

2018-2021 Arizona Swimming Senior Open Champs Bonus Time Standards

WOMEN	Short Course Yards	Long Course Meters	Short Course Meters
	Bonus	Bonus	Bonus
50 Free	26.29	30.49	29.19
100 Free	56.99	1:04.09	1:03.29
200 Free	2:03.39	2:22.19	2:16.89
400/500 Free	5:48.69	5:10.99	5:04.59
800/1000 Free	12:44.79	11:17.99	11:05.19
1500/1650 Free	21:16.19	21:55.99	21:31.19
100 Back	1:05.49	1:17.19	1:12.59
200 Back	2:24.79	2:43.09	2:40.69
100 Breast	1:17.99	1:30.49	1:26.59
200 Breast	2:56.39	3:21.19	3:15.79
100 Fly	1:04.29	1:14.69	1:11.39
200 Fly	2:36.09	2:56.19	2:53.19
200 IM	2:22.19	2:45.69	2:37.79
400 IM	5:24.09	6:17.79	5:59.69

MEN	Short Course Yards	Long Course Meters	Short Course Meters
	Bonus	Bonus	Bonus
50 Free	23.79	27.29	26.39
100 Free	52.79	59.39	58.59
200 Free	1:54.39	2:11.59	2:06.99
400/500 Free	5:27.09	4:56.19	4:49.79
800/1000 Free	11:53.89	10:52.09	10:39.29
1500/1650 Free	20:21.89	20:20.39	19:56.39
100 Back	1:02.19	1:10.99	1:08.99
200 Back	2:19.99	2:43.89	2:39.09
100 Breast	1:08.29	1:21.29	1:16.09
200 Breast	2:42.59	3:08.79	3:00.49
100 Fly	58.69	1:06.39	1:05.19
200 Fly	2:24.49	2:43.19	2:40.39
200 IM	2:10.89	2:35.99	2:25.29
400 IM	5:11.79	5:54.39	5:46.09