

**HI2011R1 STANDARDS Long Course Meters**

**Female 8 & Under**

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
25 Free						
50 Free			38.67	42.54	46.40	55.68
25 Back						
50 Back			46.25	50.88	55.50	1:06.60
25 Breast						
50 Breast			51.31	56.43	1:01.56	1:13.87
25 Fly						
50 Fly			43.34	47.66	52.00	1:02.39

**Female 10 & Under**

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		33.29	38.67	42.54	46.40	50.27
100 Free		1:12.29	1:24.46	1:32.90	1:41.34	1:49.79
200 Free		2:39.09	3:07.26	3:25.99	3:44.71	4:03.44
50 Back		39.39	46.25	50.88	55.50	1:00.13
100 Back		1:24.89	1:39.63	1:49.59	1:59.56	2:09.53
50 Breast		44.29	51.31	56.43	1:01.56	1:06.69
100 Breast		1:36.69	1:51.88	2:03.07	2:14.26	2:25.45
50 Fly		36.79	43.34	47.66	52.00	56.33
100 Fly		1:25.09	1:41.03	1:51.13	2:01.24	2:11.34
200 IM		2:58.59	3:29.79	3:50.77	4:11.75	4:32.73

**Female 11-12**

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		29.39	33.50	36.85	40.22	43.56
100 Free		1:04.69	1:13.86	1:21.24	1:28.64	1:36.02
200 Free		2:20.59	2:40.50	2:56.55	3:12.60	3:28.65
400 Free		4:56.49	5:38.22	6:12.05	6:45.87	7:19.70
50 Back		34.59	39.55	43.50	47.45	51.42
100 Back		1:14.19	1:25.03	1:33.54	1:42.04	1:50.55
50 Breast		38.59	44.38	48.82	53.26	57.69
100 Breast		1:24.09	1:36.58	1:46.25	1:55.91	2:05.57
50 Fly		32.39	37.15	40.87	44.58	48.30
100 Fly		1:12.49	1:23.71	1:32.08	1:40.45	1:48.83
200 IM		2:38.79	3:01.37	3:19.50	3:37.63	3:55.77

**Female 13-14**

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	28.49	28.89	31.89	35.08	38.26	41.46
100 Free	1:01.34	1:02.69	1:08.95	1:15.86	1:22.75	1:29.65
200 Free	2:12.69	2:15.09	2:28.71	2:43.58	2:58.45	3:13.32
400 Free	4:39.69	4:43.99	5:12.50	5:43.75	6:15.00	6:46.25
800 Free	9:42.19	9:51.69	10:52.73	11:58.00	13:03.28	14:08.55
1500 Free	18:44.59	18:55.69	20:52.01	22:57.21	25:02.41	27:07.62
100 Back	1:10.61	1:11.59	1:20.85	1:28.93	1:37.03	1:45.11
200 Back	2:30.55	2:33.29	2:49.28	3:06.20	3:23.13	3:40.06
100 Breast	1:20.29	1:20.89	1:30.60	1:39.66	1:48.72	1:57.77

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**HI2011R1 STANDARDS Long Course Meters**

200 Breast	2:53.49	2:54.09	3:11.72	3:30.89	3:50.06	4:09.23
100 Fly	1:06.95	1:09.59	1:18.28	1:26.10	1:33.93	1:41.76
200 Fly	2:31.16	2:35.49	2:51.59	3:08.75	3:25.91	3:43.07
200 IM	2:31.09	2:33.99	2:49.50	3:06.45	3:23.40	3:40.35
400 IM	5:18.84	5:25.79	6:00.23	6:36.27	7:12.28	7:48.32

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**Female 15-16**

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	28.49	28.99	31.41	34.56	37.70	40.84
100 Free	1:01.34	1:02.89	1:08.47	1:15.30	1:22.15	1:29.00
200 Free	2:12.69	2:15.59	2:27.30	2:42.03	2:56.76	3:11.49
400 Free	4:39.69	4:44.69	5:10.92	5:42.01	6:13.10	6:44.20
800 Free	9:42.19	9:53.69	10:40.64	11:44.71	12:48.78	13:52.84
1500 Free	18:44.59	19:01.49	20:39.07	22:42.98	24:46.89	26:50.80
100 Back	1:10.61	1:11.89	1:18.08	1:25.88	1:33.69	1:41.50
200 Back	2:30.55	2:34.69	2:47.93	3:04.72	3:21.51	3:38.31
100 Breast	1:20.29	1:19.59	1:27.85	1:36.64	1:45.42	1:54.20
200 Breast	2:53.49	2:55.99	3:10.94	3:30.03	3:49.12	4:08.21
100 Fly	1:06.95	1:09.89	1:15.80	1:23.38	1:30.97	1:38.55
200 Fly	2:31.16	2:37.09	2:50.52	3:07.57	3:24.62	3:41.68
200 IM	2:31.09	2:34.99	2:48.36	3:05.20	3:22.03	3:38.87
400 IM	5:18.84	5:27.39	5:54.87	6:30.36	7:05.86	7:41.36

