

AZ09STND STANDARDS Arizona 2009 Time Stds Yards

Women 10 & Under

		Q	Reg
50	Free	33.69	40.09
100	Free	1:13.59	1:31.89
200	Free	2:40.09	3:20.19
500	Free	6:57.69	8:30.49
50	Back	40.29	48.89
100	Back	1:25.29	1:45.69
50	Breast	45.69	53.59
100	Breast	1:37.09	1:59.99
50	Fly	38.99	48.79
100	Fly	1:31.19	1:57.49
100	IM	1:25.19	1:45.69
200	IM	3:02.59	3:42.69

Men 10 & Under

		Q	Reg
50	Free	34.99	39.19
100	Free	1:16.89	1:29.19
200	Free	2:49.99	3:09.89
500	Free	7:03.99	8:25.79
50	Back	41.99	49.29
100	Back	1:32.59	1:43.29
50	Breast	48.29	53.89
100	Breast	1:44.49	1:56.79
50	Fly	43.69	47.29
100	Fly	1:44.39	1:55.39
100	IM	1:29.29	1:41.59
200	IM	3:12.99	3:40.89

Women 11-12

50	Free	29.79	34.59
100	Free	1:04.49	1:13.59
200	Free	2:18.49	2:43.49
500	Free	6:10.59	7:10.79
1000	Free	13:02.09	15:01.79
1650	Free	22:07.29	25:18.59
50	Back	35.39	39.99
100	Back	1:15.19	1:28.89
200	Back	2:40.39	3:03.29
50	Breast	39.89	44.29
100	Breast	1:24.99	1:36.39
200	Breast	3:00.69	3:27.29
50	Fly	33.49	38.09
100	Fly	1:16.09	1:27.59
200	Fly	2:50.19	3:06.29
100	IM	1:15.29	1:26.49
200	IM	2:38.79	3:04.99
400	IM	6:17.39	6:34.39

Men 11-12

50	Free	30.69	33.39
100	Free	1:06.79	1:13.29
200	Free	2:22.89	2:39.39
500	Free	6:41.29	7:05.49
1000	Free	13:05.69	14:57.09
1650	Free	22:21.29	25:11.89
50	Back	37.09	39.79
100	Back	1:18.29	1:25.79
200	Back	2:51.59	2:59.39
50	Breast	42.49	44.59
100	Breast	1:30.89	1:35.69
200	Breast	3:15.99	3:21.79
50	Fly	36.49	38.59
100	Fly	1:22.59	1:26.39
200	Fly	3:14.99	3:44.19
100	IM	1:18.99	1:24.39
200	IM	2:45.59	3:03.49
400	IM	6:30.99	7:29.59

Women 13-14

50	Free	27.39	33.39
100	Free	58.99	1:12.59
200	Free	2:06.99	2:36.59
500	Free	5:39.89	6:51.79
1000	Free	12:01.09	14:08.89
1650	Free	20:44.29	23:34.19
50	Back	33.39	38.39
100	Back	1:09.69	1:20.19
200	Back	2:27.29	2:51.79
50	Breast	37.19	42.79
100	Breast	1:17.99	1:30.99
200	Breast	2:45.89	3:15.99
50	Fly	31.49	36.19
100	Fly	1:07.59	1:19.39
200	Fly	2:33.49	2:53.39
200	IM	2:24.79	2:56.49
400	IM	5:14.09	6:12.89

Men 13-14

50	Free	26.59	31.09
100	Free	56.79	1:07.69
200	Free	2:04.99	2:26.79
500	Free	5:35.59	6:35.99
1000	Free	12:09.09	13:38.39
1650	Free	21:02.19	22:44.39
50	Back	32.79	37.69
100	Back	1:07.49	1:15.69
200	Back	2:26.09	2:42.79
50	Breast	37.69	43.29
100	Breast	1:17.49	1:24.39
200	Breast	2:46.89	3:02.39
50	Fly	31.29	35.99
100	Fly	1:06.69	1:13.99
200	Fly	2:34.89	2:44.29
200	IM	2:22.49	2:45.49
400	IM	5:11.59	5:52.79