
ZASU_STM STANDARDS ZASU Time Standards Short Course Meters**Girls 8-8**

	STD
50 Free	1:00.05
100 Free	2:13.18
200 Free	4:19.27
400 Free	8:51.58
800 Free	18:56.44
1500 Free	32:00.00
50 Back	1:10.07
100 Back	2:23.41
200 Back	4:52.81
50 Breast	1:11.40
100 Breast	2:31.45
200 Breast	4:55.53
50 Fly	1:10.73
100 Fly	2:43.50
200 Fly	5:41.04
100 IM	2:20.75
200 IM	4:41.59
400 IM	9:48.44

Girls 9-9

	STD
50 Free	55.12
100 Free	2:02.77
200 Free	4:06.56
400 Free	8:26.39
800 Free	18:04.39
1500 Free	32:00.00
50 Back	1:04.85
100 Back	2:13.67
200 Back	4:34.76
50 Breast	1:06.61
100 Breast	2:21.93
200 Breast	4:41.60
50 Fly	1:04.23
100 Fly	2:26.28
200 Fly	5:10.37
100 IM	2:10.33
200 IM	4:25.01
400 IM	9:18.07

Girls 10-10

	STD
50 Free	51.06
100 Free	1:54.14
200 Free	3:55.71
400 Free	8:04.86
800 Free	17:19.86
1500 Free	32:00.00
50 Back	1:00.51
100 Back	2:05.52
200 Back	4:19.57
50 Breast	1:02.60
100 Breast	2:13.92

ZASU_STM STANDARDS ZASU Time Standards Short Course Meters

200 Breast	4:29.70
50 Fly	58.91
100 Fly	2:12.41
200 Fly	4:45.29
100 IM	2:01.66
200 IM	4:11.01
400 IM	8:52.23

Girls 11-11

	STD
50 Free	47.64
100 Free	1:46.86
200 Free	3:46.31
400 Free	7:46.18
800 Free	16:41.15
1500 Free	32:00.00
50 Back	56.84
100 Back	1:58.57
200 Back	4:06.55
50 Breast	59.18
100 Breast	2:07.07
200 Breast	4:19.37
50 Fly	54.49
100 Fly	2:01.01
200 Fly	4:24.34
100 IM	1:54.31
200 IM	3:58.98
400 IM	8:29.88

Girls 12-12

	STD
50 Free	44.72
100 Free	1:40.63
200 Free	3:38.06
400 Free	7:29.76
800 Free	16:07.08
1500 Free	32:00.00
50 Back	53.68
100 Back	1:52.57
200 Back	3:55.23
50 Breast	56.23
100 Breast	2:01.12
200 Breast	4:10.28
50 Fly	50.74
100 Fly	1:51.46
200 Fly	4:06.57
100 IM	1:47.99
200 IM	3:48.51
400 IM	8:10.30

Girls 13-13

	STD
50 Free	42.19
100 Free	1:35.21
200 Free	3:30.73
400 Free	7:15.16

ZASU_STM STANDARDS ZASU Time Standards Short Course Meters

800 Free	15:36.76
1500 Free	32:00.00
50 Back	50.93
100 Back	1:47.31
200 Back	3:45.28
50 Breast	53.64
100 Breast	1:55.89
200 Breast	4:02.21
50 Fly	47.51
100 Fly	1:43.34
200 Fly	3:51.27
100 IM	1:42.49
200 IM	3:39.27
400 IM	7:52.96

Girls 14-14

STD

50 Free	39.97
100 Free	1:30.45
200 Free	3:24.17
400 Free	7:02.07
800 Free	15:09.53
1500 Free	32:00.00
50 Back	48.51
100 Back	1:42.67
200 Back	3:36.44
50 Breast	51.34
100 Breast	1:51.25
200 Breast	3:54.96
50 Fly	44.71
100 Fly	1:36.35
200 Fly	3:37.96
100 IM	1:37.65
200 IM	3:31.06
400 IM	7:37.44

Girls 15-15

STD

50 Free	38.02
100 Free	1:26.24
200 Free	3:18.24
400 Free	6:50.23
800 Free	14:44.89
1500 Free	32:00.00
50 Back	46.36
100 Back	1:38.52
200 Back	3:28.53
50 Breast	49.30
100 Breast	1:47.10
200 Breast	3:48.41
50 Fly	42.26
100 Fly	1:30.27
200 Fly	3:26.26
100 IM	1:33.34
200 IM	3:23.69
400 IM	7:23.46

ZASU_STM STANDARDS ZASU Time Standards Short Course Meters**Girls 16-16**

	STD
50 Free	36.27
100 Free	1:22.48
200 Free	3:12.85
400 Free	6:39.46
800 Free	14:22.45
1500 Free	32:00.00
50 Back	44.43
100 Back	1:34.80
200 Back	3:21.39
50 Breast	47.46
100 Breast	1:43.36
200 Breast	3:42.45
50 Fly	40.08
100 Fly	1:24.93
200 Fly	3:15.88
100 IM	1:29.49
200 IM	3:17.03
400 IM	7:10.77

Girls 17 & Over

	STD
50 Free	34.71
100 Free	1:19.09
200 Free	3:07.93
400 Free	6:29.60
800 Free	14:01.89
1500 Free	32:00.00
50 Back	42.70
100 Back	1:31.43
200 Back	3:14.90
50 Breast	45.79
100 Breast	1:39.96
200 Breast	3:36.99
50 Fly	38.14
100 Fly	1:20.20
200 Fly	3:06.61
100 IM	1:26.01
200 IM	3:10.97
400 IM	6:59.17

