

Time Standards 2023-2024

GIRLS			10 & Under Age Group - Short Course Yards Cut Times					BOYS		
Silvers	AAU	Golds	Zones	USA	EVENT	USA	Zones	Golds	AAU	Silvers
41.59	35.19	36.59	29.99	x	50 free	x	29.59	37.19	34.49	42.19
1:33.79	1:19.99	1:22.79	1:05.79	x	100 free	x	1:04.69	1:24.49	1:18.79	1:35.49
3:25.69	2:35.59	3:03.69	2:23.29	x	200 free	x	2:22.49	3:07.39	2:29.39	3:29.39
7:21.39	6:55.89	x	6:30.59	x	500 free	x	6:22.39	x	6:37.39	7:27.79
47.99	41.89	42.99	35.19	x	50 back	x	34.89	43.89	42.39	48.89
1:45.69	1:30.69	1:34.69	1:15.39	x	100 back	x	1:15.19	1:38.29	1:29.69	1:49.29
54.09	47.49	49.09	39.49	x	50 breast	x	39.49	51.19	46.59	56.19
1:59.29	1:44.99	1:48.29	1:27.59	x	100 breast	x	1:27.59	1:54.69	1:41.89	2:05.69
48.49	41.79	43.49	33.39	x	50 fly	x	33.09	46.39	40.49	51.39
1:55.49	1:39.09	1:44.49	1:16.29	x	100 fly	x	1:15.19	1:51.79	1:37.99	2:02.79
1:45.89	1:31.69	1:34.89	1:14.49	x	100 IM	x	1:14.49	1:38.39	1:29.39	1:49.39
3:44.09	2:52.69	3:22.09	2:41.59	x	200 IM	x	2:40.19	3:33.99	2:50.99	3:55.99

GIRLS			11-12 Age Group - Short Course Yards Cut Times					BOYS		
Silvers	AAU	Golds	Zones	USA	EVENT	USA	Zones	Golds	AAU	Silvers
33.59	31.49	30.09	26.69	x	50 free	x	26.29	30.79	30.29	34.29
1:14.39	1:08.29	1:06.39	57.69	x	100 free	x	57.19	1:08.09	1:05.89	1:16.09
2:46.99	2:18.19	2:26.99	2:06.09	x	200 free	x	2:04.39	2:29.99	2:13.49	2:49.99
7:13.69	6:07.79	6:23.69	5:39.79	x	500 free	x	5:35.99	6:29.99	5:57.69	7:19.99
x	12:41.19	x	x	x	1000 free	x	x	x	12:27.89	x
39.89	35.59	36.39	30.59	x	50 back	x	30.59	37.19	35.29	40.69
1:24.39	1:18.49	1:16.39	1:05.29	x	100 back	x	1:05.49	1:19.29	1:15.79	1:27.29
2:49.79	2:31.39	2:29.79	2:20.39	x	200 back	x	2:21.99	2:26.29	2:27.99	2:46.29
43.99	39.99	40.49	34.39	x	50 breast	x	34.49	41.99	39.59	45.49
1:35.99	1:27.39	1:27.99	1:14.69	x	100 breast	x	1:13.99	1:31.09	1:25.49	1:39.09
3:12.99	2:54.09	2:52.99	2:41.79	x	200 breast	x	2:39.69	2:49.19	2:47.09	3:09.19
37.99	34.09	34.49	28.99	x	50 fly	x	28.79	35.29	34.19	38.79
1:27.99	1:18.29	1:19.99	1:04.89	x	100 fly	x	1:04.19	1:24.99	1:16.49	1:32.99
3:03.99	2:34.99	2:43.99	2:29.09	x	200 fly	x	2:27.09	2:41.19	2:31.39	3:01.19
1:25.19	1:18.39	1:17.19	1:06.59	x	100 IM	x	1:05.69	1:18.49	1:14.99	1:26.49
3:07.09	2:34.89	2:47.09	2:22.39	x	200 IM	x	2:20.99	2:50.99	2:30.89	3:10.99
x	5:29.29	x	x	x	400 IM	x	x	x	5:19.79	x

