

HI2011R1 STANDARDS Short Course Meters**Female 8 & Under**

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|-----------|-------------|-------------|-------------|-------------|-------------|-------------|
| 25 Free | | | | | 22.80 | 27.44 |
| 50 Free | | | 37.87 | 41.74 | 45.60 | 54.88 |
| 25 Back | | | | | 27.45 | 33.00 |
| 50 Back | | | 45.65 | 50.28 | 54.90 | 1:06.00 |
| 25 Breast | | | | | 30.28 | 36.44 |
| 50 Breast | | | 50.31 | 55.43 | 1:00.56 | 1:12.87 |
| 25 Fly | | | | | 25.65 | 30.85 |
| 50 Fly | | | 42.64 | 46.96 | 51.30 | 1:01.69 |

Female 10 & Under

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 50 Free | | 32.49 | 37.87 | 41.74 | 45.60 | 49.47 |
| 100 Free | | 1:10.69 | 1:22.86 | 1:31.30 | 1:39.74 | 1:48.19 |
| 200 Free | | 2:35.89 | 3:04.06 | 3:22.79 | 3:41.51 | 4:00.24 |
| 50 Back | | 38.79 | 45.65 | 50.28 | 54.90 | 59.53 |
| 100 Back | | 1:23.69 | 1:38.43 | 1:48.39 | 1:58.36 | 2:08.33 |
| 50 Breast | | 43.29 | 50.31 | 55.43 | 1:00.56 | 1:05.69 |
| 100 Breast | | 1:34.69 | 1:49.88 | 2:01.07 | 2:12.26 | 2:23.45 |
| 50 Fly | | 36.09 | 42.64 | 46.96 | 51.30 | 55.63 |
| 100 Fly | | 1:23.69 | 1:39.63 | 1:49.73 | 1:59.84 | 2:09.94 |
| 100 IM | | | 1:37.70 | 1:47.63 | 1:57.55 | 2:07.47 |
| 200 IM | | 2:55.39 | 3:26.59 | 3:47.57 | 4:08.55 | 4:29.53 |

Female 11-12

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 50 Free | | 28.59 | 32.70 | 36.05 | 39.42 | 42.76 |
| 100 Free | | 1:03.09 | 1:12.26 | 1:19.64 | 1:27.04 | 1:34.42 |
| 200 Free | | 2:17.39 | 2:37.30 | 2:53.35 | 3:09.40 | 3:25.45 |
| 400 Free | | 4:50.09 | 5:31.82 | 6:05.65 | 6:39.47 | 7:13.30 |
| 50 Back | | 33.99 | 38.95 | 42.90 | 46.85 | 50.82 |
| 100 Back | | 1:12.99 | 1:23.83 | 1:32.34 | 1:40.84 | 1:49.35 |
| 50 Breast | | 37.59 | 43.38 | 47.82 | 52.26 | 56.69 |
| 100 Breast | | 1:22.09 | 1:34.58 | 1:44.25 | 1:53.91 | 2:03.57 |
| 50 Fly | | 31.69 | 36.45 | 40.17 | 43.88 | 47.60 |
| 100 Fly | | 1:11.09 | 1:22.31 | 1:30.68 | 1:39.05 | 1:47.43 |
| 100 IM | | | 1:23.25 | 1:31.73 | 1:40.21 | 1:48.69 |
| 200 IM | | 2:35.59 | 2:58.17 | 3:16.30 | 3:34.43 | 3:52.57 |

Female 13-14

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|-----------|-------------|-------------|-------------|-------------|-------------|-------------|
| 50 Free | 27.82 | 28.09 | 31.09 | 34.28 | 37.46 | 40.66 |
| 100 Free | 59.47 | 1:01.09 | 1:07.35 | 1:14.26 | 1:21.15 | 1:28.05 |
| 200 Free | 2:08.61 | 2:11.89 | 2:25.51 | 2:40.38 | 2:55.25 | 3:10.12 |
| 400 Free | 4:29.17 | 4:37.59 | 5:06.10 | 5:37.35 | 6:08.60 | 6:39.85 |
| 800 Free | 9:22.55 | 9:38.89 | 10:39.93 | 11:45.20 | 12:50.48 | 13:55.75 |
| 1500 Free | 17:58.11 | 18:31.69 | 20:28.01 | 22:33.21 | 24:38.41 | 26:43.62 |
| 100 Back | 1:06.31 | 1:10.39 | 1:19.65 | 1:27.73 | 1:35.83 | 1:43.91 |

