

2018-2020 Arizona Swimming ABC Achievement Time Standards

Approved 11/14/2018 HOD

WOMEN 10&U	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	32.69	39.09	39.10	36.69	46.99	47.00	35.89	46.19	46.20
100 Free	1:11.89	1:30.69	1:30.70	1:21.09	1:46.39	1:46.40	1:19.49	1:44.19	1:44.20
200 Free	2:37.09	3:20.19	3:20.20	2:56.59	3:35.49	3:35.50	2:53.89	3:32.29	3:32.30
400/500 Free	6:59.89	8:30.49	8:30.50	6:14.79	7:04.69	7:04.70	6:07.49	6:58.29	6:58.30
50 Back	38.29	48.59	48.60	43.09	58.49	58.50	42.59	57.39	57.40
100 Back	1:23.79	1:45.09	1:45.10	1:34.29	2:02.69	2:02.70	1:32.79	1:58.59	1:58.60
50 Breast	43.99	53.59	53.60	49.89	1:04.99	1:05.00	48.89	1:03.09	1:03.10
100 Breast	1:35.19	1:58.79	1:58.80	1:47.69	2:14.89	2:14.90	1:45.19	2:12.79	2:12.80
50 Fly	37.09	47.99	48.00	41.89	57.69	57.70	40.99	55.29	55.30
100 Fly	1:28.69	1:55.49	1:55.50	1:38.99	1:58.29	1:58.30	1:38.09	2:02.69	2:02.70
100 IM	1:23.59	1:43.39	1:43.40	x	x	x	1:32.39	1:58.39	1:58.40
200 IM	2:58.19	3:40.39	3:40.40	3:20.99	4:00.29	4:00.30	3:16.89	3:53.89	3:53.90

WOMEN 11-12	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	28.09	34.09	34.10	31.99	38.19	38.20	31.19	37.69	37.70
100 Free	1:01.99	1:13.59	1:13.60	1:09.89	1:25.49	1:25.50	1:08.79	1:22.79	1:22.80
200 Free	2:12.09	2:41.19	2:41.20	2:29.89	3:05.69	3:05.70	2:26.59	2:58.69	2:58.70
400/500 Free	5:54.39	7:09.29	7:09.30	5:16.29	6:12.19	6:12.20	5:08.19	6:08.39	6:08.40
800/1000 Free	12:35.09	14:48.09	14:48.10	11:13.99	13:05.99	13:06.00	11:05.89	12:54.69	12:54.70
1500/1650 Free	21:53.99	25:01.49	25:01.50	22:20.29	25:24.39	25:24.40	21:46.39	24:42.29	24:42.30
50 Back	33.09	38.79	38.80	37.39	46.99	47.00	36.79	44.79	44.80
100 Back	1:11.19	1:26.29	1:26.30	1:20.29	1:41.19	1:41.20	1:18.69	1:36.79	1:36.80
200 Back	2:32.79	2:59.49	2:59.50	2:51.99	3:10.19	3:10.20	2:49.59	3:11.89	3:11.90
50 Breast	37.69	43.69	43.70	42.79	51.99	52.00	41.89	50.79	50.80
100 Breast	1:21.79	1:35.79	1:35.80	1:31.99	1:52.29	1:52.30	1:30.39	1:48.49	1:48.50
200 Breast	2:51.99	3:25.79	3:25.80	3:14.89	3:37.29	3:37.30	3:10.89	3:41.99	3:42.00
50 Fly	31.69	37.29	37.30	35.89	43.59	43.60	35.19	41.59	41.60
100 Fly	1:11.49	1:26.29	1:26.30	1:20.79	1:39.89	1:39.90	1:18.99	1:36.59	1:36.60
200 Fly	2:49.39	3:02.39	3:02.40	3:10.69	3:25.09	3:25.10	3:07.89	3:22.29	3:22.30
100 IM	1:12.19	1:25.29	1:25.30	x	x	x	1:19.79	1:34.59	1:34.60
200 IM	2:31.29	3:02.49	3:02.50	2:51.19	3:26.99	3:27.00	2:47.99	3:20.89	3:20.90
400 IM	5:33.69	6:28.49	6:28.60	6:16.39	7:03.59	7:03.60	6:10.29	6:52.29	6:52.30

