

# SIERRA NEVADA SWIMMING TIME STANDARDS

## 8-UNDER SHORT COURSE YARDS

Distance & Stroke	8-UNDER GIRLS			8-UNDER BOYS		
	B	A	AAA	B	A	AAA
25 Free	36.00	18.09	15.89	36.00	17.09	15.39
50 Free	1:20.00	40.09	34.99	1:20.00	38.09	33.99
100 Free	2:20.00	1:28.59	1:18.79	2:20.00	1:23.09	1:16.49
25 Back	40.00	21.59	19.19	40.00	21.09	18.69
50 Back	1:30.00	48.09	41.29	1:30.00	47.09	41.09
25 Breast	45.00	23.09	20.99	45.00	22.59	20.99
50 Breast	1:40.00	51.59	46.99	1:40.00	51.09	45.69
25 Bfly	45.00	20.09	17.39	45.00	19.09	17.39
50 Bfly	1:40.00	49.09	41.99	1:40.00	48.59	41.19
100 I.M.	3:00.00	1:42.09	1:26.59	3:00.00	1:38.09	1:26.99

## 8-UNDER LONG COURSE METERS

Distance & Stroke	8-UNDER GIRLS			8-UNDER BOYS		
	B	A	AAA	B	A	AAA
50 Free	1:29.00	45.19	39.59	1:29.00	42.99	39.99
100 Free	2:36.00	1:39.49	1:28.89	2:36.00	1:33.49	1:27.89
50 Back	1:40.00	53.99	48.69	1:40.00	52.89	47.69
50 Breast	1:51.00	57.79	53.59	1:51.00	57.29	53.79
50 Bfly	1:51.00	55.09	47.69	1:51.00	54.49	47.69

## 10-UNDER GIRLS

### 10-UNDER GIRLS SHORT COURSE YARDS

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	40.09	36.19	32.39	31.09	29.49	28.49	27.49
100 Free	1:31.99	1:22.19	1:12.39	1:09.09	1:05.89	1:02.59	59.79
200 Free	3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:14.39	2:10.29
500 Free	8:30.39	7:39.49	6:48.39	6:31.39	6:14.3	5:57.39	5:46.99
50 Back	48.89	43.49	38.19	36.39	34.59	32.79	31.69
100 Back	1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:10.49	1:07.99
50 Breast	53.59	47.79	41.99	40.09	38.19	36.29	35.29
100 Breast	1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:19.99	1:16.69
50 Bfly	48.79	42.99	37.29	35.29	33.39	31.49	30.19
100 Bfly	1:57.49	1:42.89	1:26.69	1:21.59	1:16.49	1:11.29	1:07.69
100 I.M.	1:45.69	1:34.39	1:23.19	1:19.39	1:15.69	1:11.89	1:08.49
200 I.M.	3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:32.69	2:26.89
200 F.R.	NT	NT	NT	NT	NT	NT	1:56.99
200 M.R.	NT	NT	NT	NT	NT	NT	2:12.29

### LONG COURSE METERS

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	45.29	40.89	36.49	35.09	33.59	33.09	32.19
100 Free	1:43.99	1:32.99	1:21.89	1:18.19	1:14.49	1:12.29	1:10.79
200 Free	3:48.89	3:23.79	2:58.69	2:50.39	2:41.99	2:38.19	2:33.69
400 Free	7:42.09	6:55.79	6:09.69	5:54.29	5:38.79	NT	5:23.39
50 Back	55.99	49.89	43.69	41.69	39.59	38.99	37.59
100 Back	2:02.49	1:48.89	1:35.29	1:30.79	1:26.29	1:24.59	1:21.69
50 Breast	1:01.59	54.89	48.29	46.09	43.89	44.39	41.59
100 Breast	2:17.69	2:02.39	1:47.09	1:41.99	1:36.89	1:37.69	1:31.79
50 Bfly	55.09	48.59	42.09	39.89	37.77	36.69	35.59
100 Bfly	2:13.69	1:56.19	1:38.69	1:32.89	1:26.99	1:24.59	1:21.19
200 I.M.	4:13.89	3:47.29	3:20.59	3:11.79	3:02.89	2:57.39	2:53.99

# 10-UNDER BOYS

## 10-UNDER BOYS SHORT COURSE YARDS

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	39.19	35.59	31.89	30.69	29.49	28.29	27.29
100 Free	1:29.19	1:19.99	1:10.79	1:07.69	1:04.59	1:01.49	59.69
200 Free	3:09.89	2:50.89	2:31.89	2:25.59	2:19.29	2:12.89	2:09.59
500 Free	8:25.79	7:35.19	6:44.59	6:27.79	6:10.89	5:54.09	5:48.69
50 Back	49.29	43.89	38.39	36.59	34.69	32.89	31.59
100 Back	1:43.29	1:32.49	1:21.69	1:18.09	1:14.39	1:10.79	1:08.19
50 Breast	53.89	48.19	42.49	40.59	38.59	69.69	35.59
100 Breast	1:56.79	1:44.79	1:32.69	1:28.69	1:24.69	1:20.59	1:18.59
50 Bfly	47.29	41.99	36.69	34.89	33.09	31.29	29.99
100 Bfly	1:55.39	1:40.59	1:25.69	1:20.79	1:15.89	1:10.89	1:07.09
100 I.M.	1:41.59	1:31.39	1:21.29	1:17.89	1:14.49	1:11.09	1:08.99
200 I.M.	3:40.89	3:18.09	2:55.29	2:47.69	2:40.09	2:32.49	2:27.59
200 F.R.	NT	NT	NT	NT	NT	NT	1:58.29
200 M.R.	NT	NT	NT	NT	NT	NT	2:13.69

