

TIME STANDARDS 2019-2020

GIRLS		10 and Under Age Group - Short Course Yards Cut Times						BOYS		
Silvers	AAU	Gold	ZONES	USA	EVENT	USA	ZONES	Gold	AAU	Silvers
39.99	35.19	34.99	29.99	x	50 Free	x	29.59	36.49	34.49	41.49
1:31.39	1:19.99	1:20.39	1:05.79	x	100 Free	x	1:04.69	1:21.59	1:18.79	1:32.59
3:21.99	2:35.59	2:59.99	2:23.29	x	200 Free	x	2:22.49	2:59.99	2:29.39	3:21.99
7:14.99	6:44.89	7:35.49	6:30.59	x	500 Free	x	6:22.39	7:35.49	6:37.39	07:27.0
45.99	41.89	40.99	35.19	x	50 Back	x	34.89	42.99	42.39	47.99
1:44.49	1:30.69	1:33.49	1:15.39	x	100 Back	x	1:15.19	1:36.99	1:29.69	1:47.99
52.59	47.49	47.59	39.49	x	50 Breast	x	39.49	49.29	46.59	54.29
1:56.59	1:44.99	1:45.59	1:27.59	x	100 Breast	x	1:27.59	1:49.99	1:41.89	2:00.99
46.99	41.79	41.99	33.39	x	50 Fly	x	33.09	43.99	40.49	48.99
1:51.59	1:39.09	1:40.59	1:16.29	x	100 Fly	x	1:15.19	1:44.49	1:37.99	1:55.49
1:43.99	1:31.69	1:32.99	1:14.49	x	100 IM	x	1:14.49	1:32.99	1:29.39	1:43.99
3:39.29	2:52.69	3:17.29	2:41.59	x	200 IM	x	2:40.19	3:12.149	2:50.99	3:43.49
**There are NO cut times for 8 and Under Athletes for the AAU Junior Olympics. The event list is the 50 of each stroke for that age group.										

GIRLS		11-12 Age Group - Short Course Yards Cut Times						BOYS		
Silvers	AAU	Gold	Zones	USA	EVENT	USA	Zones	Gold	AAU	Silvers
33.49	31.49	29.99	26.69	x	50 Free	x	26.29	30.49	30.29	33.99
1:14.99	1:08.29	1:06.99	57.69	x	100 Free	x	57.19	1:07.29	1:05.89	1:15.29
2:46.99	2:18.19	2:26.99	2:06.09	x	200 Free	x	2:04.19	2:28.49	2:13.49	2:48.49
7:14.99	6:07.79	6:24.99	5:39.79	x	500 Free	x	5:35.99	6:36.99	5:57.69	7:26.99
13:43.99	12:41.19	12:59.99	x	x	1000 Free	x	x	13:30.19	12:27.89	13:26.99
39.39	35.59	35.89	30.59	x	50 Back	x	30.59	36.29	35.29	39.79
1:23.99	1:18.49	1:15.99	1:05.29	x	100 Back	x	1:05.49	1:21.99	1:15.79	1:29.99
3:01.09	2:31.39	2:49.09	2:20.39	x	200 Back	x	2:21.99	2:53.69	2:27.99	3:13.69
43.89	39.99	40.39	34.39	x	50 Breast	x	34.29	41.79	39.59	45.29
1:36.99	1:27.39	1:28.99	1:14.69	x	100 Breast	x	1:13.99	1:31.09	1:25.49	1:39.09
3:31.09	2:54.09	3:11.09	2:41.79	x	200 Breast	x	2:39.69	3:15.29	2:47.09	3:35.29
37.49	34.09	33.99	28.99	x	50 Fly	x	28.79	35.29	34.19	38.79
1:27.49	1:18.29	1:19.49	1:04.89	x	100 Fly	x	1:04.19	1:24.99	1:16.49	1:32.99
3:25.89	2:34.99	3:05.89	2:29.09	x	200 Fly	x	2:27.09	3:09.99	2:31.39	3:29.99
1:26.99	1:18.39	1:18.99	1:06.59	x	100 IM	x	1:05.69	1:19.99	1:14.99	1:27.99
3:05.99	2:34.89	2:45.99	2:22.39	x	200 IM	x	2:20.99	2:50.99	2:30.89	3:10.99
6:05.99	5:29.29	5:54.99	x	x	400 IM	x	x	5:54.99	5:19.79	5:50.99