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| | | | | | | |
|------------|---------|---------|---------|---------|---------|---------|
| 200 Back | 2:23.98 | 2:30.89 | 2:46.88 | 3:03.80 | 3:20.73 | 3:37.66 |
| 100 Breast | 1:17.57 | 1:18.89 | 1:28.60 | 1:37.66 | 1:46.72 | 1:55.77 |
| 200 Breast | 2:48.32 | 2:50.09 | 3:07.72 | 3:26.89 | 3:46.06 | 4:05.23 |
| 100 Fly | 1:05.19 | 1:08.19 | 1:16.88 | 1:24.70 | 1:32.53 | 1:40.36 |
| 200 Fly | 2:25.48 | 2:32.69 | 2:48.79 | 3:05.95 | 3:23.11 | 3:40.27 |
| 200 IM | 2:25.76 | 2:30.79 | 2:46.30 | 3:03.25 | 3:20.20 | 3:37.15 |
| 400 IM | 5:07.29 | 5:19.39 | 5:53.83 | 6:29.87 | 7:05.88 | 7:41.92 |

Female 15-16

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 50 Free | 27.82 | 28.19 | 30.61 | 33.76 | 36.90 | 40.04 |
| 100 Free | 59.47 | 1:01.29 | 1:06.87 | 1:13.70 | 1:20.55 | 1:27.40 |
| 200 Free | 2:08.61 | 2:12.39 | 2:24.10 | 2:38.83 | 2:53.56 | 3:08.29 |
| 400 Free | 4:29.17 | 4:38.29 | 5:04.52 | 5:35.61 | 6:06.70 | 6:37.80 |
| 800 Free | 9:22.55 | 9:40.89 | 10:27.84 | 11:31.91 | 12:35.98 | 13:40.04 |
| 1500 Free | 17:58.11 | 18:37.49 | 20:15.07 | 22:18.98 | 24:22.89 | 26:26.80 |
| 100 Back | 1:06.31 | 1:10.69 | 1:16.88 | 1:24.68 | 1:32.49 | 1:40.30 |
| 200 Back | 2:23.98 | 2:32.29 | 2:45.53 | 3:02.32 | 3:19.11 | 3:35.91 |
| 100 Breast | 1:17.57 | 1:17.59 | 1:25.85 | 1:34.64 | 1:43.42 | 1:52.20 |
| 200 Breast | 2:48.32 | 2:51.99 | 3:06.94 | 3:26.03 | 3:45.12 | 4:04.21 |
| 100 Fly | 1:05.19 | 1:08.49 | 1:14.40 | 1:21.98 | 1:29.57 | 1:37.15 |
| 200 Fly | 2:25.48 | 2:34.29 | 2:47.72 | 3:04.77 | 3:21.82 | 3:38.88 |
| 200 IM | 2:25.76 | 2:31.79 | 2:45.16 | 3:02.00 | 3:18.83 | 3:35.67 |
| 400 IM | 5:07.29 | 5:20.99 | 5:48.47 | 6:23.96 | 6:59.46 | 7:34.96 |

Female 17-18

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 50 Free | 27.82 | 29.09 | 31.80 | 34.41 | 37.02 | 40.28 |
| 100 Free | 59.47 | 1:03.49 | 1:09.45 | 1:15.14 | 1:20.82 | 1:27.92 |
| 200 Free | 2:08.61 | 2:17.99 | 2:32.64 | 2:45.10 | 2:57.57 | 3:13.15 |
| 400 Free | 4:29.17 | 4:53.79 | 5:18.24 | 5:44.21 | 6:10.18 | 6:42.65 |
| 800 Free | 9:22.55 | 10:13.29 | 11:14.82 | 12:09.83 | 13:04.84 | 14:13.61 |
| 1500 Free | 17:58.11 | 19:54.79 | 21:28.30 | 23:13.28 | 24:58.27 | 27:09.49 |
| 100 Back | 1:06.31 | 1:15.49 | 1:22.27 | 1:28.96 | 1:35.63 | 1:43.97 |
| 200 Back | 2:23.98 | 2:42.39 | 2:57.84 | 3:12.26 | 3:26.68 | 3:44.71 |
| 100 Breast | 1:17.57 | 1:23.99 | 1:32.39 | 1:39.93 | 1:47.48 | 1:56.92 |
| 200 Breast | 2:48.32 | 3:03.79 | 3:21.51 | 3:37.96 | 3:54.40 | 4:14.96 |
| 100 Fly | 1:05.19 | 1:12.29 | 1:19.48 | 1:25.95 | 1:32.42 | 1:40.51 |
| 200 Fly | 2:25.48 | 2:48.79 | 3:04.03 | 3:18.98 | 3:33.92 | 3:52.60 |
| 200 IM | 2:25.76 | 2:37.49 | 2:51.64 | 3:05.63 | 3:19.61 | 3:37.12 |
| 400 IM | 5:07.29 | 5:45.99 | 6:17.63 | 6:48.36 | 7:19.08 | 7:57.49 |

