

AZ08 STANDARDS Arizona Only Standards Short Course Meters

Women 10 & Under

	Q
50 Free	37.69
100 Free	1:21.89
200 Free	2:57.89
400 Free	6:04.19
50 Back	45.09
100 Back	1:34.69
50 Breast	51.79
100 Breast	1:48.39
50 Fly	43.59
100 Fly	1:42.29
100 IM	1:34.99
200 IM	3:22.79

	Reg
50 Free	44.69
100 Free	1:42.69
200 Free	3:43.39
400 Free	7:26.59
50 Back	54.59
100 Back	1:57.99
50 Breast	59.79
100 Breast	2:13.89
50 Fly	54.49
100 Fly	2:11.09
100 IM	1:57.99
200 IM	4:08.49

Women 11-12

50 Free	33.59
100 Free	1:11.79
200 Free	2:35.39
400 Free	5:25.49
800 Free	11:22.79
1500 Free	22:05.79
50 Back	39.59
100 Back	1:24.39
200 Back	2:59.79
50 Breast	44.89
100 Breast	1:34.59
200 Breast	3:21.99
50 Fly	37.79
100 Fly	1:26.59
200 Fly	3:11.39
100 IM	1:24.19
200 IM	2:59.59
400 IM	7:03.29

50 Free	38.69
100 Free	1:24.79
200 Free	3:02.49
400 Free	6:16.89
800 Free	13:41.99
50 Back	44.59
100 Back	1:39.19
200 Back	3:35.79
50 Breast	49.39
100 Breast	1:47.59
200 Breast	4:02.39
50 Fly	42.59
100 Fly	1:36.89
200 Fly	3:26.89
100 IM	1:36.89
200 IM	3:26.89
400 IM	7:41.69

Women 13-14

50 Free	30.59
100 Free	1:05.99
200 Free	2:21.29
400 Free	4:53.99
800 Free	10:25.59
1500 Free	20:42.59
50 Back	37.89
100 Back	1:17.89
200 Back	2:44.69
50 Breast	41.99
100 Breast	1:26.89
200 Breast	3:04.09
50 Fly	35.49
100 Fly	1:15.79
200 Fly	2:50.39
200 IM	2:41.19
400 IM	5:45.89

50 Free	37.39
100 Free	1:21.49
200 Free	2:54.79
400 Free	6:00.29
800 Free	12:22.69
1500 Free	23:29.99
50 Back	41.44
100 Back	1:30.79
200 Back	3:14.89
50 Breast	45.79
100 Breast	1:41.59
200 Breast	3:38.69
50 Fly	40.59
100 Fly	1:29.09
200 Fly	3:13.49
200 IM	3:17.19
400 IM	6:56.79

	Q
50 Free	39.39
100 Free	1:26.39
200 Free	3:10.69
400 Free	6:10.49
50 Back	46.79
100 Back	1:43.69
50 Breast	53.79
100 Breast	1:56.39
50 Fly	49.79
100 Fly	1:56.39
100 IM	1:40.39
200 IM	3:34.89

50 Free	34.39
100 Free	1:13.99
200 Free	2:38.89
400 Free	5:49.86
800 Free	11:25.59
1500 Free	22:10.19
50 Back	41.39
100 Back	1:26.79
200 Back	3:10.49
50 Breast	47.39
100 Breast	1:41.59
200 Breast	3:36.49
50 Fly	40.59
100 Fly	1:31.19
200 Fly	3:39.49
100 IM	1:27.49
200 IM	3:03.69
400 IM	7:17.29

50 Free	29.59
100 Free	1:02.69
200 Free	2:18.69
400 Free	4:50.49
800 Free	10:35.49
1500 Free	21:14.29
50 Back	37.29
100 Back	1:14.69
200 Back	2:41.59
50 Breast	42.89
100 Breast	1:26.99
200 Breast	3:05.99
50 Fly	34.99
100 Fly	1:13.89
200 Fly	2:52.49
200 IM	2:37.79
400 IM	5:45.29

Men 10 & Und

	Reg
50 Free	43.69
100 Free	1:39.49
200 Free	3:31.89
400 Free	7:22.49
50 Back	55.19
100 Back	1:55.29
50 Breast	1:00.19
100 Breast	2:10.59
50 Fly	52.79
100 Fly	2:08.79
100 IM	1:53.39
200 IM	4:06.49

Men 11-12

50 Free	38.69
100 Free	1:21.99
200 Free	2:58.19
400 Free	6:13.59
800 Free	13:16.69
50 Back	49.69
100 Back	1:36.79
200 Back	3:44.29
50 Breast	56.39
100 Breast	1:47.09
200 Breast	4:16.69
50 Fly	42.69
100 Fly	1:36.89
200 Fly	3:44.29
100 IM	1:35.09
200 IM	3:25.79
400 IM	8:39.49

Men 13-14

50 Free	34.69
100 Free	1:15.59
200 Free	2:44.89
400 Free	5:47.19
800 Free	11:58.49
1500 Free	22:51.89
50 Back	44.69
100 Back	1:24.49
200 Back	3:01.69
50 Breast	51.39
100 Breast	1:43.29
200 Breast	3:32.59
50 Fly	41.39
100 Fly	1:23.39
200 Fly	3:05.29
200 IM	3:05.49
400 IM	6:34.39

ler