## LONG COURSE METERS

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	44.49	40.39	36.19	34.79	33.49	33.09	32.09
100 Free	1:41.59	1:31.09	1:20.59	1:17.19	1:13.69	1:12.79	1:10.19
200 Free	3:35.49	3:13.99	2:52.39	2:45.29	2:38.09	2:28.39	2:30.89
400 Free	7:38.49	6:52.69	6:06.79	5:51.49	5:36.29	NT	5:20.99
50 Back	56.79	50.49	44.19	42.09	39.99	39.19	37.89
100 Back	1:58.49	1:46.09	1:33.69	1:29.49	1:25.39	1:24.99	1:21.29
50 Breast	1:01.59	55.09	48.49	46.29	44.09	44.99	41.99
100 Breast	2:13.59	1:59.79	1:45.99	1:41.39	1:36.79	1:37.79	1:32.19
50 Bfly	52.89	46.89	40.99	38.99	36.99	36.59	35.09
100 Bfly	2:10.7	1:53.99	1:37.19	1:31.59	1:25.99	1:24.29	1:20.39
200 I.M.	4:10.69	3:44.79	3:18.89	3:10.29	3:01.69	3:00.19	2:52.99

**11-12 GIRLS**  
**11-12 GIRLS SHORT COURSE YARDS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	34.59	32.19	29.79	28.59	27.39	26.19	25.19
100 Free	1:13.59	1:08.29	1:03.09	1:00.49	57.79	55.19	54.49
200 Free	2:43.49	2:31.79	2:20.19	2:14.29	2:08.49	2:02.59	1:57.69
500 Free	7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:23.09	5:13.79
1000 Free	15:01.79	13:57.39	12:52.99	12:20.79	11:48.49	11:16.29	10:52.59
1650 Free	25:18.59	23:30.19	21:41.69	20:47.49	19:53.19	18:58.99	18:24.79
50 Back	39.99	37.19	34.29	32.89	31.49	29.99	28.79
100 Back	1:28.89	1:21.89	1:14.89	1:11.39	1:07.89	1:04.39	1:01.19
200 Back	3:03.29	2:50.19	2:37.09	2:30.59	2:23.99	2:17.49	2:12.69
50 Breast	44.29	41.09	37.99	36.39	34.79	33.19	31.89
100 Breast	1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:11.49	1:08.89
200 Breast	3:27.29	3:12.49	2:57.69	2:50.29	2:42.89	2:35.49	2:30.29
50 Bfly	38.19	35.39	32.69	31.39	29.89	28.59	27.49
100 Bfly	1:27.59	1:20.59	1:13.59	1:10.09	1:06.59	1:03.09	1:00.39
200 Bfly	3:06.29	2:52.99	2:39.69	2:33.09	2:26.39	2:19.79	2:15.69
100 I.M.	1:26.49	1:20.29	1:14.09	1:11.09	1:07.99	1:04.89	1:02.19
200 I.M.	3:04.99	2:51.79	2:38.59	2:31.99	2:25.39	2:18.79	2:13.09
400 I.M.	6:34.39	6:06.19	5:38.09	5:23.99	5:09.89	4:55.79	4:44.79
200 F.R.	NT	NT	NT	NT	NT	NT	1:45.59
400 F.R.	NT	NT	NT	NT	NT	NT	3:50.69
200 M.R.	NT	NT	NT	NT	NT	NT	1:57.99
400 M.R.	NT	NT	NT	NT	NT	NT	4:18.89

**LONG COURSE METERS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	39.19	36.39	33.69	32.39	30.99	29.49	29.69
100 Free	1:26.39	1:20.19	1:14.09	1:10.99	1:07.89	1:04.79	1:04.79
200 Free	3:05.69	2:52.39	2:39.19	2:32.49	2:25.89	2:20.79	2:19.29
400 Free	6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	4:56.99	4:50.79
800 Free	13:32.49	12:34.49	11:36.49	11:07.49	10:38.39	NT	10:09.39
1500 Free	26:07.79	24:15.79	22:23.79	21:27.79	20:31.79	NT	19:35.89
50 Back	45.69	42.49	39.19	37.59	35.89	34.59	34.29
100 Back	1:42.39	1:34.39	1:26.29	1:22.29	1:18.19	1:14.49	1:14.19
200 Back	3:30.79	3:15.79	3:00.69	2:53.19	2:45.69	NT	2:38.09
50 Breast	49.09	45.59	42.09	40.39	38.59	38.69	36.89
100 Breast	1:49.19	1:41.89	1:33.79	1:29.69	1:25.59	1:24.49	1:21.59
200 Breast	3:57.59	3:40.59	3:23.69	3:15.19	3:06.69	NT	2:58.19
50 Bfly	42.69	39.69	36.59	35.09	33.59	32.49	32.09
100 Bfly	1:38.69	1:30.79	1:22.89	1:18.99	1:14.99	1:12.89	1:11.09
200 Bfly	3:33.09	3:17.79	3:02.59	2:54.99	2:47.39	NT	2:39.79
200 I.M.	3:30.19	3:15.19	3:00.19	2:52.69	2:45.19	2:39.09	2:37.69
400 I.M.	7:32.09	6:59.79	6:27.59	6:11.39	5:55.29	NT	5:39.09

