

2010-2011 SCY Time Standards

			YMCA	8 & under	YMCA			
			:17.79	25 Free	:17.89			
			:39.89	50 Free	:39.99			
			1:29.99	100 Free	1:29.99			
			:21.49	25 Back	:21.59			
			:23.99	25 Breast	:24.39			
			:20.49	25 Fly	:21.19			
			1:43.09	100 IM	1:43.99			
			1:17.99	100 Free Relay	1:17.99			
			1:28.99	100 Medley Relay	1:26.99			
NASA Age 10	NASA Age 9	YMCA Zone	YMCA	10 & under	YMCA	YMCA Zone	NASA Age 9	NASA Age 10
:29.59	:30.89	:30.39	:32.49	50 Free	:32.29	:30.99	:30.39	:29.19
1:05.39	1:08.69	1:07.69	1:12.99	100 Free	1:14.49	1:08.89	1:07.69	1:04.59
2:21.79	2:29.09	2:30.69	2:40.99	200 Free	2:44.99	2:33.29	2:25.59	2:19.29
6:14.39	6:31.39			500 Free			6:27.79	6:10.89
:34.59	:36.39	:35.89	:38.69	50 Back	:39.79	:36.89	:36.49	:34.59
1:14.39	1:18.29			100 Back			1:17.69	1:14.09
:38.19	:40.09	:40.09	:43.49	50 Breast	:45.49	:41.89	:40.29	:38.39
1:24.49	1:28.89			100 Breast			1:27.79	1:23.79
:33.39	:35.29	:34.59	:37.99	50 Fly	:39.49	:35.69	:34.89	:33.09
1:16.49	1:21.59			100 Fly			1:20.59	1:15.69
1:15.19	1:18.89	1:18.09	1:22.99	100 IM	1:24.99	1:19.89	1:17.69	1:14.29
2:40.39	2:48.19			200 IM			2:47.69	2:40.09
		2:11.29	2:17.49	200 free relay	2:19.99	2:14.99		
		2:29.29	2:36.39	200 medley relay	2:35.09	2:35.99		
NASA Age 12	NASA Age 11	YMCA Zone	YMCA	11 & 12	YMCA	YMCA Zone	NASA Age 11	NASA Age 12
:27.09	:28.29	:27.59	:29.59	50 Free	:29.79	:27.29	:27.39	:26.19
:57.79	1:00.49	1:00.29	1:03.99	100 Free	1:04.99	1:00.29	:59.99	:57.39
2:08.19	2:14.09	2:14.09	2:20.99	200 Free	2:22.99	2:13.99	2:10.49	2:04.89
5:38.49	5:53.89	6:03.99	6:12.99	500 Free	6:17.99	6:03.99	5:49.49	5:34.29
:31.09	:32.49	:32.19	:35.09	50 Back	:35.49	:32.59	:31.99	:30.49
1:07.29	1:10.69	1:09.89	1:15.99	100 Back	1:15.99	1:10.79	1:08.89	1:05.59
:34.59	:36.19	:35.99	:39.29	50 Breast	:40.69	:36.39	:35.59	:33.79
1:15.09	1:18.59	1:19.29	1:24.99	100 Breast	1:25.99	1:21.59	1:16.89	1:13.29
:29.69	:31.09	:30.59	:33.89	50 Fly	:34.09	:30.79	:30.59	:29.09
1:06.29	1:09.79	1:11.79	1:18.89	100 Fly	1:19.09	1:13.89	1:08.19	1:04.59
1:07.79	1:10.89	1:10.09	1:13.99	100 IM	1:14.99	1:10.39	1:08.49	1:05.39
2:24.39	2:30.99	2:33.09	2:35.99	200 IM	2:37.99	2:35.79	2:28.69	2:21.79
		1:55.49	2:01.19	200 free relay	2:03.89	1:58.59		
		2:10.19	2:16.99	200 medley relay	2:19.59	2:16.29		

YMCA these standards qualify you to the YMCA League Champs March 11-13 in Miami
Y ZONE these standards qualify you to the Great Lakes Zone Champs March 18-20 at OSU
NASA these standards qualify you to the National Age Group Showcase in Coral Springs, FL