GIRLS			13-14 Age Group - Short Course Yards Cut Times					BOYS		
Silvers	AAU	Golds	Zones	USA	EVENT	USA	Zones	Golds	AAU	Silvers
30.59	30.29	27.59	25.99	24.79	50 free	22.39	24.19	26.19	27.89	29.19
1:06.89	1:05.79	59.89	55.89	53.09	100 free	48.49	51.99	57.19	1:00.89	1:04.19
2:29.89	2:11.29	2:09.89	2:00.29	1:54.99	200 free	1:46.29	1:52.89	2:04.89	2:02.59	2:24.89
6:34.99	5:50.89	5:44.99	5:25.29	5:08.79	500 free	4:47.39	5:06.79	5:37.99	5:31.39	6:27.99
14:08.99	12:01.69	12:31.99	11:09.69	10:38.99	1000 free	9:59.49	10:33.69	12:32.99	11:26.69	14:09.99
22:50.99	20:02.99	20:15.99	18:41.29	17:49.39	1650 free	16:43.99	17:39.69	19:59.99	19:07.59	22:34.99
1:15.49	1:11.69	1:08.49	1:02.39	59.29	100 back	54.49	58.09	1:07.09	1:06.89	1:14.09
2:49.79	2:23.39	2:29.79	2:15.39	2:08.89	200 back	1:58.59	2:06.69	2:26.29	2:14.69	2:46.29
1:25.89	1:22.39	1:18.89	1:11.69	1:08.19	100 breast	1:01.49	1:06.79	1:16.39	1:15.59	1:23.39
3:12.99	2:44.59	2:52.99	2:35.19	2:29.39	200 breast	2:14.99	2:25.69	2:49.19	2:32.89	3:09.19
1:14.99	1:11.39	1:07.99	1:01.39	58.49	100 fly	53.19	57.19	1:06.29	1:06.39	1:13.29
3:03.99	2:25.79	2:43.99	2:19.19	2:12.09	200 fly	2:01.19	2:09.59	2:41.19	2:15.69	3:01.19
1:17.09	x	1:10.09	x	x	100 IM	x	x	1:07.39	x	1:14.39
2:48.79	2:26.99	2:28.79	2:16.69	2:10.69	200 IM	1:59.39	2:07.09	2:24.99	2:17.19	2:44.99
6:03.69	5:13.39	5:21.69	4:51.09	4:38.39	400 IM	4:15.09	4:33.09	5:16.09	4:52.99	5:58.09

GIRLS			15 & Over Age Group - Short Course Yards Cut Times					BOYS		
Silvers	AAU	Golds	Zones	USA	EVENT	USA	Zones	Golds	AAU	Silvers
29.99	29.79	26.99	25.09	24.79	50 free	22.39	22.49	24.49	26.79	27.49
1:05.39	1:04.59	58.39	54.19	53.09	100 free	48.49	49.29	53.59	58.39	1:00.59
2:29.59	2:08.49	2:09.59	1:56.49	1:54.99	200 free	1:46.29	1:46.49	1:57.29	1:57.69	2:17.29
6:31.69	5:43.49	5:41.69	5:10.39	5:08.79	500 free	4:47.39	4:48.99	5:19.29	5:19.39	6:09.29
13:25.89	11:50.79	11:48.89	10:43.79	10:38.99	1000 free	9:59.49	10:04.49	11:21.39	11:02.59	12:58.39
22:18.19	19:47.29	19:43.19	18:00.99	17:49.39	1650 free	16:43.99	16:47.49	19:08.99	18:30.39	21:43.99
1:13.29	1:10.09	1:06.29	1:00.49	59.29	100 back	54.49	54.99	1:05.79	1:03.49	1:12.79
2:48.49	2:20.69	2:28.49	2:11.09	2:08.89	200 back	1:58.59	1:59.19	2:19.79	2:08.49	2:39.79
1:25.09	1:20.69	1:18.09	1:08.99	1:08.19	100 breast	1:01.49	1:02.39	1:10.89	1:12.09	1:17.89
3:09.39	2:41.29	2:49.39	2:30.19	2:29.39	200 breast	2:14.99	2:16.19	2:39.19	2:24.59	2:59.19
1:13.69	1:09.99	1:06.69	59.39	58.49	100 fly	53.19	53.99	1:00.19	1:03.39	1:07.19
2:55.09	2:22.89	2:35.09	2:13.69	2:12.09	200 fly	2:01.19	2:01.39	2:22.79	2:09.79	2:42.79
1:16.89	x	1:09.89	x	x	100 IM	x	x	1:05.29	x	1:12.29
2:45.89	2:24.19	2:25.89	2:11.89	2:10.69	200 IM	1:59.39	2:00.59	2:16.69	2:10.89	2:36.69
5:51.09	5:06.49	5:09.09	4:39.99	4:38.39	400 IM	4:15.09	4:16.89	4:50.69	4:42.09	5:32.69