**11-12 BOYS**  
**11-12 BOYS SHORT COURSE YARDS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	33.39	30.99	28.59	27.39	26.19	25.09	24.29
100 Free	1:13.29	1:08.09	1:02.89	1:00.19	57.59	54.99	52.79
200 Free	2:39.39	2:27.99	2:16.59	2:10.89	2:05.19	1:59.49	1:55.69
500 Free	7:05.49	6:35.09	6:04.69	5:49.49	5:34.29	5:19.09	5:07.69
1000 Free	14:57.09	13:52.99	12:48.89	12:16.89	11:44.89	11:12.79	10:49.79
1650 Free	25:11.89	23:23.89	21:35.89	20:41.89	19:47.89	18:53.89	18:08.59
50 Back	39.79	36.79	33.69	32.19	30.69	29.19	27.99
100 Back	1:25.79	1:19.09	1:12.29	1:08.89	1:05.59	1:02.19	59.69
200 Back	2:59.39	2:46.59	2:33.79	2:27.39	2:20.99	2:14.59	2:10.69
50 Breast	44.59	41.09	37.59	35.79	34.09	32.29	31.19
100 Breast	1:35.69	1:28.39	1:21.09	1:17.39	1:13.79	1:10.09	1:07.29
200 Breast	3:21.79	3:07.39	2:52.99	2:45.79	2:38.59	2:31.39	2:27.89
50 Bfly	38.59	35.49	32.39	30.89	29.39	27.79	26.49
100 Bfly	1:26.39	1:19.29	1:12.19	1:08.59	1:05.09	1:01.49	59.09
200 Bfly	3:04.69	2:51.49	2:38.29	2:31.69	2:25.09	2:18.49	2:12.89
100 I.M.	1:24.39	1:18.29	1:12.19	1:09.09	1:05.99	1:02.99	1:00.59
200 I.M.	3:03.49	2:49.69	2:35.89	2:28.99	2:22.09	2:15.19	2:10.49
400 I.M.	6:27.29	5:59.59	5:31.99	5:18.09	5:04.29	4:50.49	4:43.39
200 F.R.	NT	NT	NT	NT	NT	NT	1:44.79
400 F.R.	NT	NT	NT	NT	NT	NT	3:50.69
200 M.R.	NT	NT	NT	NT	NT	NT	1:57.39
400 M.R.	NT	NT	NT	NT	NT	NT	4:18.89

**LONG COURSE METERS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	38.39	35.69	32.99	31.59	30.19	29.59	28.79
100 Free	1:23.49	1:17.49	1:11.59	1:08.59	1:05.59	1:04.29	1:02.59
200 Free	3:01.69	2:48.69	2:35.69	2:29.19	2:22.69	2:20.19	2:16.29
400 Free	6:24.09	5:56.59	5:29.19	5:15.49	5:01.79	4:58.19	4:48.09
800 Free	13:35.89	12:37.59	11:39.29	11:10.19	10:41.09	NT	10:11.89
1500 Free	26:12.49	24:20.19	22:27.89	21:31.69	20:35.59	NT	19:39.39
50 Back	45.79	42.29	38.79	36.99	35.29	35.09	33.49
100 Back	1:39.29	1:31.39	1:23.59	1:19.69	1:15.79	1:15.69	1:11.89
200 Back	3:30.29	3:15.29	3:00.29	2:52.79	2:45.29	NT	2:37.79
50 Breast	51.09	47.09	43.09	41.09	38.99	38.39	36.99
100 Breast	1:50.49	1:41.99	1:33.59	1:29.39	1:25.19	1:25.09	1:20.99
200 Breast	3:54.69	3:37.99	3:21.19	3:12.79	3:04.49	NT	2:56.09
50 Bfly	43.49	39.99	36.59	34.79	33.09	32.49	31.39
100 Bfly	1:38.19	1:30.19	1:22.09	1:18.09	1:13.99	1:13.39	1:09.99
200 Bfly	2:30.99	3:15.89	3:00.89	2:53.29	2:45.79	NT	2:38.29
200 I.M.	3:29.59	3:13.89	2:58.09	2:50.19	2:42.39	2:39.69	2:34.49
400 I.M.	7:28.29	6:56.29	6:14.29	6:08.29	5:52.29	NT	5:36.29

