

Arizona Swimming
2016 Senior State
Out-Of-State Time Standards

Women			Men			
LCM	SCM	SCY		SCY	SCM	LCM
00:28.44	00:27.76	00:24.99	50 Free	00:22.41	00:24.72	00:25.79
01:01.26	00:59.04	00:53.71	100 Free	00:48.46	00:53.27	00:55.89
02:12.75	02:07.92	01:56.22	200 Free	01:45.84	01:56.48	02:02.20
04:41.54	04:29.34	05:13.17	400/500 Free	04:49.98	04:10.18	04:22.40
09:46.99	09:27.35	10:52.09	300/1000 Free	10:10.58	08:53.74	09:17.59
18:53.59	18:07.11	18:19.78	500/1650 Free	17:13.16	16:53.43	17:45.59
01:09.54	01:06.33	00:59.50	100 Back	00:54.42	01:00.66	01:04.26
02:29.20	02:22.78	02:07.80	200 Back	01:58.45	02:12.65	02:20.20
01:20.23	01:15.15	01:08.46	100 Breast	01:01.53	01:07.35	01:13.70
02:54.69	02:43.68	02:29.07	200 Breast	02:15.19	02:27.80	02:40.88
01:06.87	01:04.55	00:58.86	100 Fly	00:53.46	00:59.43	01:00.97
02:32.36	02:26.43	02:12.26	200 Fly	02:00.94	02:14.34	02:20.25
02:31.71	02:25.85	02:11.81	200 IM	01:59.85	02:12.30	02:19.28
05:21.24	05:07.75	04:39.34	400 IM	04:18.37	04:45.76	05:00.19