

Girls Short Course Time Standards
Rev. 10/19/09

11 and 12	B	A	JO- SCY	June Inv	FW		
50 Free	33.50	30.70	28.99	28.8	27.19		
100 Free	1:12.70	1:06.70	1:02.59	1:02.4	59.19		
200 Free	2:37.20	2:24.10	2:17.89	2:14.9	2:09.29		
500Y/400M Free	6:59.50	6:24.60	6:02.99	6:03.5	5:47.09		
1000 Free	13:57.39	12:58.60			11:54.99		
1650 Free	23:30.19	21:32.10			19:45.39		
50 Back	39.60	36.20	34.19	34.7	31.99		
100 Back	1:25.20	1:17.90	1:13.59	1:14.3	1:08.99		
200 Back	3:01.40	2:46.20			2:28.99		
50 Breast	44.50	40.80	38.79	38.5	35.99		
100 Breast	1:37.00	1:28.90	1:23.59	1:23.2	1:17.59		
200 Breast	3:25.90	3:08.80			2:47.89		
50 Fly	37.40	34.30	32.89	33.0	30.29		
100 Fly	1:23.00	1:16.10	1:13.29	1:13.6	1:08.39		
200 Fly	2:58.10	2:43.20			2:30.99		
100 IM	1:24.70	1:17.70	1:12.89		1:08.49		
200 IM	3:01.30	2:46.20	2:36.39	2:33.8	2:27.99		
400 IM		5:48.20			5:15.89		
13-14	B	A	JO- SCY	June Inv	FW	CIF Div 1- Top 24	CIF Div 2- Top 24
50 Free	31.90	29.30	27.59	27.3	26.29	26.14	26.35
100 Free	1:09.10	1:03.40	59.69	58.6	56.89	57.56	57.87
200 Free	2:28.40	2:16.10	2:07.79	2:07.5	2:03.09	2:08.36	2:09.96
500Y/400M Free	6:32.30	5:59.60	5:44.99	5:38.3	5:25.99	5:45.77	5:46.21
1000Y/800M Free	13:45.80	12:37.00	11:31.69	12:17.0	11:09.99		
1650Y/1500M Free	22:57.70	21:02.90	20:10.89	19:55.3	18:31.19		
100 Back	1:21.00	1:14.10	1:08.99	1:09.8	1:04.99	1:06.19	1:09.5
200 Back	2:54.50	2:39.60	2:27.99	2:32.4	2:20.89		
100 Breast	1:31.00	1:23.40	1:17.89	1:17.4	1:12.89	1:15.18	1:16.79
200 Breast	3:18.20	3:01.70	2:48.79	2:48.8	2:39.99		
100 Fly	1:17.40	1:11.00	1:07.99	1:06.7	1:04.29	1:05.11	1:06.95
200 Fly	2:55.10	2:40.50	2:33.48	2:33.1	2:24.99		
200 IM	2:50.90	2:36.60	2:27.99	2:26.6	2:19.49	2:26.25	2:25.62
400 IM	6:07.30	5:36.60	5:10.99	5:14.4	4:58.19		

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15-16	B	A	JO	SECT	SECT Bonus	CIF Div 1- Top 24	CIF Div 2- Top 24
50 Free	31.90	29.30	26.39	25.39	25.99	26.14	26.35
100 Free	1:08.50	1:02.80	56.99	55.09	56.19	57.56	57.87
200 Free	2:28.80	2:16.40	2:02.89	1:58.69	2:01.09	2:08.36	2:09.96
500Y/400M Free	6:29.90	5:57.40	5:29.99	5:12.99	5:19.29	5:45.77	5:46.21
1000Y/800M Free	13:24.70	12:17.70	11:15.99	10:43.19	10:58.09		
1650Y/1500M Free	22:18.40	20:26.80	19:47.89	17:57.49	18:19.09		
100 Back	1:21.50	1:14.50	1:05.79	1:01.09	1:02.39	1:06.19	1:09.5
200 Back	2:48.10	2:33.80	2:22.99	2:11.59	2:14.29		
100 Breast	1:31.60	1:23.90	1:14.89	1:09.19	1:10.59	1:15.18	1:16.79
200 Breast	3:17.30	3:00.80	2:42.99	2:29.39	2:32.39		
100 Fly	1:17.50	1:11.10	1:04.79	1:00.49	1:01.79	1:05.11	1:06.95
200 Fly	2:50.90	2:36.60	2:25.99	2:12.59	2:15.29		
200 IM	2:52.10	2:37.70	2:19.09	2:13.59	2:16.29	2:26.25	2:25.62
400 IM	5:51.50	5:22.00	5:02.99	4:42.99	4:48.69		
17-18	B	A	JO	SECT	SECT Bonus	CIF Div 1- Top 24	CIF Div 2- Top 24
50 Free	32.40	29.70	26.39	25.39	25.99	26.14	26.35
100 Free	1:09.60	1:03.80	56.99	55.09	56.19	57.56	57.87
200 Free	2:28.80	2:16.40	2:02.89	1:58.69	2:01.09	2:08.36	2:09.96
500Y/400M Free	6:29.90	5:57.40	5:29.99	5:12.99	5:19.29	5:45.77	5:46.21
1000Y/800M Free	13:24.80	12:17.80	11:15.99	10:43.19	10:58.09		
1650Y/1500M Free	22:18.40	20:26.80	19:47.89	17:57.49	18:19.09		
100 Back	1:56.50	1:14.50	1:05.79	1:01.09	1:02.39	1:06.19	1:09.5
200 Back	2:56.70	2:37.10	2:22.99	2:11.59	2:14.29		
100 Breast	1:32.90	1:21.30	1:14.89	1:09.19	1:10.59	1:15.18	1:16.79
200 Breast	3:17.30	2:52.60	2:42.99	2:29.39	2:32.39		
100 Fly	1:17.50	1:11.10	1:04.79	1:00.49	1:01.79	1:05.11	1:06.95
200 Fly	2:50.90	2:36.60	2:25.99	2:12.59	2:15.29		
200 IM	2:52.10	2:37.70	2:19.09	2:13.59	2:16.29	2:26.25	2:25.62
400 IM	5:51.50	5:22.00	5:02.99	4:42.99	4:48.69		