

# 2009-2010 YMCA Short Course Time Standards

Girls		10 & Under	Boys	
State	Zone	Yards	Zone	State
33.79	30.49	<b>50 Free</b>	31.09	33.29
1:15.89	1:07.79	<b>100 Free</b>	1:08.99	1:14.19
2:46.99	2:30.89	<b>200 Free</b>	2:33.29	2:44.99
41.09	35.89	<b>50 Back</b>	36.89	40.29
44.99	40.19	<b>50 Breast</b>	41.99	45.49
40.09	34.69	<b>50 Fly</b>	35.79	39.99
1:26.49	1:18.29	<b>100 IM</b>	1:19.99	1:24.99
2:36.49	2:29.29	<b>200 M.R.</b>	2:35.99	2:36.20
2:20.00	2:11.29	<b>200 F.R.</b>	2:14.99	2:18.16

Girls		11 & 12	Boys	
State	Zone	Yards	Zone	State
29.99	27.59	<b>50 Free</b>	27.29	29.99
1:05.99	1:00.29	<b>100 Free</b>	1:00.29	1:05.99
2:23.39	2:14.09	<b>200 Free</b>	2:13.99	2:22.99
36.29	32.19	<b>50 Back</b>	32.59	36.29
	1:09.89	<b>100 Back</b>	1:10.89	
39.69	35.99	<b>50 Breast</b>	36.39	39.39
	1:19.29	<b>100 Breast</b>	1:21.59	
33.99	30.69	<b>50 Fly</b>	30.79	34.09
	1:11.79	<b>100 Fly</b>	1:13.89	
1:15.99	1:10.09	<b>100 IM</b>	1:10.39	1:16.49
	2:33.09	<b>200 IM</b>	2:35.79	
2:15.92	2:10.19	<b>200 M.R.</b>	2:16.29	2:19.66
2:00.80	1:55.49	<b>200 F.R.</b>	1:58.59	2:02.37

Girls		13 & 14	Boys	
State	Zone	Yards	Zone	State
28.19	26.39	<b>50 Free</b>	24.79	27.09
1:01.69	57.59	<b>100 Free</b>	53.99	59.09
2:16.09	2:05.39	<b>200 Free</b>	1:58.99	2:09.99
6:13.99	5:39.99	<b>500 Free</b>	5:25.39	5:54.99
1:13.49	1:05.89	<b>100 Back</b>	1:03.09	1:12.49
1:21.99	1:15.99	<b>100 Breast</b>	1:11.79	1:18.49
1:11.99	1:05.49	<b>100 Fly</b>	1:02.79	1:08.99
2:34.99	2:23.19	<b>200 IM</b>	2:16.09	2:29.99
2:10.78	2:05.09	<b>200 M.R.</b>	2:01.29	2:08.00
1:56.56	1:51.29	<b>200 F.R.</b>	1:47.19	1:53.36

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Girls			15 & Over	Boys		
State	Zone	National	Yards	National	Zone	State
28.39	25.69	25.19	<b>50 Free</b>	22.49	22.99	26.39
1:01.49	55.89	54.59	<b>100 Free</b>	49.19	50.09	57.09
2:13.99	2:01.59	1:57.29	<b>200 Free</b>	1:46.69	1:50.69	2:06.99
5:59.99	5:29.89	5:11.79	<b>500 Free</b>	4:50.29	5:06.09	5:44.99
1:12.99	1:04.29	1:01.19	<b>100 Back</b>	55.89	58.19	1:09.99
1:21.99	1:12.59	1:09.59	<b>100 Breast</b>	1:02.79	1:06.09	1:15.49
1:10.49	1:03.59	1:00.29	<b>100 Fly</b>	54.19	56.89	1:05.99
2:33.49	2:18.29	2:12.99	<b>200 IM</b>	1:59.69	2:07.69	2:24.99
			<b>SENIOR</b>			
	11:27.79	10:35.59	<b>1000 Free</b>	9:59.29	10:54.29	
	18:59.59	17:41.79	<b>1650 Free</b>	16:35.19	18:11.09	
	30.09		<b>50 Back</b>		27.79	
	2:18.79	2:11.89	<b>200 Back</b>	2:00.29	2:10.49	
	33.89		<b>50 Breast</b>		31.09	
	2:36.09	2:30.19	<b>200 Breast</b>	2:17.29	2:29.09	
	28.99		<b>50 Fly</b>		26.29	
	2:23.29	2:13.99	<b>200 Fly</b>	2:01.99	2:17.79	
	5:03.19	4:42.59	<b>400 IM</b>	4:21.29	4:46.99	
	1:46.09	1:41.99	<b>200 F.R.</b>	1:30.99	1:36.99	
4:25.60	3:55.09	3:40.39	<b>400 F.R.</b>	3:18.79	3:33.09	3:52.77
	8:40.39	7:57.19	<b>800 F.R.</b>	7:13.59	7:59.99	
2:11.50	2:00.09	1:53.59	<b>200 M.R.</b>	1:41.89	1:51.99	1:56.36
	4:22.09	4:05.49	<b>400 M.R.</b>	3:41.89	4:00.49	