

Bonus Time Standards*

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
0:30.49	:26.19	:26.29	50 Y Free	:23.79	:26.39	00:27.29
1:04.09	1:03.29	:56.99	100 Y Free	:52.79	:58.59	00:59.39
2:22.19	2:16.89	2:03.39	200 Y Free	1:54.39	02:06.99	02:11.59
5:10.99	5:04.59	5:48.69	400 M/500 Y Free	5:27.09	04:49.79	04:56.19
11:17.99	11:05.19	12:44.79	800 M/1000 Y Free	11:53.89	10:39.29	10:52.09
21:55.19	21:31.19	21:16.19	1500 M/1650 Y Free	20:21.89	19:56.39	20:20.39
1:17.19	1:12.59	1:05.49	100 Y Back	1:02.19	01:08.99	01:10.99
2:43.09	2:40.69	2:24.79	200 Y Back	2:19.99	02:39.00	02:43.89
1:30.49	1:26.59	1:17.99	100 Y Breast	1:08.29	01:16.09	01:21.29
3:21.19	3:15.79	2:56.39	200 Y Breast	2:42.59	03:00.49	03:08.79
1:14.69	1:11.39	1:04.29	100 Y Fly	:58.69	01:05.19	01:06.39
2:56.19	2:53.19	2:36.09	200 Y Fly	2:24.49	02:40.39	02:43.19
2:45.69	2:37.79	2:22.19	200 Y IM	2:10.89	02:25.29	02:35.99
6:17.79	5:59.69	5:24.09	400 Y IM	5:11.79	05:46.09	05:54.39

** If an Arizona swimming athlete qualifies for one (1) event, then that athlete will be allowed to swim three (3) bonus swims as long as they have the bonus times in those events. If an Arizona Swimming athlete qualifies for two (2) events then that athlete will be allowed to swim four (4) bonus events. Any athlete with three (3) qualifying times can swim three-(3) bonus event. If an athlete has four (4) qualifying times can swim two-(2) bonus event. If an athlete has five (5) qualifying times can swim one (1) bonus event. If an athlete has six (6) qualifying times can swim zero (0) bonus event.

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