3:29.79
400 Free	6:10.89	7:22.69
50 Back	46.59	54.49
100 Back	1:43.29	1:54.19
50 Breast	53.59	59.59
100 Breast	1:56.59	2:09.09
50 Fly	48.49	52.19
100 Fly	1:56.49	2:07.49
100 IM	1:39.09	1:52.29
200 IM	3:35.39	4:04.09

Women 11-12

50 Free	33.29	38.19
100 Free	1:11.99	1:21.29
200 Free	2:34.59	3:00.69
400 Free	5:24.29	6:17.09
800 Free	11:24.29	13:09.19
1500 Free	22:03.29	25:09.79
50 Back	39.29	44.19
100 Back	1:23.89	1:38.29
200 Back	2:58.99	3:22.49
50 Breast	44.29	48.99
100 Breast	1:34.89	1:46.59
200 Breast	3:21.69	3:49.09
50 Fly	37.19	42.09
100 Fly	1:24.89	1:36.79
200 Fly	3:09.89	3:25.89
100 IM	1:23.59	1:35.59
200 IM	2:57.19	3:24.39
400 IM	7:01.19	7:15.79

Men 11-12

50 Free	34.29	36.89
100 Free	1:14.49	1:20.99
200 Free	2:39.49	2:56.09
400 Free	5:51.09	6:12.39
800 Free	11:27.39	13:05.09
1500 Free	22:17.29	25:03.09
50 Back	41.19	43.99
100 Back	1:27.39	1:34.79
200 Back	3:11.49	3:18.29
50 Breast	47.19	49.29
100 Breast	1:41.39	1:45.69
200 Breast	3:38.69	3:42.99
50 Fly	40.49	42.59
100 Fly	1:32.19	1:35.39
200 Fly	3:37.59	4:10.19
100 IM	1:27.49	1:33.29
200 IM	3:04.79	3:22.79
400 IM	7:16.39	8:21.79

Women 13-14

50 Free	30.59	36.89
100 Free	1:05.89	1:20.19
200 Free	2:21.79	2:52.99
400 Free	4:57.39	6:00.39
800 Free	10:30.89	12:22.89
1500 Free	20:40.59	23:25.99
50 Back	37.09	42.69
100 Back	1:17.79	1:28.59
200 Back	2:44.39	3:09.89
50 Breast	41.29	47.49
100 Breast	1:26.99	1:40.59
200 Breast	3:05.19	3:36.59
50 Fly	34.99	40.19
100 Fly	1:15.39	1:27.79
200 Fly	2:51.29	3:11.59
200 IM	2:41.59	3:14.99
400 IM	5:50.59	6:51.99

Men 13-14

50 Free	29.69	34.29
100 Free	1:03.39	1:14.79
200 Free	2:19.49	2:42.19
400 Free	4:53.59	5:46.49
800 Free	10:37.89	11:56.29
1500 Free	20:58.39	22:36.49
50 Back	36.39	41.79
100 Back	1:15.29	1:23.59
200 Back	2:43.09	2:59.89
50 Breast	41.79	48.09
100 Breast	1:26.49	1:33.19
200 Breast	3:06.29	3:21.49
50 Fly	34.69	39.89
100 Fly	1:14.39	1:21.69
200 Fly	2:52.89	3:01.59
200 IM	2:38.99	3:02.89
400 IM	5:47.79	6:29.89