

## Qualifying Standards for Senior Gold II Group Irvine Northwood site only

These standards represent the 2018 Sectional Standards

Recognizing that 13-14 boys develop at a different rate than 13-14 girls, 13-14 boys will be allowed qualification via the 2018 Sectional Bonus standards

Swimmers must have two of the following standards to qualify for the Senior Gold II Training Group in Irvine

### Women Senior

		Mtrs	Yards
50	Free	28.59	24.59
100	Free	1:01.79	53.49
200	Free	2:13.19	1:55.29
400/500	Free	4:39.79	5:08.79
800/1000	Free	9:36.39	10:48.29
1500/1650	Free	18:23.59	17:43.29
100	Back	1:08.99	58.99
200	Back	2:27.99	2:07.19
100	Breast	1:18.39	1:07.39
200	Breast	2:49.19	2:25.09
100	Fly	1:06.89	57.99
200	Fly	2:26.59	2:08.89
200	IM	2:30.79	2:09.29
400	IM	5:17.89	4:33.39

### Men Senior

		Mtrs	Yards
50	Free	25.89	22.09
100	Free	55.89	47.79
200	Free	2:02.59	1:45.59
400/500	Free	4:20.09	4:46.59
800/1000	Free	8:58.69	9:48.89
1500/1650	Free	17:13.39	16:41.59
100	Back	1:03.09	53.49
200	Back	2:16.09	1:55.89
100	Breast	1:10.79	59.89
200	Breast	2:33.39	2:09.89
100	Fly	1:00.59	52.69
200	Fly	2:14.09	1:55.79
200	IM	2:17.39	1:57.09
400	IM	4:52.19	4:11.19

### 13-14 Boys

Mtrs	Yards
26.39	22.79
56.89	48.79
2:04.89	1:47.49
4:22.89	4:49.69
9:04.59	9:59.69
17:36.79	16:54.29
1:04.09	54.29
2:18.89	1:57.69
1:11.89	1:00.79
2:35.29	2:11.69
1:01.99	53.69
2:16.39	1:57.89
2:19.29	1:58.69
4:56.69	4:13.49