**13-14 GIRLS****13-14 GIRLS  
SHORT COURSE YARDS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	33.39	30.99	28.69	27.49	26.29	25.09	24.19
100 Free	1:12.59	1:07.39	1:02.19	59.59	57.09	54.49	52.29
200 Free	2:36.59	2:25.39	2:14.19	2:08.59	2:02.99	1:57.49	1:52.49
500 Free	6:51.79	6:22.39	5:52.99	5:28.29	5:23.49	5:08.79	4:58.09
1000 Free	14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	10:36.69	10:14.99
1650 Free	23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	17:40.69	17:07.69
100 Back	1:20.19	1:14.39	1:08.69	1:05.89	1:02.99	1:00.09	57.59
200 Back	2:51.79	2:39.59	2:27.29	2:21.19	2:14.99	2:08.89	2:04.89
100 Breast	1:30.99	1:24.49	1:17.99	1:14.79	1:11.49	1:08.29	1:05.79
200 Breast	3:15.99	3:01.99	2:47.99	2:40.99	2:33.99	2:26.99	2:21.39
100 Bfly	1:19.39	1:13.79	1:08.09	1:05.29	1:02.39	59.59	57.39
200 Bfly	2:53.39	2:40.99	2:28.59	2:22.39	2:16.29	2:10.09	2:06.59
200 I.M.	2:56.49	2:43.89	2:31.29	2:24.99	2:18.69	2:12.39	2:06.89
400 I.M.	6:12.89	5:46.19	5:19.59	5:06.29	4:52.99	4:39.69	4:27.99
200 F.R.	NT	NT	NT	NT	NT	NT	1:41.29
400 F.R.	NT	NT	NT	NT	NT	NT	3:38.39
800 F.R.	NT	NT	NT	NT	NT	NT	7:56.29
200 M.R.	NT	NT	NT	NT	NT	NT	1:52.89
400 M.R.	NT	NT	NT	NT	NT	NT	4:02.69

**LONG COURSE METERS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	38.19	35.49	32.79	31.39	30.09	28.89	28.69
100 Free	1:22.89	1:16.99	1:11.09	1:08.09	1:05.09	1:02.69	1:02.19
200 Free	2:57.99	2:45.29	2:32.59	2:26.19	2:19.89	2:15.49	2:13.49
400 Free	6:09.39	5:42.99	5:16.59	5:03.49	4:50.29	4:44.59	4:37.09
800 Free	12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:55.39	9:26.99
1500 Free	24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	19:04.99	18:04.79
100 Back	1:33.49	1:26.79	1:20.09	1:16.79	1:13.49	1:11.99	1:10.09
200 Back	3:19.99	3:05.69	2:51.39	2:44.29	2:37.19	2:33.79	2:29.99
100 Breast	1:43.99	1:36.59	1:29.09	1:25.39	1:21.69	1:20.89	1:17.99
200 Breast	3:43.99	3:27.99	3:11.99	3:03.99	2:55.99	2:54.29	2:47.99
100 Bfly	1:30.19	1:23.69	1:17.29	1:14.09	1:10.79	1:09.89	1:07.59
200 Bfly	3:17.79	3:03.69	2:49.59	2:42.49	2:35.39	2:36.39	2:28.39
200 I.M.	3:21.09	3:06.79	2:52.39	2:45.19	2:37.99	2:34.59	2:30.89
400 I.M.	7:02.69	6:32.49	6:02.29	5:47.19	5:32.09	5:28.49	5:16.99

**13-14 BOYS****13-14 BOYS  
SHORT COURSE YARDS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	31.09	28.79	26.59	25.49	24.39	23.29	22.39
100 Free	1:07.69	1:02.89	58.09	55.69	53.19	50.79	48.69
200 Free	2:26.79	2:12.29	2:05.79	2:00.59	1:55.39	1:50.09	1:45.69
500 Free	6:35.99	6:07.69	5:39.39	5:25.29	5:11.09	4:56.99	4:44.49
1000 Free	13:38.39	12:39.99	11:41.49	11:12.29	10:43.09	10:13.79	9:49.79
1650 Free	22:44.39	21:06.99	19:29.49	18:40.79	17:51.99	17:03.29	16:24.59
100 Back	1:15.69	1:10.29	1:04.89	1:02.19	59.49	56.79	54.39
200 Back	2:42.79	2:31.09	2:19.49	2:13.69	2:07.89	2:02.09	1:57.59
100 Breast	1:24.39	1:18.39	1:12.29	1:09.29	1:06.29	1:03.29	1:01.19
200 Breast	3:02.39	2:49.39	2:36.29	2:29.79	2:23.29	2:16.79	2:13.59
100 Bfly	1:13.99	1:08.69	1:03.39	1:00.79	58.09	55.49	53.29
200 Bfly	2:44.29	2:32.59	2:20.79	2:14.99	2:09.09	2:03.19	1:57.99
200 I.M.	2:45.49	2:33.69	2:21.89	2:15.89	2:09.99	2:04.09	1:59.09
400 I.M.	5:52.79	5:27.59	5:02.39	4:49.79	4:37.19	4:24.59	4:14.09
200 F.R.	NT	NT	NT	NT	NT	NT	1:34.49
400 F.R.	NT	NT	NT	NT	NT	NT	3:26.19
800 F.R.	NT	NT	NT	NT	NT	NT	7:34.59
200 M.R.	NT	NT	NT	NT	NT	NT	1:46.09
400 M.R.	NT	NT	NT	NT	NT	NT	3:49.39

