

**2008-2009 Sr. Championship Time Standards
Short Course Yards**

Girls				Boys		
13	14	15 and older	15 and older	14	13	
28.19	28.09	27.99	50 Free	25.69	26.49	28.19
1:00.39	1:00.29	1:00.09	100 Free	55.59	57.39	1:00.49
2:13.59	2:11.99	2:11.79	200 Free	2:04.79	2:04.89	2:09.49
6:07.69	6:07.59	6:07.49	500 Free	6:03.09	6:03.19	6:18.19
14:08.89	13:08.29	13:08.19	1000 Free	12:34.29	12:34.39	13:32.49
23:34.19	21:53.19	21:53.09	1650 Free	19:21.99	20:51.99	22:28.29
1:12.39	1:11.39	1:11.29	100 Back	1:09.49	1:09.59	1:14.99
2:36.49	2:33.79	2:33.69	200 Back	2:29.69	2:29.79	2:41.29
1:21.69	1:21.59	1:21.49	100 Breast	1:17.99	1:18.09	1:24.09
2:55.49	2:55.39	2:55.29	200 Breast	2:49.29	2:49.39	3:02.19
1:15.09	1:13.49	1:13.39	100 Fly	1:07.99	1:08.09	1:13.29
2:53.39	2:40.99	2:40.89	200 Fly	2:31.89	2:31.99	2:43.69
2:37.99	2:33.59	2:33.49	200 IM	2:30.19	2:30.29	2:40.79
5:43.79	5:31.49	5:31.39	400 IM	5:25.39	5:25.49	5:50.59
	1:53.19	1:52.79	200 FR R	1:42.79	1:52.99	
	4:12.69	4:00.39	400 FR R	3:42.39	3:57.99	
	2:07.29	2:07.19	200 MR	2:05.09	2:05.19	
	4:49.09	4:48.99	400 MR	4:37.39	4:40.29	

**2008-2009 Sr. Championship Time Standards
Long Course Meters**

Girls				Boys		
13	14	15 and older	15 and older	14	13	
32.19	31.99	31.89	50 Free	29.29	30.09	32.29
1:09.79	1:09.39	1:09.29	100 Free	1:05.39	1:05.49	1:09.99
2:30.99	2:30.89	2:30.79	200 Free	2:21.69	2:26.09	2:30.79
5:29.99	5:29.89	5:29.79	400 Free	5:06.19	5:27.99	5:53.29
12:35.99	11:41.99	11:41.89	800 Free	11:21.69	11:21.79	12:14.29
24:06.39	22:23.09	22:22.99	1500 Free	21:35.19	21:35.29	23:14.99
1:22.89	1:22.69	1:22.59	100 Back	1:20.49	1:20.59	1:24.89
2:58.19	2:58.09	2:57.99	200 Back	2:53.99	2:54.09	2:58.39
1:34.09	1:33.99	1:33.89	100 Breast	1:27.99	1:28.09	1:34.89
3:26.79	3:26.69	3:26.59	200 Breast	3:17.09	3:17.19	3:32.39
1:22.49	1:22.39	1:22.29	100 Fly	1:16.89	1:16.99	1:22.89
3:16.29	3:02.29	3:02.19	200 Fly	2:51.89	2:51.99	3:05.19
2:55.09	2:54.09	2:53.99	200 IM	2:48.19	2:48.29	3:00.29
6:42.39	6:31.09	6:30.99	400 IM	6:13.09	6:13.19	6:41.89
	2:08.39	2:08.29	200 FR R	1:57.19	2:04.79	
	4:44.19	4:44.09	400 FR R	4:22.79	4:30.99	
	2:30.79	2:30.69	200 MR	2:30.59	2:33.09	
	5:21.39	5:21.29	400 MR	5:20.99	5:26.29	

**2008-2009 Sr. Championship Time Standards
Short Course Meters**

Girls				Boys			
	13	14	15 and older	15 and older	14	13	
	31.09	30.89	30.79	50 Free	28.29	29.09	31.09
	1:06.49	1:06.39	1:06.09	100 Free	1:01.19	1:03.19	1:06.59
	2:26.99	2:25.19	2:24.99	200 Free	2:17.29	2:17.39	2:22.49
	5:21.59	5:21.49	5:15.89	400 Free	4:58.19	5:17.79	5:32.89
	11:35.59	11:25.99	11:25.89	800 Free	11:00.19	11:00.29	11:50.99
	23:19.59	21:45.59	21:45.49	1500 Free	19:18.51	20:44.69	22:20.49
	1:19.69	1:18.59	1:18.49	100 Back	1:16.49	1:16.59	1:22.49
	2:52.19	2:49.19	2:49.09	200 Back	2:44.69	2:44.79	2:54.59
	1:29.89	1:29.79	1:29.69	100 Breast	1:25.79	1:25.89	1:32.49
	3:13.09	3:12.99	3:12.89	200 Breast	3:06.29	3:07.09	3:20.49
	1:20.49	1:20.39	1:20.29	100 Fly	1:14.79	1:14.89	1:20.69
	3:13.52	2:57.89	2:56.99	200 Fly	2:47.09	2:47.19	3:00.09
	2:51.94	2:48.99	2:48.89	200 IM	2:44.19	2:44.29	2:53.98
	6:18.19	6:04.69	6:04.59	400 IM	5:57.99	5:58.09	6:25.69
		2:04.39	2:04.29	200 FR R	1:53.19	2:00.79	
		4:36.19	4:24.39	400 FR R	4:04.79	4:21.79	
		2:20.29	2:19.99	200 MR	2:17.69	2:17.79	
		5:13.39	5:13.29	400 MR	5:06.19	5:08.39	

Approved by the STS Board of Director, 11 Nov 08