

2011-2012 YMCA Short Course Time Standards

Girls		10 & Under	Boys	
Zone	State	Yards	State	Zone
30.19	33.79	50 Free	33.29	30.89
1:07.49	1:15.89	100 Free	1:14.19	1:08.79
2:30.29	2:46.99	200 Free	2:44.99	2:33.29
35.79	41.09	50 Back	40.29	36.69
40.09	44.99	50 Breast	45.49	41.79
34.39	40.09	50 Fly	39.99	35.59
1:18.09	1:26.49	100 IM	1:24.99	1:19.89
2:29.09	2:36.49	200 M.R.	2:36.20	2:35.99
2:11.29	2:20.00	200 F.R.	2:18.16	2:14.99

Girls		11 & 12	Boys	
Zone	State	Yards	State	Zone
27.49	29.99	50 Free	29.99	27.29
1:00.29	1:05.99	100 Free	1:05.99	1:00.29
2:14.09	2:23.39	200 Free	2:22.99	2:13.99
5:47.89		500 Free		5:55.79
32.19	36.29	50 Back	36.29	32.59
1:09.89		100 Back		1:10.69
35.79	39.69	50 Breast	39.39	36.09
1:19.29		100 Breast		1:20.99
30.59	33.99	50 Fly	34.09	30.79
1:11.59		100 Fly		1:13.79
1:09.99	1:15.99	100 IM	1:16.49	1:10.39
2:33.09		200 IM		2:35.79
2:10.19	2:15.92	200 M.R.	2:19.66	2:16.29
1:55.49	2:00.80	200 F.R.	2:02.37	1:58.89

Girls		13 & 14	Boys	
Zone	State	Yards	State	Zone
26.29	28.19	50 Free	27.09	24.49
57.29	1:01.69	100 Free	59.09	53.49
2:05.29	2:16.09	200 Free	2:09.99	1:57.99
5:39.99	6:13.99	500 Free	5:54.99	5:14.99
1:04.99	1:13.49	100 Back	1:12.49	1:02.19
1:15.49	1:21.99	100 Breast	1:18.49	1:09.99
1:05.49	1:11.99	100 Fly	1:08.99	1:01.99
2:21.49	2:34.99	200 IM	2:29.99	2:12.99
2:05.09	2:10.78	200 M.R.	2:08.00	2:01.29
1:51.29	1:56.56	200 F.R.	1:53.36	1:45.99

2011-2012 YMCA Short Course Time Standards

Girls			15 & Over	Boys		
National	Zone	State	Yards	State	Zone	National
24.99	25.69	28.39	50 Free	26.39	22.79	22.39
53.99	55.79	1:01.49	100 Free	57.09	49.99	48.79
1:56.19	2:01.49	2:13.99	200 Free	2:06.99	1:49.99	1:46.29
5:10.99	5:30.09	5:59.99	500 Free	5:44.99	5:05.99	4:47.99
1:00.19	1:04.19	1:12.99	100 Back	1:09.99	56.99	55.19
1:08.99	1:12.69	1:21.99	100 Breast	1:15.49	1:04.99	1:01.99
59.59	1:03.49	1:10.49	100 Fly	1:05.99	55.99	53.99
2:11.89	2:18.29	2:33.49	200 IM	2:24.99	2:04.99	1:59.69
			SENIOR			
10:30.99	11:32.99		1000 Free		10:54.29	9:51.99
17:34.99	19:05.99		1650 Free		18:11.09	16:35.19
	29.89		50 Back		27.19	
2:09.49	2:16.19		200 Back		2:10.39	1:58.69
	33.99		50 Breast		30.49	
2:28.99	2:36.09		200 Breast		2:21.49	2:15.49
	28.89		50 Fly		25.99	
2:12.69	2:23.29		200 Fly		2:10.99	2:01.19
4:38.99	4:59.99		400 IM		4:41.99	4:17.99
1:40.99	1:46.09		200 F.R.		1:36.49	1:30.59
3:37.99	3:54.49	4:25.60	400 F.R.	3:52.77	3:29.89	3:16.99
7:48.99	8:40.39		800 F.R.		7:59.99	7:09.99
1:52.89	1:59.99	2:11.50	200 M.R.	1:56.36	1:48.99	1:41.59
4:03.59	4:19.99		400 M.R.		3:52.99	3:39.99