

2011 Junior Olympics Long Course Time Standards

eligibility period: from May 1, 2010 to meet entry deadline

SCM	SCY	LCM	EVENT	LCM	SCY	SCM
GIRLS 10 & UNDER				BOYS 10 & UNDER		
35.79	32.09	37.49	50 Free	37.49	31.99	35.19
1:18.59	1:11.49	1:22.99	100 Free	1:22.99	1:11.59	1:18.59
2:47.99	2:31.99	3:00.99	200 Free	3:00.99	2:31.99	2:47.89
5:52.09	6:44.99	6:04.99	400 Free	6:04.99	6:44.99	5:52.09
40.99	37.49	44.99	50 Back	44.99	37.49	41.09
1:31.09	1:22.19	1:36.99	100 Back	1:36.99	1:22.19	1:31.09
47.59	42.99	50.99	50 Breast	51.99	43.49	48.19
1:42.79	1:32.99	1:50.99	100 Breast	1:53.99	1:34.59	1:44.59
39.99	35.99	43.99	50 Fly	43.99	35.99	39.99
1:37.09	1:27.09	1:46.99	100 Fly	1:46.99	1:27.09	1:36.59
3:08.89	2:51.99	3:27.99	200 IM	3:29.99	2:51.99	3:10.09
SCM	SCY	LCM		LCM	SCY	SCM
GIRLS 11-12				BOYS 11-12		
31.39	28.49	32.49	50 Free	32.49	28.29	31.29
1:08.29	1:01.79	1:10.49	100 Free	1:10.49	1:01.79	1:08.29
2:27.69	2:13.99	2:34.99	200 Free	2:34.99	2:15.49	2:30.29
5:16.89	6:01.99	5:26.99	400 Free	5:26.99	6:01.99	5:16.79
36.39	32.99	38.49	50 Back	38.99	33.29	36.69
1:17.89	1:10.49	1:21.99	100 Back	1:22.99	1:11.59	1:18.79
2:48.49	2:32.99	2:56.99	200 Back	2:57.99	2:37.99	2:54.89
41.49	37.19	43.49	50 Breast	44.59	37.59	41.49
1:29.29	1:20.49	1:33.99	100 Breast	1:36.99	1:21.59	1:30.29
3:13.39	2:55.99	3:24.99	200 Breast	3:27.99	2:59.99	3:17.59
35.29	31.59	35.99	50 Fly	37.49	32.09	35.49
1:19.59	1:12.09	1:21.49	100 Fly	1:22.99	1:13.49	1:20.99
2:56.79	2:39.99	2:59.99	200 Fly	3:02.49	2:39.99	2:56.79
2:46.39	2:30.49	2:54.99	200 IM	2:59.99	2:32.59	2:48.89
6:02.39	5:27.99	6:15.99	400 IM	6:15.99	5:27.99	6:02.39
SCM	SCY	LCM		LCM	SCY	SCM
GIRLS 13-14				BOYS 13-14		
29.89	26.99	31.39	50 Free	29.19	24.99	27.49
1:04.89	57.49	1:07.99	100 Free	1:03.99	53.99	59.59
2:21.29	2:07.99	2:29.49	200 Free	2:20.99	1:59.99	2:12.69
4:53.89	5:35.99	5:12.99	400 Free	5:01.99	5:21.99	4:41.99
1:13.99	1:06.59	1:18.49	100 Back	1:15.49	1:02.99	1:09.29
2:37.39	2:22.59	2:48.99	200 Back	2:41.99	2:16.99	2:30.59
1:24.59	1:16.49	1:31.49	100 Breast	1:26.29	1:10.99	1:18.39
2:59.99	2:42.99	3:15.99	200 Breast	3:05.99	2:35.19	2:51.39
1:12.39	1:05.69	1:18.99	100 Fly	1:13.29	1:01.59	1:08.09
2:45.79	2:30.99	2:53.99	200 Fly	2:48.29	2:23.99	2:39.19
2:38.09	2:23.49	2:49.99	200 IM	2:39.49	2:13.99	2:28.09
5:39.59	5:06.99	5:54.99	400 IM	5:43.99	4:45.99	5:16.19
SCM	SCY	LCM		LCM	SCY	SCM
GIRLS 15-18				BOYS 15-18		
29.49	26.59	31.19	50 Free	28.49	23.79	26.29
1:03.89	57.79	1:07.19	100 Free	1:01.99	51.99	57.09
2:18.49	2:04.49	2:26.49	200 Free	2:15.99	1:53.99	2:04.99
4:49.39	5:30.99	5:05.99	400 Free	4:49.99	5:10.99	4:33.69
1:12.49	1:05.49	1:18.49	100 Back	1:11.99	59.99	1:04.39
2:35.29	2:20.99	2:48.99	200 Back	2:34.99	2:10.99	2:24.99
1:22.39	1:15.19	1:29.49	100 Breast	1:21.99	1:06.49	1:13.79
3:00.49	2:42.99	3:13.99	200 Breast	2:59.99	2:30.09	2:46.09
1:12.59	1:04.99	1:17.49	100 Fly	1:09.99	57.99	1:03.59
2:44.19	2:29.99	2:50.99	200 Fly	2:36.99	2:12.49	2:26.39
2:34.69	2:19.99	2:45.99	200 IM	2:34.99	2:07.99	2:21.09
5:38.99	5:04.99	5:53.99	400 IM	5:29.99	4:41.99	5:08.09

