

# Division 1 & 2 / Sectional Time Standards

Updated November 5, 2007

## WOMEN - LONG COURSE METERS

Event	10 & Under		11-12		13-14		Senior		2008
	Div I	Div II	Div I	Div II	Div I	Div II	Div I	Div II	Sectional
50 Free	38.39	43.59	32.99	36.19	31.49	34.39	30.19	35.09	28.89
100 Free	1:26.29	1:40.09	1:12.79	1:22.59	1:08.89	1:15.99	1:05.09	1:14.09	1:02.49
200 Free	3:06.09	3:27.89	2:37.69	2:52.89	2:28.89	2:42.09	2:19.79	2:40.09	2:14.59
400 Free			5:37.29	6:04.59	5:15.59	5:48.99	4:57.09	5:39.79	4:44.19
800 Free					11:05.09	11:58.79	10:24.29	11:45.09	9:49.09
1500 Free					20:31.09	22:20.09	20:13.49	22:00.09	18:59.49
50 Back	46.19	53.09	39.89	43.19					
100 Back	1:41.09	1:56.99	1:25.79	1:36.09	1:21.29	1:31.99	1:16.39	1:29.09	1:12.19
200 Back					2:53.09	3:17.69	2:44.69	3:02.79	2:35.29
50 Breast	51.49	56.49	44.39	48.99					
100 Breast	1:53.79	2:06.79	1:36.89	1:46.99	1:31.99	1:43.09	1:28.09	1:42.09	1:21.29
200 Breast					3:15.79	3:41.99	3:08.49	3:32.99	2:55.59
50 Fly	45.99	56.99	37.09	42.09					
100 Fly	1:46.99	1:59.99	1:25.99	1:43.09	1:18.79	1:35.09	1:12.99	1:29.09	1:08.99
200 Fly					3:01.99	3:18.69	2:42.89	3:12.69	2:34.19
200 IM	3:34.09	3:54.79	2:58.59	3:17.69	2:49.59	3:07.89	2:40.19	3:05.49	2:34.79
400 IM					6:05.59	7:00.19	5:38.99	6:28.99	5:26.89
200 Free Relay	2:50.09		2:22.09		2:15.09		2:10.09		
400 Free Relay	6:12.09		5:14.09		4:50.09		4:45.09		4:27.69
800 Free Relay							10:00.09		9:45.59
200 Medley Relay	3:10.09		2:50.09		2:41.69		2:35.09		
400 Medley					5:38.09		5:30.09		4:58.09

Relay

**MEN - LONG COURSE METERS**

Event	10 & Under		11-12		13-14		Senior		2008
	Div I	Div II	Div I	Div II	Div I	Div II	Div I	Div II	Sectional
50 Free	38.59	42.79	33.09	37.09	29.99	33.59	27.09	30.09	25.89
100 Free	1:26.09	1:35.59	1:14.19	1:23.09	1:05.39	1:13.59	59.19	1:06.09	56.79
200 Free	3:06.09	3:19.69	2:39.09	2:51.19	2:22.79	2:39.09	2:08.99	2:21.09	2:04.49
400 Free			5:38.99	6:03.99	5:06.29	5:38.19	4:37.39	5:00.09	4:26.59
800 Free					10:31.39	11:20.09	9:40.09	10:30.09	9:17.19
1500 Free					20:14.39	20:55.09	18:30.09	20:00.09	17:49.59
50 Back	47.59	53.09	40.19	45.59					
100 Back	1:41.79	1:56.99	1:26.99	1:37.99	1:18.39	1:31.09	1:09.99	1:20.09	1:05.99
200 Back					2:46.89	3:09.69	2:30.59	2:47.89	2:23.49
50 Breast	51.89	58.99	45.59	50.59					
100 Breast	1:53.79	2:06.79	1:39.09	1:49.59	1:29.69	1:44.09	1:20.39	1:29.09	1:14.49
200 Breast					3:16.59	3:36.99	2:56.69	3:13.79	2:44.49
50 Fly	48.99	56.99	37.89	42.59					
100 Fly	1:46.99	1:59.99	1:28.89	1:43.09	1:16.29	1:31.09	1:05.43	1:17.09	1:02.29
200 Fly					2:53.09	3:15.69	2:31.59	2:44.79	2:22.59
200 IM	3:33.09	3:55.99	3:02.39	3:17.49	2:43.09	3:01.29	2:27.19	2:41.69	2:21.49
400 IM					6:01.69	6:39.99	5:15.09	5:53.29	5:02.59
200 Free Relay	2:50.09		2:22.09		2:08.09		1:55.09		
400 Free Relay	6:12.09		5:14.09		4:34.09		4:13.09		4:04.59
800 Free Relay							10:00.09		9:18.39
200 Medley Relay	3:10.09		2:50.09		2:29.09		2:16.79		
400 Medley Relay					5:25.09		4:50.09		4:35.09