**LONG COURSE METERS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	35.69	33.19	30.59	29.39	28.09	27.89	26.79
100 Free	1:17.69	1:12.19	1:06.59	1:03.89	1:01.09	59.19	58.29
200 Free	2:49.19	2:37.09	2:24.99	2:18.99	2:12.89	2:08.79	2:06.89
400 Free	5:56.49	5:31.09	5:05.59	4:52.89	4:40.19	4:32.99	4:27.39
800 Free	12:16.59	11:23.99	10:31.29	10:04.99	9:38.69	9:29.59	9:12.39
1500 Free	23:35.29	21:54.19	20:13.09	19:22.59	18:32.09	18:08.19	17:41.49
100 Back	1:27.59	1:21.29	1:15.09	1:11.89	1:08.79	1:08.29	1:05.69
200 Back	3:08.59	2:55.09	2:41.59	2:34.89	2:28.19	2:26.19	2:21.39
100 Breast	1:37.49	1:30.49	1:23.59	1:20.09	1:16.59	1:16.39	1:13.09
200 Breast	3:32.79	3:17.59	3:02.39	2:54.79	2:47.19	2:46.29	2:39.59
100 Bfly	1:23.99	1:17.99	1:11.99	1:08.99	1:05.99	1:05.59	1:02.99
200 Bfly	3:06.59	2:53.29	2:39.89	2:33.29	2:26.59	2:28.49	2:19.99
200 I.M.	3:09.89	2:56.39	2:42.79	2:35.99	2:29.19	2:25.29	2:22.49
400 I.M.	6:43.89	6:15.09	5:46.19	5:31.79	5:17.39	5:10.09	5:02.89

## 15-16 GIRLS

### 15-16 GIRLS SHORT COURSE YARDS

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	32.89	30.49	28.19	26.99	25.89	24.69	23.69
100 Free	1:11.29	1:06.19	1:01.09	58.59	55.99	53.49	51.29
200 Free	2:33.39	2:22.39	2:11.49	2:05.99	2:00.49	1:54.99	1:50.19
500 Free	6:46.39	6:17.39	5:48.39	5:33.79	5:19.29	5:04.79	4:52.19
1000 Free	13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:26.39	10:02.19
1650 Free	23:18.79	21:38.89	19:58.89	19:08.99	18:18.99	17:29.09	16:49.99
100 Back	1:18.99	1:13.29	1:07.69	1:04.89	1:02.09	59.19	56.89
200 Back	2:50.19	2:37.99	2:25.89	2:19.79	2:13.69	2:07.59	2:02.29
100 Breast	1:29.09	1:22.69	1:16.39	1:13.19	1:09.99	1:06.79	1:04.19
200 Breast	3:12.09	2:58.39	2:44.69	2:37.79	2:30.89	2:24.09	2:18.19
100 Bfly	1:17.99	1:12.39	1:06.89	1:04.09	1:01.29	58.49	55.99
200 Bfly	2:50.99	2:38.79	2:26.59	2:20.49	2:14.39	2:08.29	2:02.79
200 I.M.	2:53.09	2:40.69	2:28.39	2:22.19	2:15.99	2:09.79	2:04.59
400 I.M.	6:06.49	5:40.29	5:14.09	5:00.99	4:47.89	4:34.89	4:22.89
200 F.R.	NT	NT	NT	NT	NT	NT	1:37.79
400 F.R.	NT	NT	NT	NT	NT	NT	3:30.29
800 F.R.	NT	NT	NT	NT	NT	NT	7:37.89
200 M.R.	NT	NT	NT	NT	NT	NT	1:49.29
400 M.R.	NT	NT	NT	NT	NT	NT	3:53.69

### LONG COURSE METERS

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	37.69	34.99	32.29	30.89	29.59	28.99	28.29
100 Free	1:21.09	1:15.29	1:09.59	1:06.69	1:03.79	1:02.99	1:00.89
200 Free	2:54.29	2:41.89	2:29.39	2:23.19	2:16.99	2:16.09	2:10.79
400 Free	6:04.19	5:38.19	5:12.19	4:59.19	4:46.19	4:45.79	4:33.19
800 Free	12:28.89	11:35.39	10:41.89	10:15.19	9:48.39	9:53.19	9:21.69
1500 Free	23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	19:03.89	17:54.79
100 Back	1:31.29	1:24.79	1:18.29	1:14.99	1:11.79	1:12.69	1:08.49
200 Back	3:15.19	3:01.29	2:47.29	2:40.29	2:33.39	2:35.49	2:26.39
100 Breast	1:42.39	1:35.09	1:27.79	1:24.09	1:20.49	1:19.49	1:16.79
200 Breast	3:39.89	3:24.19	3:08.49	3:00.59	2:52.79	2:56.79	2:44.89
100 Bfly	1:28.49	1:22.19	1:15.89	1:12.69	1:09.49	1:10.19	1:06.39
200 Bfly	3:12.09	2:58.39	2:44.69	2:37.79	2:30.99	2:37.49	2:24.09
200 I.M.	3:16.09	3:02.09	2:48.09	2:41.09	2:34.09	2:35.59	2:27.09
400 I.M.	6:55.99	6:26.29	5:55.19	5:41.69	5:26.79	5:28.29	5:11.99

