

2009/2010 time standards for the Winter Season

Winter (Long Course)

Women		<u>Long Course</u>		Men
Long Course	Short Course Course	<u>Day One</u>	Short Course Course	Long Course
1:02.19	55.39	100 Free	49.59	56.29
2:55.19	2:35.19	200 Breast	2:22.29	2:43.39
2:34.39	2:15.29	200 Back	2:03.79	2:22.39
9:47.69	11:02.59	800/1000 Free	10:23.69	9:16.99
		<u>Day Two</u>		
2:14.39	1:59.69	200 Free	1:48.79	2:03.59
5:26.09	4:47.19	400 IM	4:26.39	5:01.59
1:08.59	1:01.59	100 Fly	55.69	1:01.89
4:25.79	3:54.79	400 Free Relay	3:36.39	4:04.59
		<u>Day Three</u>		
4:43.59	5:19.69	400/500 Free	4:56.49	4:25.09
1:20.99	1:11.49	100 Breast	1:04.19	1:14.19
2:33.89	2:17.19	200 Fly	2:06.39	2:21.59
1:11.89	1:02.69	100 Back	56.99	1:05.69
9:39.79	8:36.99	800 Free Relay	7:48.99	9:18.39
		<u>Day Four</u>		
2:33.99	2:15.79	200 IM	2:03.69	2:20.59
18:59.49	18:41.59	1500/1650 Free	17:36.99	17:47.69
28.69	25.69	50 Free	22.89	25.79
4:57.19	4:19.39	400 Medley Relay	3:54.99	4:35.09

2009/2010 time standards for the Summer Season

*Note (Yard times are faster than the winter Sectional meet)
 Yard times for the summer meet are converted Long Course times using Colorado
 Swimming Conversion Calculator.*

Summer (Long Course)

Women		<u>Long Course</u>		Men
Long Course	Short Course	<u>Day One</u>	Short Course	Long Course
1:02.19	54.39	100 Free	49.29	56.29
2:55.19	2:34.29	200 Breast	2:22.29	2:43.39
2:34.39	2:15.29	200 Back	2:03.79	2:22.39
9:47.69	10:58.49	800/1000 Free	10:23.69	9:16.99
		<u>Day Two</u>		
2:14.39	1:58.19	200 Free	1:48.49	2:03.59
5:26.09	4:47.19	400 IM	4:25.99	5:01.59
1:08.59	1:00.59	100 Fly	54.49	1:01.89
4:25.79	3:54.79	400 Free Relay	3:36.39	4:04.59
		<u>Day Three</u>		
4:43.59	5:17.79	400/500 Free	4:56.49	4:25.09
1:20.99	1:11.19	100 Breast	1:04.19	1:14.19
2:33.89	2:16.19	200 Fly	2:05.09	2:21.59
1:11.89	1:02.69	100 Back	56.99	1:05.69
9:39.79	8:36.99	800 Free Relay	7:48.99	9:18.39
		<u>Day Four</u>		
2:33.99	2:15.79	200 IM	2:03.69	2:20.59
18:59.49	18:37.19	1500/1650 Free	17:26.99	17:47.69
28.69	25.19	50 Free	22.59	25.79
4:57.19	4:19.39	400 Medley Relay	3:54.99	4:35.09