Male 8 & Under

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|-----------|-------------|-------------|-------------|-------------|-------------|-------------|
| 25 Free | | | | | 23.42 | 28.21 |
| 50 Free | | | 38.91 | 42.88 | 46.85 | 56.38 |
| 25 Back | | | | | 28.42 | 34.17 |
| 50 Back | | | 47.26 | 52.05 | 56.83 | 1:08.32 |
| 25 Breast | | | | | 31.89 | 38.37 |
| 50 Breast | | | 52.99 | 58.39 | 1:03.79 | 1:16.75 |
| 25 Fly | | | | | 27.02 | 32.50 |

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|--------|--|--|-------|-------|-------|---------|
| 50 Fly | | | 44.92 | 49.48 | 54.05 | 1:04.99 |
|--------|--|--|-------|-------|-------|---------|

Male 10 & Under

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|------|---------|---------|---------|---------|---------|
| 50 Free | | 32.29 | 38.91 | 42.88 | 46.85 | 50.83 |
| 100 Free | | 1:11.19 | 1:25.63 | 1:34.35 | 1:43.07 | 1:51.80 |
| 200 Free | | 2:34.89 | 3:06.75 | 3:25.75 | 3:44.74 | 4:03.73 |
| 50 Back | | 38.89 | 47.26 | 52.05 | 56.83 | 1:01.62 |
| 100 Back | | 1:23.89 | 1:40.67 | 1:50.86 | 2:01.05 | 2:11.24 |
| 50 Breast | | 43.99 | 52.99 | 58.39 | 1:03.79 | 1:09.19 |
| 100 Breast | | 1:35.89 | 1:55.35 | 2:07.08 | 2:18.82 | 2:30.56 |
| 50 Fly | | 36.09 | 44.92 | 49.48 | 54.05 | 58.61 |
| 100 Fly | | 1:23.09 | 1:44.85 | 1:55.47 | 2:06.10 | 2:16.73 |
| 100 IM | | | 1:41.62 | 1:51.94 | 2:02.26 | 2:12.58 |
| 200 IM | | 2:56.39 | 3:32.43 | 3:53.99 | 4:15.56 | 4:37.12 |

Male 11-12

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|------|---------|---------|---------|---------|---------|
| 50 Free | | 28.79 | 33.93 | 37.41 | 40.88 | 44.36 |
| 100 Free | | 1:02.69 | 1:14.26 | 1:21.85 | 1:29.43 | 1:37.03 |
| 200 Free | | 2:16.59 | 2:41.99 | 2:58.51 | 3:15.03 | 3:31.54 |
| 400 Free | | 4:49.19 | 5:42.87 | 6:17.80 | 6:52.72 | 7:27.66 |
| 50 Back | | 34.29 | 40.69 | 44.82 | 48.95 | 53.08 |
| 100 Back | | 1:13.89 | 1:27.40 | 1:36.27 | 1:45.13 | 1:53.99 |
| 50 Breast | | 37.29 | 44.18 | 48.70 | 53.21 | 57.74 |
| 100 Breast | | 1:22.49 | 1:37.58 | 1:47.54 | 1:57.49 | 2:07.45 |
| 50 Fly | | 31.79 | 37.64 | 41.47 | 45.31 | 49.14 |
| 100 Fly | | 1:11.49 | 1:24.86 | 1:33.48 | 1:42.12 | 1:50.76 |
| 100 IM | | | 1:26.04 | 1:34.78 | 1:43.54 | 1:52.30 |
| 200 IM | | 2:35.79 | 3:04.05 | 3:22.77 | 3:41.50 | 4:00.23 |

Male 13-14

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|----------|----------|----------|----------|----------|----------|
| 50 Free | 25.11 | 26.49 | 29.77 | 32.82 | 35.88 | 38.94 |
| 100 Free | 53.92 | 57.39 | 1:04.47 | 1:11.07 | 1:17.68 | 1:24.29 |
| 200 Free | 1:58.54 | 2:04.89 | 2:20.83 | 2:35.22 | 2:49.63 | 3:04.03 |
| 400 Free | 4:12.49 | 4:25.59 | 5:00.02 | 5:30.66 | 6:01.30 | 6:31.95 |
| 800 Free | 8:57.79 | 9:15.69 | 10:25.14 | 11:28.94 | 12:32.73 | 13:36.52 |
| 1500 Free | 16:52.78 | 17:42.09 | 19:54.78 | 21:56.65 | 23:58.53 | 26:00.41 |
| 100 Back | 1:01.28 | 1:06.89 | 1:16.53 | 1:24.32 | 1:32.09 | 1:39.86 |
| 200 Back | 2:15.25 | 2:23.49 | 2:41.67 | 2:58.08 | 3:14.48 | 3:30.89 |
| 100 Breast | 1:09.06 | 1:13.99 | 1:24.97 | 1:33.67 | 1:42.36 | 1:51.07 |
| 200 Breast | 2:35.26 | 2:41.39 | 3:01.80 | 3:20.38 | 3:38.96 | 3:57.54 |
| 100 Fly | 59.37 | 1:03.79 | 1:13.15 | 1:20.60 | 1:28.06 | 1:35.52 |
| 200 Fly | 2:13.25 | 2:24.19 | 2:42.16 | 2:58.67 | 3:15.16 | 3:31.67 |
| 200 IM | 2:13.35 | 2:21.89 | 2:39.30 | 2:55.55 | 3:11.80 | 3:28.05 |
| 400 IM | 4:46.49 | 5:02.19 | 5:41.13 | 6:15.88 | 6:50.63 | 7:25.39 |