2011 Long Course Senior Mets Standards

updated 5/01/2011

Women				Men		
SCM	SCY	LCM		LCM	SCY	SCM
28.69	25.69	30.29	50 Free	27.49	23.29	25.99
1:02.39	55.89	1:04.99	100 Free	59.19	50.19	56.09
2:13.89	1:59.99	2:18.99	200 Free	2:09.99	1:49.99	2:02.79
4:35.59	5:14.99	4:52.99	400 Free	4:31.99	4:56.99	4:19.89
9:33.89	10:55.99	10:12.99	800 Free	9:49.99	10:22.99	9:05.09
18:36.69	18:39.99	19:47.99	1500 Free	18:40.99	17:49.99	17:46.79
1:09.89	1:02.59	1:14.99	100 Back	1:07.99	56.99	1:03.59
2:30.79	2:15.09	2:38.99	200 Back	2:27.99	2:03.99	2:18.39
1:20.49	1:12.09	1:24.99	100 Breast	1:17.99	1:04.49	1:11.99
2:54.09	2:35.99	3:04.99	200 Breast	2:52.99	2:22.99	2:39.59
1:09.19	1:01.99	1:11.99	100 Fly	1:04.49	55.19	1:01.59
2:35.09	2:18.99	2:43.99	200 Fly	2:28.99	2:05.99	2:20.59
2:31.79	2:15.99	2:37.29	200 IM	2:25.49	2:03.99	2:18.39
5:20.89	4:47.49	5:35.99	400 IM	5:12.99	4:25.99	4:56.89
NCT	NCT	NCT	400 Free Relay	NCT	NCT	NCT
NCT	NCT	NCT	800 Free Relay	NCT	NCT	NCT
NCT	NCT	NCT	400 Medley Relay	NCT	NCT	NCT

Eligibility Period - from May 1, 2010 to the meet entry deadline

2011 Eastern Zone Long Course All Star Championship Qualifying Times

GIRLS		10 & Under		BOYS
33.69	50	Meter	Freestyle	33.59
01:13.79	100	Meter	Freestyle	01:14.09
02:39.59	200	Meter	Freestyle	02:39.29
05:33.09	400	Meter	Freestyle	05:31.49
40.09	50	Meter	Backstroke	39.99
01:25.79	100	Meter	Backstroke	01:25.69
45.59	50	Meter	Breaststroke	45.59
01:38.29	100	Meter	Breaststroke	01:38.79
37.49	50	Meter	Butterfly	37.69
01:27.39	100	Meter	Butterfly	01:27.09
02:58.79	200	Meter	Individual Medley	03:01.09

GIRLS		11 – 12		BOYS
30.39	50	Meter	Freestyle	29.99
01:06.09	100	Meter	Freestyle	01:05.09
02:23.29	200	Meter	Freestyle	02:21.79
04:58.29	400	Meter	Freestyle	04:55.59
35.59	50	Meter	Backstroke	35.39
01:15.59	100	Meter	Backstroke	01:15.89
02:41.99	200	Meter	Backstroke	02:41.09
39.49	50	Meter	Breaststroke	39.49
01:26.19	100	Meter	Breaststroke	01:25.79
03:04.39	200	Meter	Breaststroke	03:04.49
32.99	50	Meter	Butterfly	32.99
01:13.79	100	Meter	Butterfly	01:14.49
02:44.39	200	Meter	Butterfly	02:44.39
02:42.39	200	Meter	Individual Medley	02:40.99

GIRLS		13 – 14		BOYS
29.49	50	Meter	Freestyle	27.69
01:04.09	100	Meter	Freestyle	59.99
02:18.69	200	Meter	Freestyle	02:10.69
04:47.29	400	Meter	Freestyle	04:32.49
09:54.59	800	Meter	Freestyle	09:25.19
19:11.49	1500	Meter	Freestyle	18:12.79
01:13.09	100	Meter	Backstroke	01:08.99
02:35.49	200	Meter	Backstroke	02:28.39
01:23.59	100	Meter	Breaststroke	01:17.99
02:57.79	200	Meter	Breaststroke	02:47.59
01:11.29	100	Meter	Butterfly	01:06.19
02:37.39	200	Meter	Butterfly	02:30.69
02:37.59	200	Meter	Individual Medley	02:27.29
05:28.59	400	Meter	Individual Medley	05:14.59

2011 Eastern Zone Long Course All Star Championship Qualifying Times

GIRLS	15 – 18			BOYS
28.89	50	Meter	Freestyle	26.99
01:04.09	100	Meter	Freestyle	58.29
02:16.99	200	Meter	Freestyle	02:07.69
04:46.99	400	Meter	Freestyle	04:28.89
09:48.39	800	Meter	Freestyle	09:14.29
18:46.09	1500	Meter	Freestyle	17:46.09
01:12.69	100	Meter	Backstroke	01:06.69
02:35.49	200	Meter	Backstroke	02:21.99
01:22.59	100	Meter	Breaststroke	01:14.09
02:56.29	200	Meter	Breaststroke	02:40.79
01:09.89	100	Meter	Butterfly	01:03.69
02:31.59	200	Meter	Butterfly	02:21.29
02:35.89	200	Meter	Individual Medley	02:24.59
05:30.49	400	Meter	Individual Medley	05:07.09