

HI2011R1 STANDARDS Yards

Female 8 & Under

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
25 Free					20.54	24.72
50 Free			34.12	37.60	41.08	49.44
25 Back					24.73	29.73
50 Back			41.13	45.30	49.46	59.46
25 Breast					27.28	32.83
50 Breast			45.32	49.94	54.56	1:05.65
25 Fly					23.11	27.79
50 Fly			38.41	42.31	46.22	55.58

Female 10 & Under

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		29.29	34.12	37.60	41.08	44.57
100 Free		1:03.69	1:14.65	1:22.25	1:29.86	1:37.47
200 Free		2:03.39	2:45.82	3:02.69	3:19.56	3:36.43
50 Back		34.99	41.13	45.30	49.46	53.63
100 Back		1:15.39	1:28.68	1:37.65	1:46.63	1:55.61
50 Breast		39.09	45.32	49.94	54.56	59.18
100 Breast		1:25.29	1:38.99	1:49.07	1:59.15	2:09.23
50 Fly		32.49	38.41	42.31	46.22	50.12
100 Fly		1:15.39	1:29.76	1:38.86	1:47.96	1:57.06
100 IM			1:28.02	1:36.96	1:45.90	1:54.84
200 IM		2:37.99	3:06.12	3:25.02	3:43.92	4:02.82

Female 11-12

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		25.99	29.46	32.48	35.51	38.52
100 Free		56.79	1:05.10	1:11.75	1:18.41	1:25.06
200 Free		2:03.79	2:21.71	2:36.17	2:50.63	3:05.09
500 Free		5:32.19	6:15.57	6:54.23	7:32.88	8:11.54
50 Back		30.59	35.09	38.65	42.21	45.78
100 Back		1:05.79	1:15.52	1:23.19	1:30.85	1:38.51
50 Breast		33.89	39.08	43.08	47.08	51.07
100 Breast		1:13.99	1:25.21	1:33.92	1:42.62	1:51.32
50 Fly		28.49	32.84	36.19	39.53	42.88
100 Fly		1:03.99	1:14.15	1:21.69	1:29.23	1:36.78
100 IM			1:15.00	1:22.64	1:30.28	1:37.92
200 IM		2:20.19	2:40.51	2:56.85	3:13.18	3:29.52

Female 13-14

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	25.01	25.39	28.01	30.88	33.75	36.63
100 Free	54.04	54.99	1:00.68	1:06.90	1:13.11	1:19.32
200 Free	1:56.74	1:58.79	2:11.09	2:24.49	2:37.88	2:51.28
500 Free	5:11.76	5:18.19	5:46.17	6:21.89	6:57.60	7:33.31
1000 Free	10:46.09	11:02.99	12:04.03	13:18.63	14:33.23	15:47.83
1650 Free	18:09.88	18:33.39	20:15.91	22:20.37	24:24.82	26:29.28
100 Back	1:00.41	1:03.49	1:11.76	1:19.04	1:26.33	1:33.61

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200 Back	2:09.93	2:15.89	2:30.34	2:45.59	3:00.84	3:16.09
100 Breast	1:09.51	1:10.99	1:19.82	1:27.98	1:36.14	1:44.30
200 Breast	2:30.51	2:33.29	2:49.12	3:06.39	3:23.66	3:40.93
100 Fly	59.34	1:01.49	1:09.26	1:16.31	1:23.36	1:30.41
200 Fly	2:12.40	2:17.59	2:32.06	2:47.52	3:02.98	3:18.44
200 IM	2:12.16	2:15.79	2:29.82	2:45.09	3:00.36	3:15.63
400 IM	4:38.70	4:47.69	5:18.77	5:51.23	6:23.68	6:56.14

