



## Time Standards 2009 – 2010 Short Course Season Female - Open



	<b>B</b>	<b>A</b>	<b>Q2</b>	<b>Q1</b>	<b>AAA</b>	<b>Spring Sectionals</b>	<b>NCSA Jr Nationals</b>	<b>Speedo Jr Nationals</b>	<b>Winter Nationals</b>	<b>Summer Nationals</b>
50 Freestyle	32.59	28.39	27.59	25.89	25.69	25.29	24.39	24.09	23.89	22.99
100 Freestyle	1:09.99	1:01.49	59.89	55.99	55.69	54.79	52.39	52.19	51.89	50.19
200 Freestyle	2:35.99	2:13.99	2:11.69	2:01.29	1:59.49	1:57.89	1:53.19	1:52.09	1:51.69	1:48.29
500 Freestyle	6:49.99	5:59.99	5:50.99	5:25.29	5:18.49	5:12.09	4:59.99	4:57.09	4:55.89	4:47.79
1000 Freestyle	14:59.99	12:59.99	12:33.39	11:20.99	10:56.19	10:44.79	10:15.99	10:14.39	10:07.99	9:58.89
1650 Freestyle	25:59.99	22:34.99	20:57.09	18:58.99	18:18.99	18:00.79	17:12.89	17:00.99	16:58.29	16:30.59
100 Backstroke	1:24.99	1:12.99	1:09.59	1:04.59	1:00.99	1:01.49	58.59	57.79	57.69	55.79
200 Backstroke	3:05.99	2:39.99	2:29.89	2:18.59	2:11.89	2:11.89	2:05.99	2:04.19	2:03.59	2:00.09
100 Breaststroke	1:34.49	1:21.99	1:20.69	1:13.09	1:09.39	1:01.49	1:06.39	1:05.29	1:05.19	1:03.19
200 Breaststroke	3:22.49	2:55.99	2:55.09	2:39.69	2:29.29	2:29.09	2:23.29	2:21.39	2:20.69	2:16.69
100 Butterfly	1:24.49	1:10.49	1:10.29	1:02.99	1:00.79	1:00.09	57.99	57.29	57.09	54.99
200 Butterfly	3:22.99	2:44.99	2:48.59	2:23.39	2:12.39	2:12.49	2:06.39	2:05.69	2:05.09	2:00.69
200 Individual Medley	3:00.99	2:33.49	2:28.99	2:18.29	2:14.79	2:13.19	2:08.49	2:06.89	2:06.09	2:01.79
400 Individual Medley	6:31.99	5:34.99	5:26.89	4:54.29	4:44.09	4:40.49	4:29.99	4:28.49	4:27.79	4:19.79
400 Free Relay	N/A	N/A	N/A	3:52.89	N/A	3:43.99	3:32.09	3:30.29	3:30.29	3:28.39
800 Free Relay	N/A	N/A	N/A	8:29.99	N/A	7:59.99	7:40.79	7:42.99	7:42.99	7:25.49
400 Medley Relay	N/A	N/A	N/A	4:25.99	N/A	4:07.99	3:55.09	3:51.89	3:51.89	3:50.39
Published	9/2009	9/2009	1/2009	1/2009	8/2008	01/2009	10/2009	11/2008	11/2008	7/2009

Q3 - The District Meet(s) are the beginning level of the MS Championship meets. Those with times **slower than** the JO (Q2) time standard are eligible to swim that event at a District Championship Meet. Once a swimmer has **met or surpassed** the time standard listed above the swimmer is eligible to swim at the next level championship meet.

Q2 - The Junior Olympic Meet is the next level of Championship Meet after the District Championship Meet. Those with times **equal to or faster than** the time standard listed above but **slower than the Q1** (State Championship Meet qualifying) time standard are eligible to swim that event at the JO Championship Meet. Swimmers who have met or surpassed the Q1 State Meet time standard in an event are **not** eligible to swim that event in the JOs.

Q1 – State Meet Qualifier

AAA – Central Zone Meet Qualifier

Courtesy of **Bulldog Aquatic Club**

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