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Male 15-16

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 50 Free | 25.11 | 25.49 | 27.59 | 30.44 | 33.27 | 36.11 |
| 100 Free | 53.92 | 55.89 | 1:00.48 | 1:06.70 | 1:12.90 | 1:19.12 |
| 200 Free | 1:58.54 | 2:02.59 | 2:12.55 | 2:26.12 | 2:39.70 | 2:53.27 |
| 400 Free | 4:12.49 | 4:20.39 | 4:43.03 | 5:11.97 | 5:40.92 | 6:09.86 |
| 800 Free | 8:57.79 | 9:08.09 | 9:52.32 | 10:52.82 | 11:53.34 | 12:53.85 |
| 1500 Free | 16:52.78 | 17:39.69 | 19:14.38 | 21:12.22 | 23:10.05 | 25:07.89 |
| 100 Back | 1:01.28 | 1:04.99 | 1:10.72 | 1:17.91 | 1:25.10 | 1:32.30 |
| 200 Back | 2:15.25 | 2:21.39 | 2:33.76 | 2:49.37 | 3:04.99 | 3:20.60 |
| 100 Breast | 1:09.06 | 1:12.39 | 1:20.18 | 1:28.40 | 1:36.61 | 1:44.83 |
| 200 Breast | 2:35.26 | 2:39.09 | 2:53.10 | 3:10.82 | 3:28.54 | 3:46.24 |
| 100 Fly | 59.37 | 1:01.99 | 1:07.28 | 1:14.15 | 1:21.01 | 1:27.88 |
| 200 Fly | 2:13.25 | 2:21.09 | 2:32.92 | 2:48.50 | 3:04.07 | 3:19.66 |
| 200 IM | 2:13.35 | 2:19.19 | 2:30.90 | 2:46.31 | 3:01.73 | 3:17.14 |
| 400 IM | 4:46.49 | 4:58.19 | 5:24.06 | 5:57.12 | 6:30.18 | 7:03.21 |

Male 17-18

| | SECT | ZONE | QUAL | HIAA | HI-A | HI-B |
|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 50 Free | 25.11 | 25.79 | 27.92 | 30.21 | 32.51 | 35.39 |
| 100 Free | 53.92 | 56.79 | 1:01.57 | 1:06.62 | 1:11.67 | 1:17.99 |
| 200 Free | 1:58.54 | 2:04.79 | 2:16.54 | 2:27.72 | 2:38.90 | 2:52.87 |
| 400 Free | 4:12.49 | 4:29.09 | 4:51.67 | 5:15.51 | 5:39.36 | 6:09.17 |
| 800 Free | 8:57.79 | 9:25.89 | 10:19.31 | 11:09.89 | 12:00.45 | 13:03.66 |
| 1500 Free | 16:52.78 | 18:14.59 | 19:56.06 | 21:33.67 | 23:11.28 | 25:13.29 |
| 100 Back | 1:01.28 | 1:07.99 | 1:13.96 | 1:19.96 | 1:25.98 | 1:33.50 |
| 200 Back | 2:15.25 | 2:28.89 | 2:40.99 | 2:54.07 | 3:07.13 | 3:23.49 |
| 100 Breast | 1:09.06 | 1:15.39 | 1:22.34 | 1:29.09 | 1:35.83 | 1:44.26 |
| 200 Breast | 2:35.26 | 2:47.09 | 3:02.62 | 3:17.55 | 3:32.48 | 3:51.14 |
| 100 Fly | 59.37 | 1:03.59 | 1:09.01 | 1:14.64 | 1:20.28 | 1:27.31 |
| 200 Fly | 2:13.25 | 2:30.89 | 2:42.86 | 2:56.11 | 3:09.37 | 3:25.94 |
| 200 IM | 2:13.35 | 2:23.29 | 2:35.33 | 2:48.02 | 3:00.70 | 3:16.55 |
| 400 IM | 4:46.49 | 5:15.69 | 5:44.27 | 6:12.32 | 6:40.38 | 7:15.44 |
