

15-18

2009-2010 SHORT COURSE TIME STANDARDS

<u>GIRLS</u>			<u>EVENT</u>	<u>BOYS</u>				
<u>Y NATS</u>	<u>CT SRS</u>	<u>Age Groups</u>	<u>Regional</u>	<u>Regionals</u>	<u>Age Groups</u>	<u>CT SRS</u>	<u>Y NATS</u>	
25.19	25.99	25.99	NO COT	50 Free	NO COT	24.49	24.49	22.49
54.59	56.49	56.49	NO COT	100 Free	NO COT	53.24	52.99	49.19
1:57.29	2:01.99	2:01.99	2:20.49	200 Free	2:15.99	1:57.99	1:56.99	1:46.69
5:11.79	5:26.49	5:27.49	5:57.49	500 Free	5:39.99	5:17.49	5:17.49	4:50.29
10:35.59	11:09.49	11:09.99		1000 Free		10:49.99	10:49.97	9:59.29
17:41.79	18:39.99	18:45.99	20:52.49	1650 Free	20:54.99	18:24.99	18:23.99	16:35.19
1:01.19	1:04.49	1:04.49	NO COT	100 Back	NO COT	1:03.99	1:03.49	55.89
2:11.89	2:19.49	2:18.49	2:41.49	200 Back	2:38.949	2:17.49	2:14.99	2:00.29
1:09.59	1:12.99	1:11.99	NO COT	100 Breast	NO COT	1:12.49	1:10.99	1:02.79
2:30.19	2:37.49	2:37.49	3:04.99	200 Breast	2:55.99	2:36.49	2:33.49	2:17.29
1:00.29	1:02.49	1:02.49	NO COT	100 Fly	NO COT	59.99	59.99	54.19
2:13.99	2:23.49	2:23.99	2:49.99	200 Fly	2:44.99	2:26.49	2:16.99	2:01.99
2:12.99	2:18.49	2:18.49	2:39.99	200 I.M.	2:34.99	2:15.49	2:14.99	2:59.69
4:42.59	4:55.99	4:55.99	5:29.99	400 I.M.	5:20.99	4:57.49	4:52.99	4:21.29