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**Female 17-18**

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	28.49	29.89	32.60	35.21	37.82	41.08
100 Free	1:01.34	1:05.09	1:11.05	1:16.74	1:22.42	1:29.52
200 Free	2:12.69	2:21.19	2:35.84	2:48.30	3:00.77	3:16.35
400 Free	4:39.69	5:00.19	5:24.64	5:50.61	6:16.58	6:49.05
800 Free	9:42.19	10:26.09	11:27.62	12:22.63	13:17.64	14:26.41
1500 Free	18:44.59	20:18.79	21:52.30	23:37.28	25:22.27	27:33.49
100 Back	1:10.61	1:16.69	1:23.47	1:30.16	1:36.83	1:45.17
200 Back	2:30.55	2:44.79	3:00.24	3:14.66	3:29.08	3:47.11
100 Breast	1:20.29	1:25.99	1:34.39	1:41.93	1:49.48	1:58.92
200 Breast	2:53.49	3:07.79	3:25.51	3:41.96	3:58.40	4:18.96
100 Fly	1:06.95	1:13.69	1:20.88	1:27.35	1:33.82	1:41.91
200 Fly	2:31.16	2:51.59	3:06.83	3:21.78	3:36.72	3:55.40
200 IM	2:31.09	2:40.69	2:54.84	3:08.83	3:22.81	3:40.32
400 IM	5:18.84	5:52.39	6:24.03	6:54.76	7:25.48	8:03.89

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**Male 8 & Under**

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
25 Free						
50 Free			39.71	43.68	47.65	57.18
25 Back						
50 Back			47.86	52.65	57.43	1:08.92
25 Breast						
50 Breast			53.99	59.39	1:04.79	1:17.75
25 Fly						
50 Fly			45.62	50.18	54.75	1:05.69

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**HI2011R1 STANDARDS Long Course Meters**


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**Male 10 & Under**


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	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		33.09	39.71	43.68	47.65	51.63
100 Free		1:12.79	1:27.23	1:35.95	1:44.67	1:53.40
200 Free		2:38.09	3:09.95	3:28.95	3:47.94	4:06.93
50 Back		39.49	47.86	52.65	57.43	1:02.22
100 Back		1:25.09	1:41.87	1:52.06	2:02.25	2:12.44
50 Breast		44.99	53.99	59.39	1:04.79	1:10.19
100 Breast		1:37.89	1:57.35	2:09.08	2:20.82	2:32.56
50 Fly		36.79	45.62	50.18	54.75	59.31
100 Fly		1:24.49	1:46.25	1:56.87	2:07.50	2:18.13
200 IM		2:59.59	3:35.63	3:57.19	4:18.76	4:40.32

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**Male 11-12**


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	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		29.59	34.73	38.21	41.68	45.16
100 Free		1:04.29	1:15.86	1:23.45	1:31.03	1:38.63
200 Free		2:19.79	2:45.19	3:01.71	3:18.23	3:34.74
400 Free		4:55.59	5:49.27	6:24.20	6:59.12	7:34.06
50 Back		34.89	41.29	45.42	49.55	53.68
100 Back		1:15.09	1:28.60	1:37.47	1:46.33	1:55.19
50 Breast		38.29	45.18	49.70	54.21	58.74
100 Breast		1:24.49	1:39.58	1:49.54	1:59.49	2:09.45
50 Fly		32.49	38.34	42.17	46.01	49.84
100 Fly		1:12.89	1:26.26	1:34.88	1:43.52	1:52.16
200 IM		2:38.99	3:07.25	3:25.97	3:44.70	4:03.43

