

## 2018-2022 Arizona Swimming Age Group Aggregate Relay Time Standards

<b>WOMEN 10-U</b>	<b>Short Course Yards</b>	<b>Long Course Meters</b>	<b>Short Course Meters</b>
200 Free	2:25.29	2:40.39	2:39.39
200 Med	2:49.39	3:15.09	3:11.49

<b>WOMEN 11-12</b>	<b>Short Course Yards</b>	<b>Long Course Meters</b>	<b>Short Course Meters</b>
200 Free	2:04.39	2:23.49	2:22.49
400 Free	4:38.69	5:23.89	5:20.09
200 Med	2:21.39	2:43.09	2:39.49
400 Med	5:21.09	6:08.19	6:00.09

<b>WOMEN 13-14</b>	<b>Short Course Yards</b>	<b>Long Course Meters</b>	<b>Short Course Meters</b>
200 Free	1:56.39	2:07.89	2:06.89
400 Free	4:19.39	4:57.49	4:53.59
800 Free	9:23.29	10:17.39	10:06.09
200 Med	Medley Relay will be entered & seeded using the 400 Medley Relay Standard (per AG State)		
400 Med	4:52.69	5:27.09	5:18.99

<b>MEN 10-U</b>	<b>Short Course Yards</b>	<b>Long Course Meters</b>	<b>Short Course Meters</b>
200 Free	2:26.59	2:43.19	2:42.19
200 Med	2:54.09	3:14.49	3:10.89

<b>MEN 11-12</b>	<b>Short Course Yards</b>	<b>Long Course Meters</b>	<b>Short Course Meters</b>
200 Free	2:09.39	2:26.09	2:25.09
400 Free	5:08.99	6:00.99	5:57.19
200 Med	2:37.19	2:48.79	2:45.19
400 Med	5:50.49	6:34.39	6:26.29

<b>MEN 13-14</b>	<b>Short Course Yards</b>	<b>Long Course Meters</b>	<b>Short Course Meters</b>
200 Free	1:51.29	2:08.79	2:07.79
400 Free	4:13.79	4:47.79	4:43.99
800 Free	9:06.79	10:17.69	10:06.39
200 Med	Medley Relay will be entered & seeded using the 400 Medley Relay Standard (per AG State)		
400 Med	4:47.99	5:30.39	5:22.29

11.15.2017 - Approved HOD

10.28.2020 Date Change only

5.31.2021 Date Change only