

AZ08 STANDARDS Arizona Only Standards Yards

Women 10 & Under

	Q	Reg
50 Free	33.79	40.09
100 Free	1:13.39	1:31.99
200 Free	2:39.39	3:20.19
500 Free	6:56.29	8:30.49
50 Back	40.39	48.89
100 Back	1:24.89	1:45.69
50 Breast	46.39	53.59
100 Breast	1:37.09	1:59.99
50 Fly	39.09	48.79
100 Fly	1:31.69	1:57.49
100 IM	1:25.09	1:45.69
200 IM	3:01.69	3:42.69

Women 11-12

	Q	Reg
50 Free	30.09	34.69
100 Free	1:04.29	1:15.99
200 Free	2:19.19	2:43.49
500 Free	6:11.99	7:10.79
1000 Free	13:00.39	15:39.49
1650 Free	22:09.79	
50 Back	35.49	39.99
100 Back	1:15.59	1:28.89
200 Back	2:41.09	3:13.39
50 Breast	39.99	44.29
100 Breast	1:24.79	1:36.39
200 Breast	3:00.99	3:37.19
50 Fly	33.89	38.19
100 Fly	1:17.59	1:26.79
200 Fly	2:51.49	3:05.39
100 IM	1:15.49	1:26.79
200 IM	2:40.89	3:05.39
400 IM	6:19.29	6:53.69

Women 13-14

	Q	Reg
50 Free	27.39	33.49
100 Free	59.09	1:12.99
200 Free	2:06.59	2:36.59
500 Free	5:36.09	6:51.79
1000 Free	11:55.09	14:08.89
1650 Free	20:46.29	23:34.19
50 Back	33.99	37.19
100 Back	1:09.79	1:21.39
200 Back	2:27.59	2:54.59
50 Breast	37.59	40.99
100 Breast	1:17.89	1:30.99
200 Breast	2:44.99	3:15.99
50 Fly	31.79	36.39
100 Fly	1:07.89	1:19.79
200 Fly	2:32.69	2:53.39
200 IM	2:24.39	2:56.69
400 IM	5:09.89	6:13.49

Men 10 & Und

	Q	Reg
50 Free	35.29	39.19
100 Free	1:17.39	1:29.19
200 Free	2:50.89	3:09.89
500 Free	7:03.49	8:25.79
50 Back	41.89	49.49
100 Back	1:32.89	1:43.29
50 Breast	48.19	53.89
100 Breast	1:44.29	1:56.99
50 Fly	44.59	47.29
100 Fly	1:44.59	1:55.39
100 IM	1:29.99	1:41.59
200 IM	3:12.59	3:40.89

Men 11-12

	Q	Reg
50 Free	30.79	34.69
100 Free	1:06.29	1:13.49
200 Free	2:22.39	2:39.69
500 Free	6:39.89	7:06.99
1000 Free	13:03.59	15:10.59
1650 Free	22:14.19	
50 Back	37.09	44.49
100 Back	1:17.79	1:26.69
200 Back	2:50.69	3:20.99
50 Breast	42.49	50.49
100 Breast	1:30.99	1:35.99
200 Breast	3:13.99	3:49.99
50 Fly	36.39	38.29
100 Fly	1:21.69	1:26.79
200 Fly	3:16.69	3:20.99
100 IM	1:18.39	1:25.19
200 IM	2:44.59	3:04.39
400 IM	6:31.79	7:45.49

Men 13-14

	Q	Reg
50 Free	26.49	31.09
100 Free	56.19	1:07.69
200 Free	2:04.29	2:27.79
500 Free	5:31.99	6:36.79
1000 Free	12:06.39	13:41.19
1650 Free	21:18.09	22:55.99
50 Back	33.39	40.09
100 Back	1:06.89	1:15.69
200 Back	2:24.79	2:42.79
50 Breast	38.39	46.09
100 Breast	1:17.99	1:32.59
200 Breast	2:46.69	3:02.39
50 Fly	31.39	37.09
100 Fly	1:06.19	1:14.69
200 Fly	2:34.59	2:45.99
200 IM	2:21.39	2:46.19
400 IM	5:09.39	5:53.39

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