**15-16 BOYS****15-16 BOYS  
SHORT COURSE YARDS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	29.59	27.49	25.39	24.29	23.29	22.19	21.29
100 Free	1:04.59	59.99	55.39	53.09	50.79	48.49	46.59
200 Free	2:20.89	2:10.89	2:00.79	1:55.79	1:50.69	1:45.69	1:41.49
500 Free	6:19.39	5:52.29	5:25.29	5:11.69	4:58.19	4:44.59	4:32.79
1000 Free	13:04.19	12:08.19	11:12.19	10:44.19	10:16.19	9:48.19	9:24.89
1650 Free	21:55.89	20:21.89	18:47.99	18:00.99	17:13.99	16:26.99	15:46.99
100 Back	1:11.49	1:06.39	1:01.29	58.79	56.19	53.69	51.59
200 Back	2:34.79	2:23.69	2:12.69	2:07.09	2:01.59	1:56.09	1:51.39
100 Breast	1:20.69	1:14.99	1:09.19	1:06.29	1:03.49	1:00.59	58.69
200 Breast	2:55.09	2:42.59	2:30.09	2:23.89	2:17.59	2:11.39	2:07.09
100 Bfly	1:10.59	1:05.59	1:00.49	57.99	55.49	52.99	50.99
200 Bfly	2:36.79	2:25.59	2:14.39	2:08.79	2:03.19	1:57.59	1:52.99
200 I.M.	2:38.29	2:26.99	2:15.69	2:09.99	2:04.39	1:58.69	1:53.89
400 I.M.	5:37.29	5:13.19	4:49.09	4:37.09	4:24.99	4:12.99	4:02.59
200 F.R.	NT	NT	NT	NT	NT	NT	1:26.79
400 F.R.	NT	NT	NT	NT	NT	NT	3:09.69
800 F.R.	NT	NT	NT	NT	NT	NT	6:55.29
200 M.R.	NT	NT	NT	NT	NT	NT	1:36.99
400 M.R.	NT	NT	NT	NT	NT	NT	3:30.89

**LONG COURSE METERS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	34.19	31.79	29.39	28.09	26.89	26.29	25.69
100 Free	1:14.79	1:09.39	1:04.09	1:01.39	58.79	57.59	56.09
200 Free	2:42.09	2:30.49	2:18.99	2:13.19	2:07.39	2:06.49	2:01.59
400 Free	5:42.19	5:17.79	4:53.29	4:41.09	4:28.89	4:26.99	4:16.69
800 Free	11:45.39	10:54.99	10:04.59	9:39.39	9:14.29	9:20.29	8:49.09
1500 Free	22:36.79	20:59.89	19:22.99	18:34.49	17:46.09	18:06.89	16:57.59
100 Back	1:23.59	1:17.59	1:11.69	1:08.69	1:05.69	1:06.29	1:02.69
200 Back	2:59.99	2:47.19	2:34.29	2:27.89	2:21.49	2:23.59	2:14.99
100 Breast	1:33.99	1:27.29	1:20.59	1:17.19	1:13.89	1:12.49	1:10.49
200 Breast	3:23.29	3:08.79	2:54.29	2:46.99	2:39.69	2:43.69	2:32.49
100 Bfly	1:20.59	1:14.79	1:09.09	1:06.19	1:03.29	1:03.59	1:00.39
200 Bfly	2:57.59	2:44.89	2:32.19	2:25.89	2:19.49	2:24.19	2:13.19
200 I.M.	3:03.29	2:50.19	2:37.09	2:30.59	2:23.99	2:22.79	2:17.49
400 I.M.	6:24.99	5:57.49	5:29.99	5:16.19	5:02.49	5:06.49	4:48.69

**17-18 GIRLS****17-18 GIRLS  
SHORT COURSE YARDS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	32.89	30.49	28.19	26.99	25.79	24.59	23.69
100 Free	1:10.89	1:05.79	1:00.79	58.19	55.69	53.19	51.09
200 Free	2:32.29	2:21.49	2:10.59	2:05.09	1:59.69	1:54.29	1:49.59
500 Free	6:43.89	6:14.99	5:46.19	5:31.79	5:17.29	5:02.89	4:51.19
1000 Free	13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	10:24.39	10:02.99
1650 Free	23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	17:19.69	16:43.99
100 Back	1:18.19	1:12.59	1:06.99	1:04.19	1:01.39	58.59	56.29
200 Back	2:47.89	2:35.89	2:23.89	2:17.89	2:11.89	2:05.89	2:00.99
100 Breast	1:29.09	1:22.69	1:16.39	1:13.19	1:09.99	1:06.79	1:03.99
200 Breast	3:12.29	2:58.59	2:44.79	2:37.99	2:31.09	2:24.19	2:18.19
100 Bfly	1:16.99	1:11.49	1:05.99	1:03.29	1:00.49	57.79	55.69
200 Bfly	2:48.19	2:36.19	2:24.19	2:28.99	2:12.19	2:06.19	2:02.19
200 I.M.	2:51.49	2:39.19	2:26.99	2:20.89	2:14.69	2:08.59	2:03.49
400 I.M.	6:04.39	5:38.29	5:12.29	4:59.29	4:46.29	4:33.29	4:21.89
200 F.R.	NT	NT	NT	NT	NT	NT	1:37.79
400 F.R.	NT	NT	NT	NT	NT	NT	3:30.29
800 F.R.	NT	NT	NT	NT	NT	NT	7:37.89
200 M.R.	NT	NT	NT	NT	NT	NT	1:49.29
400 M.R.	NT	NT	NT	NT	NT	NT	3:53.69

