

2009/2010 time standards for the Winter Season

Winter (Long Course)

Women		Men		
Long Course	Short Course	Short Course	Long Course	
Day One				
1:02.19	55.39	100 Free	49.59	56.29
2:55.19	2:35.19	200 Breast	2:22.29	2:43.39
2:34.39	2:15.29	200 Back	2:03.79	2:22.39
9:47.69	11:02.59	800/1000 Free	10:23.69	9:16.99
Day Two				
2:14.39	1:59.69	200 Free	1:48.79	2:03.59
5:26.09	4:47.19	400 IM	4:26.39	5:01.59
1:08.59	1:01.59	100 Fly	55.69	1:01.89
4:25.79	3:54.79	400 Free Relay	3:36.39	4:04.59
Day Three				
4:43.59	5:19.69	400/500 Free	4:56.49	4:25.09
1:20.99	1:11.49	100 Breast	1:04.19	1:14.19
2:33.89	2:17.19	200 Fly	2:06.39	2:21.59
1:11.89	1:02.69	100 Back	56.99	1:05.69
9:39.79	8:36.99	800 Free Relay	7:48.99	9:18.39
Day Four				
2:33.99	2:15.79	200 IM	2:03.69	2:20.59
18:59.49	18:41.59	1500/1650 Free	17:36.99	17:47.69
28.69	25.69	50 Free	22.89	25.79
4:57.19	4:19.39	400 Medley Relay	3:54.99	4:35.09

2009/2010 time standards for the Summer Season

Note (Yard times are faster than the winter Sectional meet)

Yard times for the summer meet are converted Long Course times using Colorado Swimming Conversion Calculator.

Summer (Long Course)

Women		Men		
Long Course	Short Course	Short Course	Long Course	
Day One				
1:02.19	54.39	100 Free	49.29	56.29
2:55.19	2:34.29	200 Breast	2:22.29	2:43.39
2:34.39	2:15.29	200 Back	2:03.79	2:22.39
9:47.69	10:58.49	800/1000 Free	10:23.69	9:16.99
Day Two				
2:14.39	1:58.19	200 Free	1:48.49	2:03.59
5:26.09	4:47.19	400 IM	4:25.99	5:01.59
1:08.59	1:00.59	100 Fly	54.49	1:01.89
4:25.79	3:54.79	400 Free Relay	3:36.39	4:04.59
Day Three				
4:43.59	5:17.79	400/500 Free	4:56.49	4:25.09

1:20.99	1:11.19	100 Breast	1:04.19	1:14.19
2:33.89	2:16.19	200 Fly	2:05.09	2:21.59
1:11.89	1:02.69	100 Back	56.99	1:05.69
9:39.79	8:36.99	800 Free Relay	7:48.99	9:18.39
		Day Four		
2:33.99	2:15.79	200 IM	2:03.69	2:20.59
18:59.49	18:37.19	1500/1650 Free	17:26.99	17:47.69
28.69	25.19	50 Free	22.59	25.79
4:57.19	4:19.39	400 Medley Relay	3:54.99	4:35.09