

**SOUTHEASTERN TIME STANDARDS  
LONG COURSE METERS**

Approved 10/2/10

**2011 Time Standards**

<b>BOYS</b>					<b>GIRLS</b>					
<b>10 &amp; u</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>Senior</b>	<b>Event</b>	<b>Senior</b>	<b>15-16</b>	<b>13-14</b>	<b>11-12</b>	<b>10 &amp; u</b>
:38.99	:33.29	<b>:28.99</b>	<b>:27.29</b>	<b>:26.19</b>	<b>50 FREE</b>	:29.99	:29.99	<b>:30.39</b>	:33.19	:38.09
1:27.39	1:13.89	<b>1:03.59</b>	<b>1:00.09</b>	<b>:58.79</b>	<b>100 FREE</b>	1:05.09	1:05.09	1:06.39	1:12.09	1:25.89
3:08.29	2:41.29	2:18.89	<b>2:09.89</b>	<b>2:07.49</b>	<b>200 FREE</b>	2:18.19	2:18.39	2:23.59	2:38.09	3:08.79
6:52.69	<b>5:27.49</b>	<b>4:46.99</b>	<b>4:40.39</b>	4:40.39	<b>400 FREE</b>	4:55.39	<b>4:55.39</b>	5:03.89	5:30.59	<b>6:08.59</b>
	<b>5:27.49</b>	9:59.59	9:31.19	9:31.19	<b>800 FREE</b>	9:46.39	9:57.49	10:07.79	5:30.59	
		18:51.19	18:17.39	18:17.39	<b>1500 FREE</b>	18:53.29	18:53.29	19:53.19		
:46.99	:40.59				<b>50 BACK</b>				:39.49	:45.49
1:40.99	1:26.89	<b>1:14.89</b>	1:10.89	1:09.59	<b>100 BACK</b>	1:16.59	1:16.59	<b>1:16.99</b>	1:25.69	1:40.39
		2:43.79	2:32.49	2:29.29	<b>200 BACK</b>	2:42.59	2:42.59	<b>2:45.59</b>		
:54.89	:46.59				<b>50 BREAST</b>				:44.99	:51.69
1:57.99	1:40.89	1:26.09	<b>1:21.49</b>	1:19.69	<b>100 BREAST</b>	1:28.69	1:28.69	1:28.79	1:38.29	1:52.09
		3:07.29	3:01.29	2:57.39	<b>200 BREAST</b>	3:11.59	3:11.59	3:11.59		
:46.19	:37.99				<b>50 FLY</b>				:36.79	:44.29
1:50.79	1:28.09	<b>1:11.99</b>	1:07.49	1:05.79	<b>100 FLY</b>	1:12.49	1:12.89	1:15.49	1:25.89	1:46.49
		2:44.99	2:40.59	2:37.89	<b>200 FLY</b>	2:50.19	2:50.19	2:50.89		
<b>3:39.39</b>	3:02.19	<b>2:34.99</b>	2:30.79	2:27.99	<b>200 IM</b>	2:40.59	2:40.59	<b>2:43.79</b>	2:57.79	<b>3:17.69</b>
		<b>5:28.09</b>	5:20.99	5:16.69	<b>400 IM</b>	5:43.79	5:43.79	<b>5:46.43</b>		