**LONG COURSE METERS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	37.49	34.89	32.19	30.79	29.49	29.89	28.19
100 Free	1:20.69	1:14.99	1:09.19	1:06.29	1:03.39	1:05.09	1:00.59
200 Free	2:52.79	2:40.49	2:28.09	2:21.99	2:15.79	2:20.99	2:09.59
400 Free	6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:59.69	4:30.69
800 Free	12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	10:36.69	9:14.69
1500 Free	23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	20:15.09	17:44.89
100 Back	1:30.79	1:24.29	1:17.79	1:14.59	1:11.29	1:16.56	1:08.09
200 Back	3:13.99	3:00.09	2:46.29	2:39.39	2:32.39	2:45.49	2:25.49
100 Breast	1:42.19	1:34.89	1:27.59	1:23.89	1:20.29	1:27.19	1:16.59
200 Breast	3:39.99	3:24.29	3:08.59	3:00.79	2:52.89	3:08.89	2:44.99
100 Bfly	1:27.79	1:21.49	1:15.19	1:12.09	1:08.99	1:13.59	1:05.79
200 Bfly	3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:52.99	2:22.09
200 I.M.	3:16.29	3:02.29	2:48.29	2:41.19	2:34.19	2:41.39	2:27.19
400 I.M.	6:54.39	6:24.79	5:55.19	5:40.39	5:25.59	5:56.49	5:10.79

**17-18 BOYS****17-18 BOYS  
SHORT COURSE YARDS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>AAAA</b>	<b>NRT</b>
50 Free	28.99	26.89	24.89	23.79	22.79	21.79	20.89
100 Free	1:03.39	58.89	54.39	52.09	49.79	47.59	45.59
200 Free	2:17.99	2:08.19	1:58.29	1:53.39	1:48.49	1:43.49	1:38.29
500 Free	6:10.59	5:44.19	5:17.69	5:04.49	4:51.19	4:37.99	4:28.59
1000 Free	12:54.49	11:59.19	11:03.89	10:36.19	10:08.49	9:40.89	9:20.99
1650 Free	21:31.69	19:59.39	18:27.19	17:41.09	16:54.89	16:08.79	15:37.19
100 Back	1:09.99	1:04.99	59.99	57.49	54.99	52.49	50.49
200 Back	2:30.59	2:19.89	2:09.09	2:03.69	1:58.29	1:52.99	1:49.19
100 Breast	1:18.79	1:13.19	1:07.59	1:04.79	1:01.89	59.09	57.19
200 Breast	2:52.19	2:39.89	2:27.59	2:21.49	2:15.29	2:09.19	2:04.19
100 Bfly	1:08.99	1:04.09	59.09	56.69	54.19	51.79	49.59
200 Bfly	2:31.19	2:20.39	2:09.59	2:04.19	1:58.79	1:53.39	1:50.39
200 I.M.	2:34.59	2:23.59	2:12.49	2:06.99	2:01.49	1:55.99	1:51.39
400 I.M.	5:30.29	5:06.69	4:43.09	4:31.29	4:19.49	4:07.69	3:57.39
200 F.R.	NT	NT	NT	NT	NT	NT	1:26.79
400 F.R.	NT	NT	NT	NT	NT	NT	3:09.69
800 F.R.	NT	NT	NT	NT	NT	NT	6:55.29
200 M.R.	NT	NT	NT	NT	NT	NT	1:36.99
400 M.R.	NT	NT	NT	NT	NT	NT	3:30.89

**LONG COURSE METERS**

<b>Distance &amp; Stroke</b>	<b>B</b>	<b>BB</b>	<b>A</b>	<b>AA</b>	<b>AAA</b>	<b>WESTERN ZONE Q</b>	<b>AAAA</b>
50 Free	33.49	31.09	28.69	27.49	26.29	26.59	25.09
100 Free	1:13.19	1:07.99	1:02.69	1:00.09	57.49	58.39	54.89
200 Free	2:38.99	2:27.69	2:16.29	2:10.59	2:04.99	2:07.99	1:59.29
400 Free	5:36.39	5:12.39	4:48.39	4:36.39	4:24.39	4:36.59	4:12.29
800 Free	11:38.89	10:48.99	9:59.99	9:34.09	9:09.19	9:45.29	8:44.19
1500 Free	22:10.89	20:35.79	19:00.79	18:13.29	17:25.69	18:49.69	16:38.19
100 Back	1:21.99	1:16.09	1:10.29	1:07.29	1:04.39	1:09.39	1:01.49
200 Back	2:56.29	2:43.69	2:31.09	2:24.79	2:18.49	2:32.19	2:12.19
100 Breast	1:31.49	1:24.99	1:18.39	1:15.19	1:11.89	1:17.69	1:08.59
200 Breast	3:18.79	3:04.59	2:50.39	2:43.29	2:36.19	2:52.59	2:29.09
100 Bfly	1:18.49	1:12.89	1:07.29	1:04.49	1:01.69	1:05.39	58.89
200 Bfly	2:54.49	2:41.99	2:29.49	2:23.29	2:17.09	2:34.29	2:10.89
200 I.M.	2:58.29	2:45.59	2:32.79	2:26.49	2:20.09	2:26.39	2:13.69
400 I.M.	6:19.79	5:52.59	5:25.49	5:11.99	4:58.39	5:22.19	4:44.79