NASA Age 14	NASA Age 13	YMCA Zone	YMCA	13 & 14	YMCA	YMCA Zone	NASA Age 13	NASA Age 14
:26.29	:27.49	:26.39	:27.49	50 Free	:26.19	:24.69	:25.19	:24.09
:56.99	:59.59	:57.59	:59.99	100 Free	:57.09	:53.89	:55.09	:52.69
2:02.69	2:08.19	2:05.29	2:09.99	200 Free	2:03.99	1:58.89	1:59.99	1:54.79
5:23.49	5:38.29	5:39.99	5:49.99	500 Free	5:35.99	5:24.99	5:21.29	5:07.29
18:31.19	19:21.69	19:05.99	20:00.89	1650 Free	18:38.39	18:11.09	18:27.59	17:39.39
1:02.79	1:05.59	1:05.79	1:09.59	100 Back	1:07.99	1:03.09	1:01.49	:58.89
2:14.99	2:21.19	2:18.69	2:27.99	200 Back	2:20.19	2:10.49	2:12.49	2:06.69
1:11.19	1:14.39	1:15.99	1:18.99	100 Breast	1:17.99	1:11.69	1:09.09	1:06.09
2:32.89	2:39.79	2:36.09	2:48.79	200 Breast	2:38.29	2:28.99	2:29.79	2:23.29
1:02.19	1:04.99	1:05.49	1:08.99	100 Fly	1:06.99	1:02.79	1:00.29	:57.59
2:16.29	2:22.39	2:23.29	2:30.59	200 Fly	2:22.29	2:17.79	2:14.39	2:08.59
2:17.89	2:24.19	2:23.09	2:29.99	200 IM	2:24.99	2:15.99	2:14.39	2:08.59
4:51.29	5:04.59	5:03.19	5:22.79	400 IM	5:05.49	4:46.69	4:47.99	4:35.49
		1:51.29	1:56.39	200 free relay	1:51.99	1:47.19		
		2:05.09	2:11.39	200 medley relay	2:04.49	2:01.29		
Y NAT	YMCA Zone	YMCA	Senior	YMCA	YMCA Zone	Y NAT		
:25.19	:25.79	:26.59	50 Free	:23.89	:22.99	:22.49		
:54.39	:55.89	:57.29	100 Free	:51.29	:50.09	:48.99		
1:56.99	2:01.59	2:03.99	200 Free	1:54.99	1:50.69	1:46.69		
5:11.79	5:30.09	5:29.99	500 Free	5:09.99	5:06.09	4:49.89		
10:35.59	11:32.99	11:59.99	1000 Free	11:17.79	10:54.29	9:56.49		
17:41.79	19:05.99	20:00.89	1650 Free	18:38.39	18:11.09	16:35.19		
		:29.99	50 Back		:27.69			
1:00.99	1:04.29	1:05.89	100 Back	1:01.09	:58.09	:55.59		
2:11.29	2:18.69	2:23.99	200 Back	2:12.99	2:10.49	1:59.39		
		:33.99	50 Breast		:30.99			
1:09.39	1:12.69	1:16.99	100 Breast	1:08.09	1:05.99	1:02.79		
2:29.99	2:36.09	2:42.89	200 Breast	2:29.09	2:28.99	2:17.29		
		:28.99	50 Fly		:26.19			
:59.99	1:03.69	1:06.09	100 Fly	:57.99	:56.79	:54.19		
2:13.49	2:23.29	2:27.29	200 Fly	2:16.99	2:17.79	1:59.69		
2:12.69	2:18.29	2:22.99	200 IM	2:11.99	2:07.59	1:59.69		
4:41.79	5:03.19	5:05.99	400 IM	4:49.99	4:46.99	4:19.79		
1:41.69	1:46.09	1:49.79	200 free relay	1:38.09	1:36.99	1:30.99		
3:40.39	3:54.99	3:55.09	400 free relay	3:38.99	3:33.09	3:18.79		
7:55.49	8:40.39	8:59.99	800 free relay	7:59.99	7:59.99	7:13.59		
1:53.59	2:00.09	2:06.29	200 medley relay	1:53.09	1:51.89	1:41.89		
4:05.49	4:21.89	4:29.09	400 medley relay	4:06.79	3:59.99	3:41.89		

- YMCA** these standards qualify you to the YMCA League Champs March 11-13 in Miami
- Y ZONE** these standards qualify you to the Great Lakes Zone Champs March 18-20 at OSU
- NASA** these standards qualify you to the National Age Group Showcase in Coral Springs, FL
- Y NAT** these standards qualify you to the YMCA Nationals April 6-9 in Ft. Lauderdale