

Metro Swimming

2009 Age Group & Senior Mets Time Standards

Short Course

Age Group not faster than	Silver	JO	ZONE Q.	EVENT	ZONE Q.	JO	Silver	Age Group not faster than
GIRLS 10 & UNDER				BOYS 10 & UNDER				
32.10	32.10- 36.69	32.09	31.09	50 Free	30.99	31.99	32.00- 36.69	32.00
1:11.50	1:11.50-1:21.49	1:11.49	1:08.09	100 Free	1:08.99	1:11.59	1:11.60-1:21.49	1:11.60
2:36.00	2:36.00-2:55.59	2:35.99	2:28.99	200 Free	2:27.99	2:39.99	2:40.00-2:55.59	2:40.00
---	6:45.00-7:14.99	6:44.99	6:30.49	500 Free	6:27.99	6:44.99	6:45.00-7:14.99	---
37.50	37.50- 44.39	37.49	36.49	50 Back	36.69	37.99	38.00- 44.39	38.00
1:22.20	1:22.20-1:40.09	1:22.19	1:17.99	100 Back	1:18.59	1:22.19	1:22.20-1:40.09	1:22.20
43.00	43.00- 50.09	42.99	41.99	50 Breast	42.09	43.99	44.00- 50.09	44.00
1:34.00	1:34.00-1:51.39	1:33.99	1:31.99	100 Breast	1:33.99	1:35.99	1:36.00-1:51.39	1:36.00
36.60	36.60- 45.39	36.59	34.79	50 Fly	34.99	36.79	36.80- 45.39	36.80
1:27.10	1:27.10- 1:40.99	1:27.09	1:21.99	100 Fly	1:21.99	1:27.99	1:28.00-1:40.99	1:28.00
1:21.00	1:21.00-1:31.59	1:20.99	1:17.99	100 IM	1:17.49	1:21.99	1:22.00-1:31.59	1:22.00
2:56.00	2:56.00-3:19.99	2:55.99	2:48.99	200 IM	2:45.99	2:59.99	3:00.00-3:19.99	3:00.00
GIRLS 11-12				BOYS 11-12				
28.60	28.60- 32.49	28.59	27.99	50 Free	27.69	28.29	28.30- 32.49	28.30
1:01.80	1:01.80- 1:11.39	1:01.79	1:00.29	100 Free	59.59	1:02.19	1:02.20- 1:11.59	1:02.20
2:14.00	2:14.00- 2:31.89	2:13.99	2:11.99	200 Free	2:11.69	2:15.49	2:15.50-2:32.89	2:15.50
6:04.00	6:04.00-6:35.79	6:03.99	5:57.99	500 Free	5:55.99	6:03.99	6:04.00-6:41.99	6:04.00
33.30	33.30- 39.09	33.29	32.69	50 Back	32.49	33.29	33.30 - 42.19	33.30
1:11.10	1:11.10- 1:24.99	1:11.09	1:09.49	100 Back	1:08.79	1:11.59	1:11.60-1:25.79	1:11.60
---	2:36.00-2:59.99	2:35.99	2:30.59	200 Back	2:31.99	2:37.99	2:38.00-2:59.99	---
37.20	37.20- 44.29	37.19	36.59	50 Breast	37.09	37.59	37.60- 43.79	37.60
1:20.50	1:20.50-1:34.59	1:20.49	1:19.99	100 Breast	1:20.99	1:21.59	1:21.60- 1:31.89	1:21.60
---	2:56.00-3:19.99	2:55.99	2:50.59	200 Breast	2:54.99	2:59.99	3:00.00-3:19.99	---
31.60	31.60- 37.19	31.59	31.09	50 Fly	30.59	32.09	32.10- 39.69	32.10
1:12.10	1:12.10- 1:29.19	1:12.09	1:10.99	100 Fly	1:09.49	1:13.49	1:13.50-1:28.99	1:13.50
---	2:40.00-2:59.99	2:39.99	2:37.99	200 Fly	2:36.99	2:39.99	2:40.00-2:59.99	---
1:11.30	1:11.30- 1:21.69	1:11.29	1:10.69	100 IM	1:09.99	1:12.29	1:12.30-1:22.59	1:12.30
2:31.50	2:31.50- 2:54.09	2:31.49	2:29.69	200 IM	2:28.59	2:32.59	2:32.60- 2:59.09	2:32.60
---	5:28.00-5:59.99	5:27.99	---	400 IM	---	5:27.99	5:28.00-5:59.99	---
GIRLS 13-14				BOYS 13-14				
27.00	27.00- 30.19	26.99	26.79	50 Free	24.69	25.29	25.30- 28.29	25.30
58.50	58.50-1:06.09	58.49	58.19	100 Free	54.59	54.99	55.00- 1:02.59	55.00