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**Male 13-14**


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	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	25.79	27.29	30.57	33.62	36.68	39.74
100 Free	56.02	58.99	1:06.07	1:12.67	1:19.28	1:25.89
200 Free	2:02.79	2:08.09	2:24.03	2:38.42	2:52.83	3:07.23
400 Free	4:22.79	4:31.99	5:06.42	5:37.06	6:07.70	6:38.35
800 Free	9:12.79	9:28.49	10:37.94	11:41.74	12:45.53	13:49.32
1500 Free	17:36.59	18:06.09	20:18.78	22:20.65	24:22.53	26:24.41
100 Back	1:05.69	1:08.09	1:17.73	1:25.52	1:33.29	1:41.06
200 Back	2:21.19	2:25.89	2:44.07	3:00.48	3:16.88	3:33.29
100 Breast	1:13.19	1:15.99	1:26.97	1:35.67	1:44.36	1:53.07
200 Breast	2:40.79	2:45.39	3:05.80	3:24.38	3:42.96	4:01.54
100 Fly	1:01.24	1:05.19	1:14.55	1:22.00	1:29.46	1:36.92
200 Fly	2:20.39	2:26.99	2:44.96	3:01.47	3:17.96	3:34.47
200 IM	2:18.69	2:25.09	2:42.50	2:58.75	3:15.00	3:31.25
400 IM	4:57.79	5:08.59	5:47.53	6:22.28	6:57.03	7:31.79

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**Male 15-16**


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	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	25.79	26.29	28.39	31.24	34.07	36.91
100 Free	56.02	57.49	1:02.08	1:08.30	1:14.50	1:20.72
200 Free	2:02.79	2:05.79	2:15.75	2:29.32	2:42.90	2:56.47
400 Free	4:22.79	4:26.79	4:49.43	5:18.37	5:47.32	6:16.26

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**HI2011R1 STANDARDS Long Course Meters**

800 Free	9:12.79	9:20.89	10:05.12	11:05.62	12:06.14	13:06.65
1500 Free	17:36.59	18:03.69	19:38.38	21:36.22	23:34.05	25:31.89
100 Back	1:05.69	1:06.19	1:11.92	1:19.11	1:26.30	1:33.50
200 Back	2:21.19	2:23.79	2:36.16	2:51.77	3:07.39	3:23.00
100 Breast	1:13.19	1:14.39	1:22.18	1:30.40	1:38.61	1:46.83
200 Breast	2:40.79	2:43.09	2:57.10	3:14.82	3:32.54	3:50.24
100 Fly	1:01.24	1:03.39	1:08.68	1:15.55	1:22.41	1:29.28
200 Fly	2:20.39	2:23.89	2:35.72	2:51.30	3:06.87	3:22.46
200 IM	2:18.69	2:22.39	2:34.10	2:49.51	3:04.93	3:20.34
400 IM	4:57.79	5:04.59	5:30.46	6:03.52	6:36.58	7:09.61

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**Male 17-18**


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	<b>SECT</b>	<b>ZONE</b>	<b>QUAL</b>	<b>HIAA</b>	<b>HI-A</b>	<b>HI-B</b>
50 Free	25.79	26.59	28.72	31.01	33.31	36.19
100 Free	56.02	58.39	1:03.17	1:08.22	1:13.27	1:19.59
200 Free	2:02.79	2:07.99	2:19.74	2:30.92	2:42.10	2:56.07
400 Free	4:22.79	4:35.49	4:58.07	5:21.91	5:45.76	6:15.57
800 Free	9:12.79	9:38.69	10:32.11	11:22.69	12:13.25	13:16.46
1500 Free	17:36.59	18:38.59	20:20.06	21:57.67	23:35.28	25:37.29
100 Back	1:05.69	1:09.19	1:15.16	1:21.16	1:27.18	1:34.70
200 Back	2:21.19	2:31.29	2:43.39	2:56.47	3:09.53	3:25.89
100 Breast	1:13.19	1:17.39	1:24.34	1:31.09	1:37.83	1:46.26
200 Breast	2:40.79	2:51.09	3:06.62	3:21.55	3:36.48	3:55.14
100 Fly	1:01.24	1:04.99	1:10.41	1:16.04	1:21.68	1:28.71
200 Fly	2:20.39	2:33.69	2:45.66	2:58.91	3:12.17	3:28.74
200 IM	2:18.69	2:26.49	2:38.53	2:51.22	3:03.90	3:19.75
400 IM	4:57.79	5:22.09	5:50.67	6:18.72	6:46.78	7:21.84

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