Female 15-16

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	25.01	25.39	27.58	30.41	33.24	36.07
100 Free	54.04	55.19	1:00.24	1:06.40	1:12.57	1:18.74
200 Free	1:56.74	1:59.19	2:09.82	2:23.09	2:36.36	2:49.63
500 Free	5:11.76	5:18.99	5:44.37	6:19.90	6:55.43	7:30.97
1000 Free	10:46.09	11:05.19	11:50.22	13:03.44	14:16.66	15:29.87
1650 Free	18:09.88	18:39.19	20:03.05	22:06.22	24:09.39	26:12.56
100 Back	1:00.41	1:03.69	1:09.26	1:16.29	1:23.32	1:30.36
200 Back	2:09.93	2:17.19	2:29.13	2:44.25	2:59.38	3:14.51
100 Breast	1:09.51	1:09.89	1:17.34	1:25.26	1:33.17	1:41.08
200 Breast	2:30.51	2:34.99	2:48.41	3:05.61	3:22.81	3:40.01
100 Fly	59.34	1:01.69	1:07.03	1:13.86	1:20.69	1:27.52
200 Fly	2:12.40	2:18.99	2:31.10	2:46.46	3:01.82	3:17.19
200 IM	2:12.16	2:16.79	2:28.79	2:43.96	2:59.13	3:14.30
400 IM	4:38.70	4:49.19	5:13.94	5:45.91	6:17.89	6:49.87

Female 17-18

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	25.01	26.19	28.65	31.00	33.35	36.29
100 Free	54.04	57.19	1:02.57	1:07.69	1:12.81	1:19.21
200 Free	1:56.74	2:04.29	2:17.51	2:28.74	2:39.97	2:54.01
500 Free	5:11.76	5:36.29	6:00.05	6:29.73	6:59.41	7:36.51
1000 Free	10:46.09	11:41.59	12:43.91	13:46.78	14:49.65	16:08.24
1650 Free	18:09.88	19:54.89	21:15.84	23:00.20	24:44.56	26:55.00
100 Back	1:00.41	1:07.99	1:14.12	1:20.14	1:26.15	1:33.67
200 Back	2:09.93	2:26.29	2:40.22	2:53.21	3:06.20	3:22.44
100 Breast	1:09.51	1:15.69	1:23.23	1:30.03	1:36.83	1:45.33
200 Breast	2:30.51	2:45.59	3:01.54	3:16.36	3:31.17	3:49.69
100 Fly	59.34	1:05.09	1:11.60	1:17.43	1:23.26	1:30.55
200 Fly	2:12.40	2:32.09	2:45.79	2:59.26	3:12.72	3:29.55
200 IM	2:12.16	2:21.89	2:34.63	2:47.23	2:59.83	3:15.60
400 IM	4:38.70	5:11.69	5:40.21	6:07.89	6:35.57	7:10.17

Male 8 & Under

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
25 Free					21.10	25.41
50 Free			35.05	38.63	42.21	50.79
25 Back					25.60	30.78
50 Back			42.58	46.89	51.20	1:01.55
25 Breast					28.73	34.57
50 Breast			47.74	52.60	57.47	1:09.14
25 Fly					24.34	29.28

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50 Fly	40.47	44.58	48.69	58.55
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Male 10 & Under

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		29.09	35.05	38.63	42.21	45.79
100 Free		1:04.09	1:17.14	1:25.00	1:32.86	1:40.72
200 Free		2:19.59	2:48.24	3:05.36	3:22.47	3:39.58
50 Back		35.09	42.58	46.89	51.20	55.51
100 Back		1:15.59	1:30.69	1:39.87	1:49.05	1:58.23
50 Breast		39.69	47.74	52.60	57.47	1:02.33
100 Breast		1:26.39	1:43.92	1:54.49	2:05.06	2:15.64
50 Fly		32.59	40.47	44.58	48.69	52.80
100 Fly		1:14.79	1:34.46	1:44.03	1:53.60	2:03.18
100 IM			1:31.55	1:40.85	1:50.14	1:59.44
200 IM		2:38.89	3:11.38	3:30.80	3:50.23	4:09.66

Male 11-12

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free		25.99	30.57	33.70	36.83	39.96
100 Free		56.39	1:06.90	1:13.74	1:20.57	1:27.41
200 Free		2:03.09	2:25.94	2:40.82	2:55.70	3:10.58
500 Free		5:31.19	6:28.19	7:08.11	7:48.02	8:27.95
50 Back		30.89	36.66	40.38	44.10	47.82
100 Back		1:06.59	1:18.74	1:26.73	1:34.71	1:42.69
50 Breast		33.59	39.80	43.87	47.94	52.02
100 Breast		1:14.29	1:27.91	1:36.88	1:45.85	1:54.82
50 Fly		28.69	33.91	37.36	40.82	44.27
100 Fly		1:04.39	1:16.45	1:24.22	1:32.00	1:39.78
100 IM			1:17.51	1:25.39	1:33.28	1:41.17
200 IM		2:20.39	2:45.81	3:02.68	3:19.55	3:36.42

