

2009-2010 Time Standards

| YMCA | 8 & under | YMCA |
|--------|------------------|--------|
| 17.79 | 25 Free | 17.89 |
| 39.89 | 50 Free | 39.99 |
| 129.99 | 100 Free | 129.99 |
| 21.49 | 25 Back | 21.59 |
| 23.99 | 25 Breast | 24.39 |
| 20.49 | 25 Fly | 21.19 |
| 143.09 | 100 IM | 143.99 |
| 117.99 | 100 Free Relay | 117.99 |
| 128.29 | 100 Medley Relay | 126.99 |

| YMCA Zone | YMCA | 10 & under | YMCA | YMCA Zone |
|-----------|--------|------------------|--------|-----------|
| 30.49 | 32.89 | 50 Free | 32.29 | 31.09 |
| 107.79 | 113.69 | 100 Free | 115.09 | 108.99 |
| 230.89 | 240.99 | 200 Free | 244.99 | 233.29 |
| 35.89 | 38.69 | 50 Back | 39.79 | 36.89 |
| 40.19 | 43.49 | 50 Breast | 45.49 | 41.99 |
| 34.69 | 38.59 | 50 Fly | 39.49 | 35.79 |
| 118.09 | 123.99 | 100 IM | 125.39 | 119.99 |
| 211.29 | 217.49 | 200 free relay | 219.99 | 214.99 |
| 229.29 | 236.39 | 200 medley relay | 235.09 | 235.99 |

| YMCA Zone | YMCA | 11 & 12 | YMCA | YMCA Zone |
|-----------|--------|------------------|--------|-----------|
| 27.59 | 29.59 | 50 Free | 29.79 | 27.29 |
| 100.29 | 104.99 | 100 Free | 105.99 | 100.29 |
| 214.09 | 222.99 | 200 Free | 222.99 | 213.99 |
| | 622.99 | 500 Free | 622.99 | |
| 32.19 | 35.09 | 50 Back | 35.49 | 32.59 |
| 109.89 | 117.89 | 100 Back | 116.99 | 110.89 |
| 25.99 | 39.29 | 50 Breast | 40.69 | 36.39 |
| 119.29 | 126.89 | 100 Breast | 126.99 | 121.59 |
| 30.69 | 34.09 | 50 Fly | 34.99 | 30.79 |
| 111.79 | 118.89 | 100 Fly | 119.09 | 113.89 |
| 110.09 | 114.99 | 100 IM | 115.99 | 110.39 |
| 233.09 | 243.99 | 200 IM | 245.99 | 235.79 |
| 155.49 | 201.19 | 200 free relay | 203.89 | 158.59 |
| 210.19 | 216.99 | 200 medley relay | 219.59 | 216.29 |

YMCA these standards qualify you to the YMCA League Champs March 13-15 in Miami

Y ZONE these standards qualify you to the Great Lakes Zone Champs March 20-22 in Rochester, MI

2009-2010 Time Standards

| YMCA Zone | YMCA | 13 & 14 | YMCA | YMCA Zone |
|-----------|----------|------------------|----------|-----------|
| 26.39 | 27.49 | 50 Free | 26.49 | 24.79 |
| 57.59 | 59.99 | 100 Free | 57.79 | 53.99 |
| 205.39 | 210.99 | 200 Free | 206.49 | 158.99 |
| 539.99 | 552.99 | 500 Free | 545.99 | 525.39 |
| 18:59.59 | 20:00.89 | 1650 Free | 18:38.39 | 1811.09 |
| 105.89 | 110.19 | 100 Back | 108.09 | 103.09 |
| 218.79 | 229.29 | 200 Back | 220.19 | 210.49 |
| 115.99 | 120.99 | 100 Breast | 118.59 | 111.79 |
| 236.09 | 248.79 | 200 Breast | 238.29 | 229.09 |
| 105.49 | 109.99 | 100 Fly | 107.99 | 102.79 |
| 223.29 | 230.59 | 200 Fly | 222.29 | 217.79 |
| 223.19 | 231.29 | 200 IM | 226.99 | 216.09 |
| 503.19 | 522.79 | 400 IM | 505.49 | 446.69 |
| 151.29 | 156.39 | 200 free relay | 151.99 | 147.19 |
| 205.09 | 211.39 | 200 medley relay | 204.49 | 201.29 |

| Y NAT | YMCA Zone | YMCA | Senior | YMCA | YMCA Zone | Y NAT |
|----------|-----------|----------|------------------|----------|-----------|----------|
| 25.19 | 25.69 | 26.59 | 50 Free | 23.89 | 22.99 | 22.49 |
| 54.59 | 55.89 | 57.29 | 100 Free | 51.99 | 50.09 | 49.19 |
| 157.29 | 201.59 | 204.99 | 200 Free | 155.99 | 150.69 | 146.69 |
| 511.79 | 529.89 | 539.89 | 500 Free | 519.99 | 506.09 | 450.29 |
| 10:35.59 | 11:27.79 | 12:07.79 | 1000 Free | 11:17.79 | 10:54.29 | 09:59.90 |
| 17:41.79 | 18:59.59 | 20:00.89 | 1650 Free | 18:38.39 | 18:11.09 | 16:35.19 |
| | 30.09 | | 50 Back | | 27.79 | |
| 101.19 | 104.29 | 106.39 | 100 Back | 101.09 | 58.19 | 55.89 |
| 211.89 | 218.79 | 225.29 | 200 Back | 214.29 | 210.49 | 200.29 |
| | 33.89 | | 50 Breast | | 31.09 | |
| 109.59 | 112.59 | 117.49 | 100 Breast | 108.09 | 106.09 | 102.79 |
| 230.19 | 236.09 | 242.89 | 200 Breast | 229.09 | 229.09 | 217.29 |
| | 28.99 | | 50 Fly | | 26.29 | |
| 100.29 | 103.69 | 106.09 | 100 Fly | 59.79 | 56.89 | 54.19 |
| 213.99 | 223.29 | 227.29 | 200 Fly | 218.29 | 217.79 | 159.69 |
| 212.99 | 218.29 | 224.09 | 200 IM | 212.09 | 207.69 | 159.69 |
| 442.59 | 503.19 | 510.99 | 400 IM | 454.89 | 446.99 | 421.29 |
| 141.99 | 146.09 | 149.79 | 200 free relay | 139.09 | 136.99 | 130.99 |
| 340.39 | 355.99 | 355.09 | 400 free relay | 341.09 | 333.09 | 318.79 |
| 757.19 | 840.39 | 859.99 | 800 free relay | 809.99 | 759.99 | 713.59 |
| 153.59 | 200.09 | 206.29 | 200 medley relay | 153.09 | 151.99 | 141.89 |
| 405.49 | 422.09 | 429.09 | 400 medley relay | 406.79 | 400.49 | 341.89 |

YMCA

these standards qualify you to the YMCA League Champs March 13-15 in Miami

Y ZONE

these standards qualify you to the Great Lakes Zone Champs March 20-22 in Rochester, MI

Y NAT

these standards qualify you to the YMCA Nationals April 6-9 in Ft. Lauderdale