

SOUTHEASTERN TIME STANDARDS

2007

BOY					Time Standards		GIRLS			
10 & u	11-12	13-14	15-16	Senior	Event	Senior	15-16	13-14	11-12	10 & u
:32.39	:28.79	:25.69	:23.89	:23.39	50 FREE	:26.09	:26.09	:26.79	:28.49	:32.29
1:12.09	1:02.89	:55.69	:51.69	:50.69	100 FREE	:56.09	:56.69	:58.09	1:01.99	1:10.89
2:38.29	2:19.19	2:00.59	1:52.49	1:50.19	200 FREE	1:59.79	2:01.29	2:04.99	2:15.49	2:36.89
6:54.69	6:13.39	5:30.09	5:08.39	5:07.29	500 FREE	5:25.99	5:25.99	5:39.79	5:58.49	6:49.19
	13:17.29	11:10.99	10:50.89	10:42.69	1000 FREE	11:10.79	11:12.79	11:28.49	12:25.69	
		19:39.49	18:47.99	18:27.19	1650 FREE	19:48.19	19:58.89	20:01.49		
:38.39	:34.19				50 BACK				:33.19	:38.09
1:23.19	1:13.39	1:04.59	:59.39	:58.09	100 BACK	1:04.39	1:04.39	1:06.79	1:11.19	1:21.39
		2:20.79	2:08.79	2:06.89	200 BACK	2:18.99	2:18.99	2:22.99		
:44.39	:38.89				50 BREAST				:37.69	:42.99
1:38.39	1:26.49	1:13.99	1:08.09	1:07.09	100 BREAST	1:13.99	1:13.99	1:15.19	1:22.09	1:34.19
		2:43.89	2:29.99	2:27.49	200 BREAST	2:41.19	2:41.19	2:43.49		
:37.59	:32.59				50 FLY				:31.69	:36.79
1:31.09	1:14.49	1:03.49	:57.69	:56.69	100 FLY	1:02.39	1:02.39	1:05.69	1:12.39	1:27.09
		2:34.59	2:13.99	2:09.79	200 FLY	2:22.89	2:25.99	2:29.49		
1:22.19	1:12.99				100 IM				1:11.79	1:21.29
3:00.89	2:36.79	2:18.49	2:08.09	2:05.29	200 IM	2:17.89	2:17.89	2:22.29	2:31.89	2:58.39
		5:01.79	4:40.79	4:37.99	400 IM	4:56.09	4:56.09	5:05.29		

New Time Standards in BOLD