Male 13-14

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	22.49	23.89	26.82	29.57	32.32	35.08
100 Free	48.89	51.69	58.08	1:04.03	1:09.98	1:15.94
200 Free	1:47.08	1:52.49	2:06.87	2:19.84	2:32.82	2:45.79
500 Free	4:51.69	5:04.69	5:39.22	6:14.24	6:49.26	7:24.29
1000 Free	10:14.69	10:36.99	11:47.13	13:00.05	14:12.95	15:25.85
1650 Free	17:11.26	17:44.79	19:42.88	21:44.03	23:45.18	25:46.33
100 Back	55.83	1:00.19	1:08.95	1:15.96	1:22.96	1:29.96
200 Back	2:01.79	2:09.29	2:25.65	2:40.43	2:55.21	3:09.99
100 Breast	1:02.19	1:06.69	1:16.55	1:24.39	1:32.22	1:40.06
200 Breast	2:18.49	2:25.39	2:43.78	3:00.52	3:17.26	3:34.00
100 Fly	54.04	57.49	1:05.90	1:12.61	1:19.33	1:26.05
200 Fly	2:01.79	2:09.89	2:26.09	2:40.96	2:55.82	3:10.69
200 IM	2:00.69	2:07.79	2:23.51	2:38.15	2:52.79	3:07.43
400 IM	4:18.89	4:32.19	5:07.32	5:38.63	6:09.94	6:41.25

HI2011R1 STANDARDS Yards
Male 15-16

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	22.49	22.99	24.86	27.42	29.97	32.53
100 Free	48.89	50.29	54.49	1:00.09	1:05.68	1:11.28
200 Free	1:47.08	1:50.39	1:59.41	2:11.64	2:23.87	2:36.10
500 Free	4:51.69	4:58.89	5:19.81	5:52.88	6:25.97	6:59.04
1000 Free	10:14.69	10:28.49	11:09.62	12:18.77	13:27.93	14:37.09
1650 Free	17:11.26	17:42.49	19:02.72	20:59.86	22:56.99	24:54.13
100 Back	55.83	58.59	1:03.71	1:10.19	1:16.67	1:23.15
200 Back	2:01.79	2:07.39	2:18.52	2:32.59	2:46.66	3:00.72
100 Breast	1:02.19	1:05.19	1:12.23	1:19.64	1:27.04	1:34.44
200 Breast	2:18.49	2:23.39	2:35.95	2:51.91	3:07.87	3:23.82
100 Fly	54.04	55.79	1:00.61	1:06.80	1:12.98	1:19.17
200 Fly	2:01.79	2:07.09	2:17.77	2:31.80	2:45.83	2:59.87
200 IM	2:00.69	2:05.39	2:15.95	2:29.83	2:43.72	2:57.60
400 IM	4:18.89	4:28.69	4:51.95	5:21.73	5:51.51	6:21.27

Male 17-18

	SECT	ZONE	QUAL	HIAA	HI-A	HI-B
50 Free	22.49	23.29	25.15	27.22	29.29	31.88
100 Free	48.89	51.09	55.47	1:00.02	1:04.57	1:10.26
200 Free	1:47.08	1:52.39	2:03.01	2:13.08	2:23.15	2:35.74
500 Free	4:51.69	5:08.59	5:29.68	5:56.93	6:24.18	6:58.25
1000 Free	10:14.69	10:48.39	11:40.47	12:38.27	13:36.06	14:48.30
1650 Free	17:11.26	18:16.69	19:44.16	21:21.18	22:58.21	24:59.49
100 Back	55.83	1:01.29	1:06.63	1:12.04	1:17.46	1:24.23
200 Back	2:01.79	2:14.19	2:25.04	2:36.82	2:48.59	3:03.32
100 Breast	1:02.19	1:07.89	1:14.18	1:20.26	1:26.33	1:33.93
200 Breast	2:18.49	2:30.59	2:44.52	2:57.97	3:11.42	3:28.23
100 Fly	54.04	57.29	1:02.17	1:07.24	1:12.32	1:18.66
200 Fly	2:01.79	2:15.99	2:26.72	2:38.66	2:50.60	3:05.53
200 IM	2:00.69	2:09.09	2:19.94	2:31.37	2:42.79	2:57.07
400 IM	4:18.89	4:44.39	5:10.15	5:35.42	6:00.70	6:32.29
