

**SOUTHEASTERN TIME STANDARDS  
LONG COURSE METERS**

**2011 Time  
Standards**

**GIRLS**

**BOYS**

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