



# Colorado Seasonal State 2009 Time Standards



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| Girls   |         |         | 8&U       | Boys    |         |         |
|---------|---------|---------|-----------|---------|---------|---------|
| LCM     | SCM     | SCY     | EVENT     | LCM     | SCM     | SCY     |
|         | 24.39   | 21.89   | 25 Free   |         | 0:25.69 | 0:23.09 |
| 0:55.89 | 0:55.09 | 0:49.59 | 50 Free   | 0:58.59 | 0:57.79 | 0:52.09 |
| 2:16.59 | 2:14.99 | 2:01.59 | 100 Free  | 2:14.39 | 2:12.79 | 1:59.59 |
|         | 0:28.79 | 0:25.89 | 25 Back   |         | 0:31.39 | 0:28.29 |
|         | 0:33.89 | 0:30.49 | 25 Breast |         | 0:37.69 | 0:33.89 |
|         | 0:33.09 | 0:29.79 | 25 Fly    |         | 0:37.19 | 0:33.49 |
|         | 2:20.59 | 2:06.69 | 100 IM    |         | 2:26.09 | 2:11.69 |

| Girls   |         |         | 9-10       | Boys    |         |         |
|---------|---------|---------|------------|---------|---------|---------|
| LCM     | SCM     | SCY     | EVENT      | LCM     | SCM     | SCY     |
| 0:43.19 | 0:42.39 | 0:38.19 | 50 Free    | 0:45.19 | 0:44.39 | 0:39.99 |
| 1:40.99 | 1:39.39 | 1:29.59 | 100 Free   | 1:44.69 | 1:43.09 | 1:32.89 |
| 3:48.29 | 3:45.09 | 3:22.79 | 200 Free   | 3:48.39 | 3:45.19 | 3:22.89 |
| 0:53.59 | 0:52.99 | 0:47.69 | 50 Back    | 0:55.89 | 0:55.29 | 0:49.79 |
| 2:02.39 | 2:01.19 | 1:49.19 | 100 Back   | 2:00.59 | 1:59.39 | 1:47.59 |
| 0:57.59 | 0:56.59 | 0:50.99 | 50 Breast  | 0:59.89 | 0:58.89 | 0:53.49 |
| 2:05.29 | 2:03.29 | 1:51.09 | 100 Breast | 2:10.29 | 2:08.29 | 1:55.59 |
| 0:57.39 | 0:56.69 | 0:51.09 | 50 Fly     | 1:00.09 | 0:59.39 | 0:53.49 |
| 2:19.69 | 2:18.29 | 2:04.59 | 100 Fly    | 2:20.39 | 2:18.99 | 2:05.19 |
|         | 1:53.49 | 1:42.19 | 100 IM     |         | 1:57.89 | 1:46.19 |
| 4:21.69 | 4:18.49 | 3:52.89 | 200 IM     | 4:23.89 | 4:20.69 | 3:54.89 |

| Girls   |         |         | 11-12        | Boys    |         |         |
|---------|---------|---------|--------------|---------|---------|---------|
| LCM     | SCM     | SCY     | EVENT        | LCM     | SCM     | SCY     |
| 0:37.09 | 0:36.29 | 0:32.69 | 50 Free      | 0:37.79 | 0:36.99 | 0:33.29 |
| 1:22.39 | 1:20.79 | 1:12.79 | 100 Free     | 1:27.09 | 1:25.49 | 1:16.99 |
| 3:05.09 | 3:01.89 | 2:43.79 | 200 Free     | 3:20.99 | 3:17.79 | 2:58.19 |
| 6:50.79 | 6:44.39 | 7:40.29 | 400/500 Free | 7:01.19 | 6:54.79 | 7:51.99 |
| 0:45.99 | 0:45.39 | 0:40.89 | 50 Back      | 0:46.99 | 0:46.39 | 0:41.79 |
| 1:42.49 | 1:41.29 | 1:31.29 | 100 Back     | 1:48.39 | 1:47.19 | 1:36.49 |
| 0:49.49 | 0:48.49 | 0:43.69 | 50 Breast    | 0:53.09 | 0:52.09 | 0:46.89 |
| 1:49.79 | 1:47.79 | 1:37.09 | 100 Breast   | 1:53.69 | 1:51.69 | 1:40.59 |
| 0:44.49 | 0:43.79 | 0:39.39 | 50 Fly       | 0:48.59 | 0:47.89 | 0:43.09 |
| 1:54.59 | 1:53.19 | 1:41.99 | 100 Fly      | 1:50.89 | 1:49.49 | 1:38.59 |
|         | 1:33.59 | 1:24.39 | 100 IM       |         | 1:40.69 | 1:30.79 |
| 3:30.49 | 3:27.29 | 3:06.69 | 200 IM       | 3:41.99 | 3:38.79 | 3:17.09 |

