

2010 – 2011 Sectional / Senior Circuit Time Standards

WOMEN	Sectional Standards			Sectional Bonus Standards		
	SCY	SCM	LCM	SCY	SCM	LCM
50 Free	25.19	28.09	28.49	25.99	28.99	29.09
100 Free	54.09	1:00.39	1:01.39	55.29	1:01.69	1:02.99
200 Free	1:56.49	2:10.59	2:12.59	1:58.69	2:12.99	2:15.49
400 / 500 Free	5:13.49	4:34.19	4:39.69	5:17.89	4:38.09	4:46.59
800/1000 Free	10:45.89	9:22.09	9:30.49	10:54.89	9:29.89	9:41.89
1500/1650 Free	18:21.59	18:09.79	18:23.29	18:54.59	18:42.39	18:41.79
100 Back	1:00.79	1:08.99	1:10.99	1:02.59	1:10.99	1:12.39
200 Back	2:11.19	2:28.69	2:32.79	2:14.49	2:32.39	2:36.69
100 Breast	1:09.99	1:18.39	1:20.89	1:11.09	1:19.69	1:23.19
200 Breast	2:29.99	2:48.59	2:54.79	2:33.69	2:52.79	2:59.19
100 Fly	59.59	1:07.09	1:07.99	1:01.49	1:09.19	1:09.69
200 Fly	2:11.99	2:30.59	2:34.79	2:15.49	2:34.59	2:38.59
200 I-M	2:12.09	2:28.79	2:32.89	2:15.79	2:32.89	2:37.49
400 I-M	4:40.79	5:16.29	5:22.89	4:49.09	5:25.69	5:30.19

MEN	Sectional Standards			Sectional Bonus Standards		
	SCY	SCM	LCM	SCY	SCM	LCM
50 Free	22.29	24.89	25.49	22.79	25.39	26.09
100 Free	48.39	53.99	55.49	49.29	54.99	56.49
200 Free	1:46.19	1:58.79	2:01.69	1:48.09	2:00.89	2:03.99
400 / 500 Free	4:50.09	4:13.79	4:22.39	4:55.79	4:18.79	4:25.29
800/1000 Free	9:56.49	8:42.59	9:00.99	10:04.69	8:49.69	9:05.89
1500/1650 Free	16:46.39	16:37.59	17:05.59	17:07.29	16:58.29	17:28.39
100 Back	55.39	1:02.29	1:04.59	57.09	1:04.19	1:05.69
200 Back	2:00.09	2:15.49	2:20.89	2:03.29	2:19.09	2:23.69
100 Breast	1:02.49	1:09.99	1:12.69	1:04.09	1:11.69	1:13.79
200 Breast	2:16.99	2:33.99	2:40.59	2:20.29	2:37.69	2:42.59
100 Fly	53.59	1:00.09	1:01.09	54.99	1:01.69	1:02.39
200 Fly	2:01.59	2:17.19	2:21.09	2:03.89	2:19.79	2:23.59
200 I-M	2:00.69	2:15.09	2:20.39	2:03.79	2:18.59	2:22.39
400 I-M	4:17.49	4:48.99	4:59.29	4:24.29	4:56.69	5:03.79