WOMEN 13-14	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	26.59	32.89	32.90	30.19	37.39	37.40	29.39	36.59	36.60
100 Free	56.99	1:11.39	1:11.40	1:04.49	1:20.89	1:20.90	1:02.69	1:19.29	1:19.30
200 Free	2:03.39	2:33.89	2:33.90	2:19.59	2:54.09	2:54.10	2:16.59	2:50.89	2:50.90
400/500 Free	5:27.49	6:51.79	6:51.80	4:54.49	6:07.59	6:07.60	4:44.09	6:01.19	6:01.20
800/1500 Free	11:36.59	14:08.89	14:08.90	10:21.79	12:37.69	12:37.70	10:04.19	12:24.89	12:24.90
1500/1650 Free	19:40.09	23:34.19	23:34.20	20:03.69	24:02.49	24:02.50	19:24.99	23:38.49	23:38.50
100 Back	1:06.39	1:18.29	1:18.30	1:16.09	1:28.19	1:28.20	1:13.39	1:26.99	1:27.00
200 Back	2:21.09	2:48.39	2:48.40	2:40.89	3:09.39	3:09.40	2:35.99	3:06.99	3:07.00
100 Breast	1:14.69	1:29.79	1:29.80	1:24.89	1:41.69	1:41.70	1:22.59	1:39.69	1:39.70
200 Breast	2:40.99	3:13.99	3:14.00	3:02.69	3:39.39	3:39.40	2:57.89	3:35.39	3:35.40
100 Fly	1:04.09	1:17.69	1:17.70	1:12.79	1:27.69	1:27.70	1:10.89	1:26.29	1:26.30
200 Fly	2:25.49	2:52.39	2:52.40	2:44.09	3:13.99	3:14.00	2:41.69	3:11.19	3:11.20
200 IM	2:19.89	2:53.19	2:53.20	2:39.59	3:14.89	3:14.90	2:34.59	3:12.09	3:12.10
400 IM	4:58.19	6:08.49	6:08.50	5:37.39	6:43.39	6:43.40	5:30.99	6:32.09	6:32.10

WOMEN SENIOR	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	25.49	32.29	32.30	29.59	36.69	36.70	28.29	36.09	36.10
100 Free	55.89	1:09.99	1:10.00	1:03.69	1:19.19	1:19.20	1:02.19	1:17.89	1:17.90
200 Free	2:00.99	2:30.79	2:30.80	2:18.19	2:50.89	2:50.90	2:14.59	2:47.39	2:47.40
400/500 Free	5:25.49	6:41.29	6:41.30	4:52.79	6:00.89	6:00.90	4:42.29	5:48.09	5:48.10
800/1500 Free	11:20.79	13:51.09	13:51.10	10:02.49	12:15.49	12:15.50	9:50.49	12:00.89	12:00.90
1500/1650 Free	19:39.09	23:06.29	23:06.30	19:57.09	23:27.49	23:27.50	19:23.99	22:48.49	22:48.50
100 Back	1:04.19	1:16.29	1:16.30	1:15.69	1:27.39	1:27.40	1:11.29	1:24.79	1:24.80
200 Back	2:18.29	2:44.79	2:44.80	2:39.89	3:07.99	3:08.00	2:33.69	3:03.09	3:03.10
100 Breast	1:13.29	1:28.29	1:28.30	1:24.39	1:40.39	1:40.40	1:21.49	1:38.19	1:38.20
200 Breast	2:36.49	3:09.99	3:10.00	3:01.29	3:33.99	3:34.00	2:54.09	3:31.29	3:31.30
100 Fly	1:02.79	1:16.19	1:16.20	1:11.59	1:25.89	1:25.90	1:09.79	1:24.69	1:24.70
200 Fly	2:22.59	2:46.79	2:46.80	2:40.09	3:07.19	3:07.20	2:38.49	3:05.39	3:05.40
200 IM	2:17.19	2:48.89	2:48.90	2:38.79	3:12.59	3:12.60	2:32.29	3:07.49	3:07.50
400 IM	4:53.09	6:08.49	6:08.50	5:34.59	6:39.29	6:39.30	5:25.39	6:27.99	6:28.00

