

AZ08STND STANDARDS Standards08 Reg - FW Long Course Meters

Women 10 & Under

	FW07	Q	BB	Reg
50 Free	34.39	38.29	40.89	46.39
100 Free	1:16.19	1:23.09	1:32.99	1:46.09
200 Free	2:46.89	3:00.09	3:23.79	3:51.09
400 Free	5:38.89	6:11.49	6:55.79	7:41.99
50 Back	40.59	45.39	49.89	57.89
100 Back	1:28.29	1:35.39	1:48.89	2:03.69
50 Breast	45.69	52.49	54.89	1:01.59
100 Breast	1:39.99	1:49.79	2:02.39	2:19.69
50 Fly	38.99	44.09	48.59	54.69
100 Fly	1:30.59	1:43.19	1:56.19	2:12.69
200 IM	3:09.99	3:24.89	3:47.29	4:19.69

Women 11-12

	FW07	Q	BB	Reg
50 Free	30.99	34.19	36.39	40.19
100 Free	1:07.59	1:12.99	1:20.19	1:27.69
200 Free	2:26.99	2:37.69	2:52.39	3:08.69
400 Free	5:09.69	5:31.99	6:00.09	6:29.89
800 Free	10:33.99	11:36.49	12:34.49	13:57.09
1500 Free	20:19.99	22:36.39	24:15.79	
50 Back	36.19	39.99	42.49	47.29
100 Back	1:18.39	1:25.09	1:34.39	1:43.99
200 Back	2:48.19	3:01.19	3:15.79	3:41.19
50 Breast	40.59	45.39	45.59	58.99
100 Breast	1:28.19	1:36.09	1:41.89	1:49.99
200 Breast	3:08.89	3:24.89	3:40.59	4:11.39
50 Fly	33.99	38.29	39.69	42.79
100 Fly	1:17.69	1:27.49	1:30.79	1:38.09
200 Fly	2:52.19	3:13.19	3:17.79	3:31.09
200 IM	2:46.99	3:01.79	3:15.19	3:36.19
400 IM	5:53.79	7:04.89	6:59.79	7:55.29

Women 13-14

	FW07	Q	BB	Reg
50 Free	29.49	31.19	35.49	38.79
100 Free	1:04.59	1:07.19	1:16.99	1:23.29
200 Free	2:17.69	2:23.69	2:45.29	3:00.79
400 Free	4:50.59	4:59.99	5:42.99	6:12.69
800 Free	10:07.19	10:38.19	11:41.99	12:39.19
1500 Free	19:08.59	21:11.19	22:23.09	24:13.69
50 Back		38.29		43.99
100 Back	1:13.59	1:18.69	1:26.79	1:35.19
200 Back	2:39.09	2:46.19	3:05.69	3:22.09
50 Breast		42.79		56.19
100 Breast	1:23.29	1:28.49	1:36.59	1:45.89
200 Breast	2:59.99	3:07.19	3:27.99	3:46.89
50 Fly		35.99		40.79

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Women 13-14

	FW07	Q	BB	Reg
100 Fly	1:11.59	1:16.79	1:23.69	1:30.19
200 Fly	2:41.99	2:52.29	3:03.59	3:17.49
200 IM	2:36.49	2:43.49	3:06.79	3:25.99
400 IM	5:37.79	5:50.39	6:32.49	7:09.09

Men 10 & Under

	FW07	Q	BB	Reg
50 Free	35.39	39.99	40.39	45.39
100 Free	1:16.29	1:27.49	1:31.09	1:42.89
200 Free	2:46.29	3:12.89	3:13.99	3:35.49
400 Free	5:36.29	6:17.99	6:52.69	7:38.49
50 Back	41.59	47.09	50.49	58.09
100 Back	1:28.69	1:44.29	1:46.09	2:00.89
50 Breast	46.29	54.49	55.09	1:02.99
100 Breast	1:41.79	1:57.79	1:59.79	2:16.19
50 Fly	39.39	50.19	46.89	53.59
100 Fly	1:30.79	1:57.49	1:53.99	2:10.39
200 IM	3:12.29	3:36.99	3:44.79	4:17.59

Men 11-12

	FW07	Q	BB	Reg
50 Free	30.69	34.99	35.69	38.79
100 Free	1:06.99	1:15.19	1:17.49	1:24.79
200 Free	2:27.29	2:41.29	2:48.69	3:04.29
400 Free	5:12.99	5:56.89	5:56.59	6:26.49
800 Free	10:24.89	11:39.39	12:37.59	13:34.29
1500 Free	20:11.99	22:40.89	24:20.19	
50 Back	36.79	41.79	42.29	49.19
100 Back	1:19.49	1:27.59	1:31.39	1:41.39
200 Back	2:47.89	3:11.89	3:15.29	3:31.89
50 Breast	40.59	48.19	47.09	58.99
100 Breast	1:27.29	1:42.99	1:41.99	1:51.69
200 Breast	3:06.39	3:39.29	3:37.99	4:26.29
50 Fly	34.09	41.09	39.99	43.39
100 Fly	1:17.99	1:32.09	1:30.19	1:38.09
200 Fly	2:50.69	3:41.09	3:15.89	3:32.49
200 IM	2:48.29	3:05.89	3:13.89	3:34.99
400 IM	5:56.79	7:21.29	6:56.29	8:54.69

Men 13-14

	FW07	Q	BB	Reg
50 Free	28.29	30.19	33.19	35.99
100 Free	1:00.69	1:03.99	1:12.19	1:18.09
200 Free	2:11.59	2:21.19	2:37.09	2:49.19
400 Free	4:42.59	4:56.29	5:31.09	5:59.09
800 Free	9:47.99	10:48.29	11:23.99	12:16.59
1500 Free	18:15.99	21:43.69	21:54.19	23:34.39

AZ08STND STANDARDS Standards08 Reg - FW Long Course Meters**Men 13-14**

	FW07	Q	BB	Reg
50 Back		37.69		46.99
100 Back	1:10.99	1:15.49	1:21.29	1:28.59
200 Back	2:33.29	2:43.09	2:55.09	3:08.49
50 Breast		43.59		53.89
100 Breast	1:19.59	1:28.59	1:30.49	1:47.79
200 Breast	2:52.79	3:08.99	3:17.59	3:31.19
50 Fly		35.49		42.09
100 Fly	1:08.79	1:14.89	1:17.99	1:24.39
200 Fly	2:36.09	2:54.39	2:53.29	3:08.99
200 IM	2:30.19	2:40.09	2:56.39	3:13.79
400 IM	5:25.99	5:49.79	6:15.09	6:46.09