2:08.00	2:08.00-2:22.99	2:07.99	2:06.49	200 Free	1:59.99	2:00.99	2:01.00- 2:24.09	2:01.00
5:36.00	5:36.00-6:05.59	5:35.99	5:31.99	500 Free	5:22.99	5:24.99	5:25.00- 6:05.99	5:25.00
---	---	11:19.99	11:09.99	1000 Free	10:45.99	10:59.99	---	---
---	---	---	19:09.99	1650 Free	18:19.99	---	---	---
1:06.60	1:06.60- 1:18.29	1:06.59	1:05.99	100 Back	1:02.49	1:02.99	1:03.00- 1:19.49	1:03.00
2:22.60	2:22.60- 2:48.99	2:22.59	2:21.49	200 Back	2:15.99	2:16.99	2:17.00- 2:41.49	2:17.00
1:16.50	1:16.50-1:26.79	1:16.49	1:15.49	100 Breast	1:11.59	1:12.99	1:13.00- 1:24.49	1:13.00
2:43.00	2:43.00-3:02.99	2:42.99	2:40.59	200 Breast	2:35.59	2:39.99	2:40.00- 2:59.99	2:40.00
1:05.70	1:05.70- 1:14.59	1:05.69	1:05.29	100 Fly	1:01.19	1:01.59	1:01.60- 1:14.99	1:01.60
2:31.00	2:31.00-2:42.59	2:30.99	2:25.79	200 Fly	2:19.99	2:24.99	2:25.00- 2:38.59	2:25.00
2:23.50	2:23.50- 2:47.79	2:23.49	2:21.99	200 IM	2:13.99	2:14.99	2:15.00- 2:38.99	2:15.00
5:07.00	5:07.00-5:38.99	5:06.99	4:59.99	400 IM	4:50.99	4:54.99	4:55.00- 5:22.79	4:55.00
GIRLS 15-18				BOYS 15-18				
26.60	26.60- 28.49	26.59	26.29	50 Free	23.49	23.79	23.80- 26.59	23.80
57.80	57.80-1:03.59	57.79	57.19	100 Free	51.29	52.29	52.30- 57.49	52.30
2:04.50	2:04.50-2:16.59	2:04.49	2:02.49	200 Free	1:53.49	1:54.99	1:55.00-2:01.89	1:55.00
5:32.00	5:32.00-5:54.99	5:31.99	5:27.99	500 Free	5:09.99	5:19.99	5:20.00-5:29.99	5:20.00
---	---	---	11:09.99	1000 Free	10:45.99	---	---	---
---	---	19:09.99	19:09.99	1650 Free	18:19.99	18:19.99	---	---
1:06.50	1:06.50-1:13.09	1:06.49	1:05.49	100 Back	59.49	1:00.49	1:00.50-1:06.89	1:00.50
2:24.00	2:24.00-2:35.29	2:23.99	2:20.99	200 Back	2:09.99	2:13.09	2:13.10-2:22.89	2:13.10
1:15.20	1:15.20- 1:23.89	1:15.19	1:13.99	100 Breast	1:06.99	1:07.49	1:07.50- 1:13.89	1:07.50
2:43.00	2:43.00-2:56.99	2:42.99	2:37.89	200 Breast	2:29.99	2:30.99	2:31.00- 2:42.79	2:31.00
1:05.50	1:05.50-1:12.59	1:05.49	1:04.49	100 Fly	57.19	58.99	59.00-1:05.59	59.00
2:30.00	2:30.00-2:39.99	2:29.99	2:24.99	200 Fly	2:15.99	2:17.99	2:18.00- 2:30.99	2:18.00
2:22.10	2:22.10-2:43.09	2:22.09	2:19.99	200 IM	2:08.59	2:10.99	2:11.00-2:33.79	2:11.00
5:05.00	5:05.00-5:36.29	5:04.99	4:59.99	400 IM	4:41.99	4:45.19	4:45.20- 4:58.89	4:45.20

2009 SENIOR METS - SHORT COURSE

26.09	50 Free	23.29
56.69	100 Free	51.29
2:01.99	200 Free	1:51.49
5:19.99	500 Free	5:01.99
10:59.99	1000 Free	10:35.99
18:50.99	1650 Free	18:03.49
1:03.99	100 Back	58.49
2:16.99	200 Back	2:07.99
1:12.59	100 Breast	1:06.49
2:36.99	200 Breast	2:26.49
1:02.49	100 Fly	57.09
2:19.99	200 Fly	2:11.99
2:17.99	200 IM	2:04.99
4:50.99	400 IM	4:32.99
3:59.99	400 Free Relay	3:35.99
8:39.99	800 Free Relay	7:59.99
4:30.99	400 Medley Relay	3:59.99