| Girls    |          |          | 13-14          | Boys     |          |          |
|----------|----------|----------|----------------|----------|----------|----------|
| LCM      | SCM      | SCY      | EVENT          | LCM      | SCM      | SCY      |
| 0:35.09  | 0:34.29  | 0:30.89  | 50 Free        | 0:35.19  | 0:34.39  | 0:30.99  |
| 1:15.99  | 1:14.39  | 1:06.99  | 100 Free       | 1:18.09  | 1:16.49  | 1:08.89  |
| 2:55.89  | 2:52.69  | 2:35.59  | 200 Free       | 2:57.89  | 2:54.69  | 2:37.39  |
| 6:38.79  | 6:32.39  | 7:26.79  | 400/500 Free   | 6:23.69  | 6:17.29  | 7:09.89  |
| 29:00.89 | 28:36.89 | 28:26.79 | 1500/1650 Free | 28:08.49 | 27:44.49 | 27:35.39 |
| 1:33.09  | 1:31.89  | 1:22.79  | 100 Back       | 1:38.09  | 1:36.89  | 1:27.29  |
| 3:18.09  | 3:15.69  | 2:56.29  | 200 Back       | 3:28.59  | 3:26.19  | 3:05.69  |
| 1:41.99  | 1:39.99  | 1:30.09  | 100 Breast     | 1:45.69  | 1:43.69  | 1:33.49  |
| 3:38.09  | 3:34.09  | 3:12.89  | 200 Breast     | 3:43.59  | 3:39.59  | 3:17.89  |
| 1:38.59  | 1:37.19  | 1:27.59  | 100 Fly        | 1:40.29  | 1:38.89  | 1:29.09  |
| 3:56.29  | 3:53.49  | 3:30.29  | 200 Fly        | 3:57.39  | 3:54.59  | 3:31.29  |
| 3:17.79  | 3:14.59  | 2:55.29  | 200 IM         | 3:19.99  | 3:16.79  | 2:57.29  |
| 7:40.69  | 7:34.29  | 6:49.29  | 400 IM         | 7:29.09  | 7:22.69  | 6:38.79  |

| Girls    |          |          | 15-18          | Boys     |          |          |
|----------|----------|----------|----------------|----------|----------|----------|
| LCM      | SCM      | SCY      | EVENT          | LCM      | SCM      | SCY      |
| 0:33.89  | 0:33.09  | 0:29.79  | 50 Free        | 0:30.69  | 0:29.89  | 0:26.89  |
| 1:14.19  | 1:12.59  | 1:05.39  | 100 Free       | 1:07.99  | 1:06.39  | 0:59.79  |
| 2:47.39  | 2:44.19  | 2:27.89  | 200 Free       | 2:36.59  | 2:33.39  | 2:18.19  |
| 6:07.79  | 6:01.39  | 6:52.09  | 400/500 Free   | 5:56.59  | 5:50.19  | 6:39.59  |
| 26:59.09 | 26:35.09 | 26:27.39 | 1500/1650 Free | 26:07.89 | 25:43.89 | 25:37.19 |
| 1:29.09  | 1:27.89  | 1:19.19  | 100 Back       | 1:24.19  | 1:22.99  | 1:14.79  |
| 3:19.19  | 3:16.79  | 2:57.29  | 200 Back       | 3:04.49  | 3:02.09  | 2:43.99  |
| 1:38.09  | 1:38.09  | 1:26.59  | 100 Breast     | 1:34.89  | 1:32.89  | 1:23.69  |
| 3:35.79  | 3:31.79  | 3:10.79  | 200 Breast     | 3:25.09  | 3:21.09  | 3:01.19  |
| 1:30.49  | 1:29.09  | 1:20.29  | 100 Fly        | 1:23.69  | 1:22.29  | 1:14.19  |
| 3:37.39  | 3:34.59  | 3:13.29  | 200 Fly        | 3:21.09  | 3:18.29  | 2:58.69  |
| 3:08.29  | 3:05.09  | 2:46.69  | 200 IM         | 2:59.79  | 2:56.59  | 2:39.09  |
| 7:09.29  | 7:02.89  | 6:20.99  | 400 IM         | 6:56.49  | 6:50.09  | 6:09.49  |