Boys 8-8

	STD
50 Free	59.13
100 Free	2:07.91
200 Free	4:16.36
400 Free	8:58.46
800 Free	19:07.46
1500 Free	32:00.00
50 Back	1:08.00
100 Back	2:18.62
200 Back	4:43.05
50 Breast	1:13.84
100 Breast	2:35.29
200 Breast	4:55.26

ZASU_STM STANDARDS ZASU Time Standards Short Course Meters

50 Fly	1:15.26
100 Fly	2:29.05
200 Fly	5:10.58
100 IM	2:19.24
200 IM	4:36.89
400 IM	9:53.74

Boys 9-9

	STD
50 Free	53.57
100 Free	1:56.85
200 Free	4:00.44
400 Free	8:29.56
800 Free	18:08.23
1500 Free	32:00.00
50 Back	1:02.75
100 Back	2:09.04
200 Back	4:25.61
50 Breast	1:07.10
100 Breast	2:22.43
200 Breast	4:39.52
50 Fly	1:07.07
100 Fly	2:16.17
200 Fly	4:47.69
100 IM	2:08.16
200 IM	4:19.41
400 IM	9:17.15

Boys 10-10

	STD
50 Free	49.03
100 Free	1:47.76
200 Free	3:47.04
400 Free	8:05.02
800 Free	17:17.83
1500 Free	32:00.00
50 Back	58.39
100 Back	2:10.03
200 Back	4:10.92
50 Breast	1:01.60
100 Breast	2:11.84
200 Breast	4:26.16
50 Fly	1:00.50
100 Fly	2:05.59
200 Fly	4:28.65
100 IM	1:59.00
200 IM	4:04.70
400 IM	8:46.34

Boys 11-11

	STD
50 Free	45.26
100 Free	1:40.16
200 Free	3:35.56
400 Free	7:43.84
800 Free	16:34.26

ZASU_STM STANDARDS ZASU Time Standards Short Course Meters

1500 Free	32:00.00
50 Back	54.72
100 Back	1:54.22
200 Back	3:58.33
50 Breast	57.01
100 Breast	2:02.94
200 Breast	4:14.61
50 Fly	55.11
100 Fly	1:56.73
200 Fly	4:12.51
100 IM	1:51.28
200 IM	3:52.12
400 IM	8:19.94

Boys 12-12

	STD
50 Free	42.08
100 Free	1:33.68
200 Free	3:25.58
400 Free	7:25.31
800 Free	15:56.09
1500 Free	32:00.00
50 Back	51.56
100 Back	1:48.34
200 Back	3:47.39
50 Breast	53.12
100 Breast	1:55.33
200 Breast	4:04.52
50 Fly	50.61
100 Fly	1:49.19
200 Fly	3:58.63
100 IM	1:44.67
200 IM	3:41.21
400 IM	7:56.99

Boys 13-13

	STD
50 Free	39.34
100 Free	1:28.09
200 Free	3:16.82
400 Free	7:08.92
800 Free	15:22.26
1500 Free	32:00.00
50 Back	48.82
100 Back	1:43.19
200 Back	3:37.77
50 Breast	49.77
100 Breast	1:48.76
200 Breast	3:55.58
50 Fly	46.80
100 Fly	1:42.68
200 Fly	3:46.53
100 IM	1:38.94
200 IM	3:31.62
400 IM	7:36.81

ZASU_STM STANDARDS ZASU Time Standards Short Course Meters**Boys 14-14**

	STD
50 Free	36.97
100 Free	1:23.22
200 Free	3:09.04
400 Free	6:54.29
800 Free	14:52.01
1500 Free	32:00.00
50 Back	46.41
100 Back	1:38.65
200 Back	3:29.23
50 Breast	46.86
100 Breast	1:43.00
200 Breast	3:47.60
50 Fly	43.53
100 Fly	1:37.00
200 Fly	3:35.88
100 IM	1:33.91
200 IM	3:23.11
400 IM	7:18.89

Boys 15-15

	STD
50 Free	34.89
100 Free	1:18.92
200 Free	3:02.07
400 Free	6:41.11
800 Free	14:24.74
1500 Free	32:00.00
50 Back	44.27
100 Back	1:34.60
200 Back	3:21.58
50 Breast	44.31
100 Breast	1:37.92
200 Breast	3:40.41
50 Fly	40.69
100 Fly	1:32.00
200 Fly	3:26.41
100 IM	1:29.46
200 IM	3:15.49
400 IM	7:02.84

Boys 16-16

	STD
50 Free	33.05
100 Free	1:15.11
200 Free	2:55.78
400 Free	6:29.16
800 Free	13:59.99
1500 Free	32:00.00
50 Back	42.37
100 Back	1:30.96
200 Back	3:14.67
50 Breast	42.05
100 Breast	1:33.39
200 Breast	3:33.90

ZASU_STM STANDARDS ZASU Time Standards Short Course Meters

50 Fly	38.20
100 Fly	1:27.55
200 Fly	3:17.93
100 IM	1:25.49
200 IM	3:08.63
400 IM	6:48.36

Boys 17 & Over

	STD
50 Free	31.41
100 Free	1:11.69
200 Free	2:50.07
400 Free	6:18.27
800 Free	13:37.38
1500 Free	32:00.00
50 Back	40.65
100 Back	1:27.67
200 Back	3:08.40
50 Breast	40.03
100 Breast	1:29.33
200 Breast	3:27.95
50 Fly	36.00
100 Fly	1:23.57
200 Fly	3:10.28
100 IM	1:21.92
200 IM	3:02.40
400 IM	6:35.21
