

13-14

2009-2010 SHORT COURSE TIME STANDARDS

GIRLS

EVENT

BOYS

<u>Y NATS</u>	<u>CT SRS</u>	<u>Age Groups</u>	<u>Regionals</u>		<u>Regionals</u>	<u>Age Groups</u>	<u>CT SRS</u>	<u>Y NATS</u>
25.19	25.99	26.74	NO COT	50 Free	NO COT	25.74	24.49	22.49
54.59	56.49	57.49	NO COT	100 Free	NO COT	55.99	52.99	49.19
1:57.29	2:01.99	2:05.49	2:23.49	200 Free	2:24.74	2:03.24	1:56.99	1:46.69
5:11.79	5:26.49	5:35.99	6:04.49	500 Free	6:08.49	5:30.99	5:17.49	4:50.29
10:35.59	11:09.49	11:39.99		1000 Free		11:39.99	10:49.97	9:59.29
17:41.79	18:39.99	19:07.49	21:29.99	1650 Free	21:44.99	18:59.99	18:23.99	16:35.19
1:01.19	1:04.49	1:06.24	NO COT	100 Back	NO COT	1:05.49	1:03.49	55.89
2:11.89	2:19.49	2:22.99	2:43.49	200 Back	2:53.24	2:22.49	2:14.99	2:00.29
1:09.59	1:12.99	1:13.949	NO COT	100 Breast	NO COT	1:13.99	1:10.99	1:02.79
2:30.19	2:37.49	2:41.99	3:04.99	200 Breast	3:12.99	2:40.99	2:33.49	2:17.29
1:00.29	1:02.49	1:05.74	NO COT	100 Fly	NO COT	1:03.99	59.99	54.19
2:13.99	2:23.49	2:29.99	2:58.99	200 Fly	3:00.99	2:33.49	2:16.99	2:01.99
2:12.99	2:18.49	2:22.99	2:40.99	200 I.M.	2:42.49	2:19.49	2:14.99	1:59.69
4:42.59	4:55.99	5:04.99	5:34.99	400 I.M.	5:38.99	5:01.99	4:52.99	4:21.29