

Junior Olympic Time Standards 2009



*SAN DIEGO-IMPERIAL
SWIMMING*



Changes for 2009

- Overall, 56 times were slower (28%), 32 were faster (16%)
- 10&Unders: 19 slower (8f/11m); 0 faster
 - 2 at BB minimum
- 11-12: 12 slower (6f/6m); 4 faster (2f/2m)
 - 2 at BB minimum
- 13-14: 13 slower (6f/7m); 5 faster (4f/1m)
 - 5 at BB minimum
- 15-18: 12 slower (8f/4m); 23 faster (10f/13m)




2009 Junior Olympic Time Standards 10 & Under


GIRLS

BOYS

LCM	SCY	10 & UNDER	SCY	LCM
36.99	33.59	50 FREE	34.39	37.99
1:22.29	1:14.59	100 FREE	1:15.99	1:25.49
2:59.29	2:41.89	200 FREE	2:48.99	3:02.49
45.29	39.49	50 BACK	41.39	47.59
1:38.59	1:26.39	100 BACK	1:32.09	1:42.69
50.29	44.39	50 BREAST	46.89	52.79
1:50.39	1:37.39	100 BREAST	1:43.59	1:54.49
43.59	38.99	50 FLY	41.19	44.79
1:44.29	1:28.89	100 FLY	1:38.89	1:53.19
-----	1:24.39	100 IM	1:29.09	-----
3:24.99	3:03.19	200 IM	3:13.89	3:29.39

 = BB minimum

 = slower

 = faster




**SAN DIEGO-IMPERIAL
SWIMMING**


2009 Junior Olympic Time Standards

11-12

GIRLS			BOYS	
LCM	SCY	11 & 12	SCY	LCM
32.29	28.99	50 FREE	30.09	33.29
1:10.89	1:02.59	100 FREE	1:04.59	1:12.99
2:35.19	2:17.99	200 FREE	2:22.99	2:40.49
5:24.89	6:02.99	400M/500Y FREE	6:22.39	5:43.59
39.39	34.19	50 BACK	35.79	40.89
1:24.89	1:13.59	100 BACK	1:18.09	1:28.09
43.29	38.79	50 BREAST	39.89	46.19
1:36.19	1:23.79	100 BREAST	1:27.79	1:40.89
36.09	32.89	50 FLY	34.29	38.19
1:24.09	1:13.29	100 FLY	1:18.39	1:28.69
-----	1:13.09	100 IM	1:17.19	-----
2:56.19	2:36.59	200 IM	2:44.39	3:03.19

 = BB minimum

 = slower

 = faster





SAN DIEGO-IMPERIAL
SWIMMING


2009 Junior Olympic Time Standards

13-14

GIRLS			BOYS	
LCM	SCY	<u>13 & 14</u>	SCY	LCM
31.09	27.59	50 FREE	26.39	30.09
1:07.39	59.79	100 FREE	58.29	1:06.49
2:26.99	2:08.49	200 FREE	2:07.19	2:24.99
5:12.39	5:46.19	400M/500Y FREE	5:48.69	5:14.49
10:39.89	11:31.69	800M/1000Y FREE	11:36.39	10:44.99
20:28.59	20:10.89	1500M/1650Y FREE	19:43.99	20:24.99
1:20.19	1:09.29	100 BACK	1:08.49	1:19.09
2:51.69	2:28.69	200 BACK	2:29.59	2:51.49
1:30.19	1:18.09	100 BREAST	1:16.49	1:28.09
3:13.39	2:48.99	200 BREAST	2:48.99	3:15.39
1:17.79	1:08.19	100 FLY	1:07.19	1:16.99
3:02.99	2:34.19	200 FLY	2:31.99	2:51.19
2:46.99	2:28.49	200 IM	2:26.69	2:45.99
6:03.39	5:11.79	400 IM	5:21.39	6:13.19

 = BB minimum

 = slower

 = faster





SAN DIEGO-IMPERIAL
SWIMMING


2009 Junior Olympic Time Standards

15-18

GIRLS			BOYS	
LCM	SCY	15 – 18	SCY	LCM
29.99	26.39	50 FREE	23.79	27.29
1:04.89	56.99	100 FREE	51.99	59.39
2:20.59	2:02.89	200 FREE	1:54.89	2:11.99
4:58.29	5:29.99	400M/500Y FREE	5:16.09	4:47.59
10:29.99	11:15.99	800M/1000Y FREE	10:55.39	10:02.99
20:19.99	19:47.89	1500M/1650Y FREE	18:33.19	19:13.99
1:16.49	1:05.79	100 BACK	1:01.39	1:13.09
2:47.09	2:22.99	200 BACK	2:15.59	2:39.69
1:26.29	1:14.89	100 BREAST	1:09.59	1:20.99
3:07.79	2:42.99	200 BREAST	2:33.99	2:58.19
1:13.69	1:04.79	100 FLY	59.49	1:07.69
2:51.99	2:25.99	200 FLY	2:19.79	2:41.59
2:40.09	2:19.09	200 IM	2:10.19	2:30.19
5:49.99	5:02.99	400 IM	4:48.99	5:42.99

 = BB minimum

 = slower

 = faster



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