

2009 Southern Section Age Group Time Standards

10 & Under Girls			10 & Under Boys	
Long Course	Short Course	Events	Short Course	Long Course
35.09	31.09	50 Free	30.69	34.79
1:18.19	1:09.09	100 Free	1:07.69	1:16.79
2:48.69	2:29.09	200 Free	2:25.59	2:43.39
5:49.39	6:31.39	400/500 Free	6:36.19	5:53.59
40.69	36.39	50 Back	36.69	41.39
1:28.19	1:18.29	100 Back	1:18.09	1:27.89
45.49	40.09	50 Breast	40.59	46.09
1:39.79	1:28.89	100 Breast	1:28.99	1:40.79
39.89	35.29	50 Fly	34.89	38.99
1:31.99	1:21.59	100 Fly	1:20.79	1:31.09
	1:19.29	100 IM	1:18.09	
3:09.89	2:48.19	200 IM	2:47.69	3:09.39

11/12 Girls			11/12 Boys	
Long Course	Short Course	Events	Short Course	Long Course
31.49	27.59	50 Free	27.49	31.49
1:08.09	59.89	100 Free	59.99	1:08.19
2:27.79	2:10.19	200 Free	2:09.99	2:27.49
5:07.09	5:43.99	400/500 Free	5:45.69	5:08.59
10:53.59	12:12.29	800/1000 Free	*12:34.89	*11:15.09
21:52.89	21:27.09	1500/1650 Free	21:20.39	22:05.99
35.89	31.79	50 Back	32.09	36.29
1:17.79	1:08.99	100 Back	1:09.49	1:18.39
*2:49.69	*2:29.19	200 Back	*2:29.69	*2:50.19
41.19	36.19	50 Breast	35.79	40.79
1:28.99	1:18.29	100 Breast	1:17.69	1:28.29
*3:14.69	*2:51.19	200 Breast	2:49.39	3:12.09
34.69	30.59	50 Fly	30.89	34.99
1:17.99	1:08.99	100 Fly	1:08.99	1:17.99
2:57.99	2:37.79	200 Fly	2:34.99	2:55.29
	1:08.69	100 IM	1:09.19	
2:46.79	2:27.69	200 IM	2:29.79	2:49.49
*5:48.29	*5:11.89	400 IM	5:23.69	6:12.39

13/14 Girls		13/14 Boys		
Long Course	Short Course	Events	Short Course	Long Course
*29.39	26.39	50 Free	*24.69	28.59
1:04.99	*56.89	100 Free	*53.49	1:01.59
*2:19.89	*2:02.59	200 Free	1:56.89	2:12.99
*4:47.89	*5:24.99	400/500 Free	*5:12.09	4:38.89
10:02.89	11:15.49	800/1000 Free	10:48.49	9:38.79
19:24.49	19:01.59	1500/1650 Free	18:26.99	18:49.19
		50 Back	--	
1:13.69	*1:04.59	100 Back	*1:01.69	1:10.19
*2:37.69	*2:18.69	200 Back	*2:12.99	2:31.09
		50 Breast	--	
*1:24.59	*1:13.99	100 Breast	1:09.29	1:18.99
*3:02.09	*2:40.09	200 Breast	2:29.79	2:50.29
		50 Fly	--	
*1:11.49	*1:03.59	100 Fly	*1:00.69	*1:08.59
2:41.09	2:22.39	200 Fly	2:16.39	2:34.19
		100 IM	--	
*2:38.09	*2:19.49	200 IM	*2:12.89	2:31.29
*5:26.49	*4:52.39	400 IM	4:40.69	5:17.99

Notes:

1. 1. (*) indicates change due to yearly review of results. All conversions from SCY to LCM are calculated using USA Swimming conversion chart.