



Central Area Championships Time Standards*
Short Course Yards (25 Yard Pool)
2022-2024

Central
Area
Swimming

Girls				Event	Boys			
15 & O	13/14	11/12	10 & U		10 & U	11/12	13/14	15 & O
33.69	34.79	36.39	40.39	50 Free	39.59	36.29	32.69	30.69
1:12.79	1:15.09	1:19.39	1:32.59	100 Free	1:30.79	1:18.99	1:10.99	1:06.79
2:36.89	2:42.19	2:51.79	3:25.19	200 Free	3:12.69	2:50.99	2:33.99	2:25.69
6:59.49	7:10.69	7:43.09	8:39.99	500 Free	8:31.69	7:32.09	6:53.49	6:33.09
14:29.69	14:51.39	16:00.59		1000 Free		15:53.59	14:17.59	13:36.69
24:07.09	24:52.59	26:59.89		1650 Free		26:46.79	23:54.19	22:48.79
		40.89	48.49	50 Back	49.09	42.39		
1:18.99	1:22.19	1:30.89	1:44.99	100 Back	1:42.79	1:31.09	1:17.99	1:12.79
2:51.19	2:57.89	3:07.89		200 Back		3:11.09	2:49.19	2:38.09
		46.39	54.69	50 Breast	53.59	47.69		
1:29.89	1:33.09	1:41.49	2:01.09	100 Breast	1:55.19	1:41.59	1:27.39	1:21.99
3:15.49	3:20.89	3:37.59		200 Breast		3:35.29	3:08.79	2:57.99
		39.59	48.89	50 Fly	47.19	41.19		
1:18.59	1:21.49	1:31.79	1:56.99	100 Fly	1:54.39	1:32.29	1:16.89	1:12.29
2:53.39	2:59.69	3:15.49		200 Fly		3:11.89	2:50.79	2:40.99
		1:30.09	1:44.69	100 IM	1:41.39	1:30.49		
2:55.09	3:01.09	3:12.59	3:50.19	200 IM	3:41.49	3:15.39	2:52.19	2:41.49
6:12.29	6:24.09	6:50.79		400 IM		6:51.19	6:05.69	5:44.89