

HHSAA Local Motion Swimming and Diving Championship 2009-2010 Proposed Time Standards

GIRLS

	Auto	Cons
1 M Diving	DD 10.6 Sc of 260(a) or 250(a)	
200 Med Rel	2:00.79	2:10.49
200 Free	2:03.89	2:09.99
200 IM	2:21.39	2:28.59
50 Free	25.59	26.59
100 Fly	1:03.89	1:07.49
100 Free	56.69	59.09
500 Free	5:30.89	5:45.09
200 Free Rel	1:46.39	1:54.09
100 Back	1:04.09	1:08.39
100 Breast	1:12.29	1:15.89
400 Free Rel	3:56.19	4:16.99

BOYS

	Auto	Cons
1 M Diving	DD 11.4 Sc of 275(a) or 260(c)	
200 Med Rel	1:47.79	2:01.99
200 Free	1:52.79	2:00.69
200 IM	2:08.49	2:16.19
50 Free	23.09	24.09
100 Fly	55.89	1:02.29
100 Free	50.69	53.29
500 Free	5:05.59	5:31.79
200 Free Rel	1:35.49	1:44.09
100 Back	59.79	1:05.09
100 Breast	1:04.89	1:09.19
400 Free Rel	3:32.49	3:59.99