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MEN 10&U	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	33.09	38.49	38.50	37.19	46.69	46.70	36.59	45.79	45.80
100 Free	1:12.39	1:28.49	1:28.50	1:21.69	1:44.29	1:44.30	1:19.99	1:42.79	1:42.80
200 Free	2:37.59	3:09.09	3:09.10	2:57.69	3:32.69	3:32.70	2:54.39	3:31.99	3:32.00
400/500 Free	7:08.59	8:22.79	8:22.80	6:22.49	6:40.89	6:40.90	6:15.09	6:34.19	6:34.20
50 Back	39.89	48.59	48.60	44.89	58.89	58.90	44.09	56.99	57.00
100 Back	1:26.29	1:41.39	1:41.40	1:36.99	1:58.59	1:58.60	1:35.39	1:59.69	1:59.70
50 Breast	45.89	53.19	53.20	51.99	1:05.19	1:05.20	50.79	1:04.09	1:04.10
100 Breast	1:37.49	1:53.69	1:53.70	1:50.29	2:15.19	2:15.20	1:47.79	2:14.79	2:14.80
50 Fly	38.89	46.69	46.70	43.89	58.59	58.60	43.19	55.39	55.40
100 Fly	1:32.59	1:54.09	1:54.10	1:44.19	2:00.49	2:00.50	1:42.39	1:57.49	1:57.50
100 IM	1:25.29	1:40.39	1:40.40	x	x	x	1:34.29	1:58.69	1:58.70
200 IM	3:02.09	3:38.89	3:38.90	3:25.39	3:52.79	3:52.80	3:21.29	3:51.99	3:52.00

MEN 11-12	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	29.29	33.09	33.10	32.59	37.89	37.90	32.59	36.49	36.50
100 Free	1:02.89	1:12.19	1:12.20	1:11.29	1:23.99	1:24.00	1:09.89	1:23.29	1:23.30
200 Free	2:17.89	2:37.19	2:37.20	2:36.29	2:59.89	2:59.90	2:32.29	2:56.69	2:56.70
400/500 Free	6:04.39	7:02.99	7:03.00	5:25.29	6:11.99	6:12.00	5:17.79	6:05.49	6:05.50
800/1000 Free	12:55.09	14:33.89	14:33.90	11:31.79	11:59.89	11:59.90	11:24.89	11:51.59	11:51.60
1500/1650 Free	22:20.49	24:43.79	24:43.80	22:47.29	23:08.89	23:08.90	22:12.69	22:44.89	22:44.90
50 Back	34.69	38.99	39.00	39.19	47.19	47.20	38.39	45.99	46.00
100 Back	1:13.69	1:24.09	1:24.10	1:22.99	1:40.79	1:40.80	1:21.49	1:33.39	1:33.40
200 Back	2:44.59	2:55.29	2:55.30	3:05.09	3:11.99	3:12.00	2:59.89	3:14.59	3:14.60
50 Breast	38.99	43.79	43.80	44.09	53.19	53.20	43.29	51.39	51.40
100 Breast	1:24.89	1:33.59	1:33.60	1:36.29	1:54.59	1:54.60	1:34.29	1:43.89	1:43.90
200 Breast	3:00.69	3:17.69	3:17.70	3:24.59	3:34.99	3:35.00	3:20.59	3:39.49	3:39.50
50 Fly	31.79	37.69	37.70	35.99	43.99	44.00	35.29	43.29	43.30
100 Fly	1:12.59	1:24.49	1:24.50	1:21.99	1:36.89	1:36.90	1:20.29	1:35.49	1:35.50
200 Fly	2:45.49	2:58.09	2:58.10	3:09.19	3:47.99	3:48.00	3:02.69	3:17.49	3:17.50
100 IM	1:14.79	1:23.19	1:23.20	x	x	x	1:23.59	1:32.39	1:32.30
200 IM	2:35.39	3:00.99	3:01.00	2:55.69	3:22.79	3:22.80	2:52.49	3:19.39	3:19.40
400 IM	6:00.99	6:20.09	6:20.10	6:25.29	6:44.79	6:44.80	6:13.99	6:38.39	6:38.40

