

AZ08 STANDARDS Arizona Only Standards Long Course Meters

Women 10 & Under

	Q	Reg
50 Free	38.29	46.39
100 Free	1:23.09	1:46.09
200 Free	3:00.09	3:51.09
400 Free	6:11.49	7:41.99
50 Back	45.39	57.89
100 Back	1:35.39	2:03.69
50 Breast	52.49	1:02.69
100 Breast	1:49.79	2:19.69
50 Fly	44.09	54.69
100 Fly	1:43.19	2:12.69
200 IM	3:24.89	4:19.69

Women 11-12

	Q	Reg
50 Free	34.19	40.19
100 Free	1:12.99	1:27.69
200 Free	2:37.69	3:08.69
400 Free	5:31.99	6:29.89
800 Free	11:36.49	14:00.19
1500 Free	22:36.39	
50 Back	39.99	47.29
100 Back	1:25.09	1:43.99
200 Back	3:01.19	3:41.19
50 Breast	45.39	51.79
100 Breast	1:36.09	1:52.19
200 Breast	3:24.89	4:11.39
50 Fly	38.29	42.79
100 Fly	1:27.49	1:38.09
200 Fly	3:13.19	3:31.09
200 IM	3:01.79	3:36.19
400 IM	7:04.89	7:55.29

Women 13-14

	Q	Reg
50 Free	31.19	38.79
100 Free	1:07.19	1:24.19
200 Free	2:23.69	3:00.79
400 Free	4:59.99	6:12.69
800 Free	10:38.19	12:39.19
1500 Free	21:11.19	24:13.69
50 Back	38.29	43.99
100 Back	1:18.69	1:35.19
200 Back	2:46.19	3:22.09
50 Breast	42.79	47.99
100 Breast	1:28.49	1:45.89
200 Breast	3:07.19	3:46.89
50 Fly	35.99	40.79
100 Fly	1:16.79	1:30.19
200 Fly	2:52.29	3:17.49
200 IM	2:43.49	3:25.99
400 IM	5:50.39	7:09.09

Men 10 & Under

	Q	Reg
50 Free	39.99	45.39
100 Free	1:27.49	1:42.89
200 Free	3:12.89	3:39.19
400 Free	6:17.99	7:37.79
50 Back	47.09	58.09
100 Back	1:44.29	2:00.89
50 Breast	54.49	1:02.99
100 Breast	1:57.79	2:16.19
50 Fly	50.19	53.59
100 Fly	1:57.49	2:10.39
200 IM	3:36.99	4:17.59

Men 11-12

	Q	Reg
50 Free	34.99	38.79
100 Free	1:15.19	1:24.79
200 Free	2:41.29	3:04.29
400 Free	5:56.89	6:26.49
800 Free	11:39.39	13:34.29
1500 Free	22:40.89	
50 Back	41.79	51.19
100 Back	1:27.59	1:41.39
200 Back	3:11.89	3:52.69
50 Breast	48.19	58.09
100 Breast	1:42.99	1:51.69
200 Breast	3:39.29	4:26.29
50 Fly	41.09	43.39
100 Fly	1:32.09	1:38.09
200 Fly	3:41.09	3:48.89
200 IM	3:05.89	3:34.99
400 IM	7:21.29	7:51.29

Men 13-14

	Q	Reg
50 Free	30.19	35.99
100 Free	1:03.99	1:18.09
200 Free	2:21.19	2:50.59
400 Free	4:56.29	5:59.09
800 Free	10:48.29	12:14.39
1500 Free	21:43.69	23:34.39
50 Back	37.69	47.09
100 Back	1:15.49	1:28.59
200 Back	2:43.09	3:08.49
50 Breast	43.59	53.89
100 Breast	1:28.59	1:46.19
200 Breast	3:08.99	3:31.19
50 Fly	35.49	42.09
100 Fly	1:14.89	1:24.39
200 Fly	2:54.39	3:08.99
200 IM	2:40.09	3:13.79
400 IM	5:49.79	6:46.09

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