## NATIONAL/REGIONAL TIME STANDARDS WOMEN

### SENIOR WOMEN SHORT COURSE YARDS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2007 JUNIOR CHAMPS	2007 NATL CHAMPS
50 Free	28.09	24.59	23.89	23.59
100 Free	1:01.09	52.89	51.79	51.19
200 Free	2:12.09	1:54.19	1:51.29	1:50.29
400/500 Free	5:50.09	5:03.29	4:55.29	4:52.49
800/1000 Free	12:10.09	10:21.29	10:10.99	10:03.09
1500/1650 Free	19:35.09	17:24.29	16:54.19	16:50.19
100 Back	1:11.09	59.09	57.39	56.69
200 Back	2:30.09	2:06.99	2:03.39	2:02.19
100 Breast	1:20.09	1:06.89	1:04.89	1:04.19
200 Breast	2:54.09	2:24.29	2:19.79	2:18.69
100 Bfly	1:09.09	58.49	56.49	56.19
200 Bfly	2:35.09	2:07.39	2:04.09	2:03.09
200 I.M.	2:30.09	2:09.49	2:05.29	2:04.09
400 I.M.	5:15.09	4:33.09	4:25.29	4:23.79
400 F.R.	NT	3:36.99	3:35.49	3:35.99
800 F.R.	NT	7:49.79	7:49.79	7:41.69
400 M.R.	NT	4:01.29	4:01.29	4:00.49

### LONG COURSE METERS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2007 JUNIOR CHAMPS	2007 NATL CHAMPS
50 Free	31.49	27.79	27.39	26.79
100 Free	1:07.79	1:00.19	58.89	57.69
200 Free	2:26.79	2:09.09	2:06.79	2:04.49
500/400 Free	5:09.29	4:30.69	4:24.99	4:20.89
1000/800 Free	10:44.39	9:15.99	9:06.69	8:56.29
1650/1500 Free	20:05.99	17:46.69	17:32.49	17:06.69
100 Back	1:18.29	1:07.89	1:06.49	1:05.39
200 Back	2:46.99	2:25.99	2:22.79	2:19.99
100 Breast	1:28.59	1:16.79	1:14.89	1:13.29
200 Breast	3:12.39	2:44.99	2:41.39	2:38.09
100 Bfly	1:16.39	1:05.79	1:04.39	1:03.09
200 Bfly	2:51.59	2:24.19	2:21.19	2:17.29
200 I.M.	2:46.89	2:27.59	2:23.69	2:21.49
400 I.M.	5:59.49	5:09.69	5:03.69	4:57.79
400 F.R.	NT	4:06.99	4:05.69	3:58.39
800 F.R.	NT	8:53.89	8:53.89	8:34.09
400 M.R.	NT	4:36.39	4:36.39	4:25.49

QUALIFYING PERIODS. For Junior Champs, July 1, 2006 through entry deadline for meet. For Spring Champs, Feb 1, 2006 and for Summer Champs, July 1, 2006 through entry deadlines.

## NATIONAL/REGIONAL TIME STANDARDS WOMEN

### SENIOR MEN SHORT COURSE YARDS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2006 JUNIOR CHAMPS	2006 NATL CHAMPS
50 Free	26.09	21.69	21.39	20.69
100 Free	57.09	47.09	46.49	45.29
200 Free	2:04.09	1:43.09	1:41.69	1:39.69
400/500 Free	5:30.09	4:39.59	4:34.79	4:29.19
800/1000 Free	11:30.09	9:39.29	9:32.69	9:24.99
1500/1650 Free	18:30.09	16:13.69	15:56.69	15:41.59
100 Back	1:08.09	53.09	51.79	50.49
200 Back	2:28.09	1:54.79	1:52.29	1:49.59
100 Breast	1:15.09	59.49	58.29	56.69
200 Breast	2:44.09	2:09.79	2:07.19	2:03.39
100 Bfly	1:05.09	51.89	50.79	49.49
200 Bfly	2:27.09	1:54.89	1:53.19	1:50.49
200 I.M.	2:22.09	1:56.29	1:53.79	1:51.29
400 I.M.	5:00.09	4:08.09	4:02.49	3:58.19
400 F.R.	NT	3:12.79	3:11.89	3:09.89
800 F.R.	NT	7:05.69	7:05.69	7:01.59
400 M.R.	NT	3:36.09	3:36.09	3:31.29

### LONG COURSE METERS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2006 JUNIOR CHAMPS	2006 NATL CHAMPS
50 Free	29.69	24.79	24.79	23.79
100 Free	1:03.69	53.99	53.89	52.19
200 Free	2:17.99	1:58.09	1:57.29	1:54.09
500/400 Free	4:56.29	4:09.79	4:08.59	4:02.99
1000/800 Free	10:16.99	8:40.79	8:37.29	8:24.29
1650/1500 Free	19:29.99	16:41.69	16:31.39	16:06.49
100 Back	1:16.99	1:01.39	1:00.59	58.69
200 Back	2:45.69	2:12.39	2:11.49	2:07.19
100 Breast	1:23.49	1:08.29	1:08.39	1:05.59
200 Breast	3:01.89	2:29.79	2:28.59	2:22.79
100 Bfly	1:12.09	58.89	58.19	56.19
200 Bfly	2:43.69	2:10.59	2:09.79	2:05.09
200 I.M.	2:38.49	2:13.59	2:12.39	2:08.79
400 I.M.	5:42.99	4:43.89	4:41.59	4:34.29
400 F.R.	NT	3:41.89	3:41.49	3:33.59
800 F.R.	NT	8:07.49	8:07.49	7:51.59
400 M.R.	NT	4:08.89	4:08.89	3:55.69

QUALIFYING PERIODS. For Junior Champs, July 1, 2006 through entry deadline for meet. For Spring Champs, Feb 1, 2006 and for Summer Champs, July 1, 2006 through entry deadlines.