MEN 13-14	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	25.59	30.39	30.40	28.99	34.59	34.60	28.49	33.79	33.80
100 Free	55.09	1:06.29	1:06.30	1:03.69	1:15.19	1:15.20	1:01.29	1:13.59	1:13.60
200 Free	1:59.89	2:24.49	2:24.50	2:15.39	2:43.59	2:43.60	2:12.89	2:40.39	2:40.40
400/500 Free	5:22.09	6:29.49	6:29.50	4:48.89	5:47.69	5:47.70	4:42.79	5:41.29	5:41.30
800/1500 Free	11:44.89	13:25.19	13:25.20	10:32.19	11:58.69	11:58.70	10:20.39	11:45.89	11:45.90
1500/1650 Free	19:28.99	22:28.29	22:28.30	19:58.99	22:55.29	22:55.30	19:51.49	22:31.29	22:31.30
100 Back	1:05.09	1:13.59	1:13.60	1:14.89	1:22.89	1:22.90	1:11.99	1:21.69	1:21.70
200 Back	2:19.99	2:38.39	2:38.40	2:38.29	2:58.29	2:58.30	2:34.69	2:55.89	2:55.90
100 Breast	1:12.69	1:22.59	1:22.60	1:23.99	1:33.69	1:33.70	1:20.39	1:31.69	1:31.70
200 Breast	2:36.99	3:00.49	3:00.50	3:00.89	3:24.39	3:24.40	2:53.49	3:20.39	3:20.40
100 Fly	1:03.19	1:12.19	1:12.20	1:11.99	1:21.59	1:21.60	1:10.39	1:20.19	1:20.20
200 Fly	2:25.99	2:40.39	2:40.40	2:46.69	3:00.69	3:00.70	2:42.69	2:57.89	2:57.90
200 IM	2:17.49	2:41.89	2:41.90	2:37.19	3:02.89	3:02.90	2:31.99	2:59.69	2:59.70
400 IM	4:57.09	5:44.99	5:45.00	5:43.39	6:29.39	6:29.40	5:30.69	6:22.99	6:23.00

MEN SENIOR	Short Course Yards			Long Course Meters			Short Course Meters		
	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max	A-Min	B-Min	C-Max
50 Free	23.39	28.99	29.00	26.69	33.39	33.40	26.19	32.49	32.50
100 Free	50.39	1:03.29	1:03.30	58.09	1:12.49	1:12.50	55.89	1:10.39	1:10.40
200 Free	1:51.19	2:18.29	2:18.30	2:09.89	2:38.09	2:38.10	2:03.39	2:33.29	2:33.30
400/500 Free	5:04.49	6:14.69	6:14.70	4:33.09	5:36.09	5:36.10	4:29.29	5:28.99	5:29.00
800/1500 Free	10:35.09	12:56.99	12:57.00	9:29.59	11:36.89	11:36.90	9:54.69	11:13.89	11:13.90
1500/1650 Free	19:09.49	21:46.69	21:46.70	19:32.09	22:20.19	22:20.20	19:08.09	21:29.99	21:30.00
100 Back	59.99	1:09.69	1:09.70	1:09.99	1:21.59	1:21.60	1:06.59	1:17.49	1:17.50
200 Back	2:13.19	2:31.59	2:31.60	2:32.29	2:54.49	2:54.50	2:27.89	2:48.29	2:48.30
100 Breast	1:04.69	1:19.19	1:19.20	1:18.29	1:31.49	1:31.50	1:16.79	1:27.99	1:28.00
200 Breast	2:27.09	2:52.79	2:52.80	2:49.39	3:19.09	3:19.10	2:43.19	3:11.79	3:11.80
100 Fly	56.19	1:08.79	1:08.80	1:05.09	1:18.59	1:18.60	1:02.39	1:16.69	1:16.70
200 Fly	2:09.89	2:33.29	2:33.30	2:28.29	2:54.99	2:55.00	2:24.19	2:50.79	2:50.80
200 IM	2:05.89	2:34.29	2:34.30	2:27.89	2:57.99	2:58.00	2:19.69	2:51.49	2:51.50
400 IM	4:31.29	5:31.39	5:31.40	5:13.69	6:23.19	6:23.20	5:01.19	6:08.19	6:08.20