GIRLS		13-14 Age Group - Short Course Yards Cut Times						BOYS		
Silvers	AAU	Gold	Zones	USA	EVENT	USA	Zones	Gold	AAU	Silvers
30.39	30.29	27.39	25.99	24.79	50 Free	22.39	24.19	26.49	27.89	29.49
1:06.49	1:05.79	59.49	55.89	53.09	100 Free	48.49	51.99	57.99	1:00.89	1:04.99
2:29.19	2:11.29	2:09.19	2:00.29	1:55.19	200 Free	1:46.29	1:52.89	2:06.39	2:02.59	2:26.39
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
13:43.99	12:01.69	12:06.99	11:09.69	10:39.79	1000 Free	10:02.49	10:33.69	11:49.99	11:26.69	13:26.99
22:50.99	20:02.99	20:15.99	18:41.29	17:54.39	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	1:07.99	1:06.89	1:14.99
2:51.99	2:23.39	2:31.99	2:15.39	2:09.09	200 Back	1:58.59	2:06.69	2:27.99	2:14.69	2:47.99
1:25.39	1:22.39	1:18.39	1:11.69	1:08.19	100 Breast	1:01.49	1:06.79	1:16.69	1:15.59	1:23.69
3:10.59	2:44.59	2:50.59	2:35.19	2:29.39	200 Breast	2:14.99	2:25.69	2:49.59	2:32.89	3:09.59
1:14.69	1:11.39	1:07.69	1:01.39	58.59	100 Fly	53.29	57.19	1:06.69	1:06.39	1:13.69
2:59.09	2:25.79	2:39.09	2:19.19	2:12.09	200 Fly	2:01.19	2:09.59	2:37.99	2:15.69	2:57.99
1:18.99	x	1:11.99	x	x	100 IM	x	x	1:05.99	x	1:12.99
2:49.99	2:26.99	2:29.99	2:16.69	2:10.99	200 IM	1:59.39	2:07.09	2:25.99	2:17.19	2:45.99
6:05.99	5:13.39	5:23.99	4:51.09	4:38.39	400 IM	4:15.09	4:33.09	5:08.99	4:52.99	5:50.99

GIRLS		15 and Over Age Group - Short Course Yards Cut Times						BOYS		
Silvers	AAU	Gold	Zones	USA	EVENT	USA	Zones	Gold	AAU	Silvers
28.69	29.79	25.69	25.39	24.79	50 Free	22.39	22.79	23.19	26.79	26.19
1:02.79	1:04.59	55.79	54.89	53.09	100 Free	48.49	49.69	50.99	58.39	57.99
2:22.69	2:08.49	2:02.69	1:59.79	1:55.19	200 Free	1:46.29	1:49.29	1:52.99	1:57.69	2:12.99
6:20.99	5:43.49	5:30.99	5:20.59	5:08.79	500 Free	4:47.39	4:58.09	5:12.99	5:19.39	6:02.99
13:11.99	11:50.79	11:34.99	11:03.69	10:39.79	1000 Free	10:02.49	10:19.79	11:07.99	11:02.59	12:44.99
21:54.99	19:47.29	19:19.99	18:29.59	17:54.39	1650 Free	16:43.99	17:22.39	18:46.39	18:30.39	21:21.39
1:09.99	1:10.09	1:02.99	1:01.09	59.29	100 Back	54.49	56.09	59.99	1:03.49	1:06.99
2:41.49	2:20.69	2:21.49	2:13.99	2:09.09	200 Back	1:58.59	2:03.49	2:11.49	2:08.49	2:31.49
1:21.99	1:20.69	1:14.99	1:09.99	1:08.19	100 Breast	1:01.49	1:03.49	1:06.99	1:12.09	1:13.99
2:59.99	2:41.29	2:39.99	2:33.59	2:29.39	200 Breast	2:14.99	2:19.99	2:30.99	2:24.59	2:50.99
1:09.99	1:09.99	1:02.99	1:00.89	58.59	100 Fly	53.29	54.69	57.29	1:03.39	1:04.29
2:44.29	2:22.89	2:24.29	2:17.79	2:12.09	200 Fly	2:01.19	2:05.09	2:14.99	2:09.79	2:34.99
1:13.99	x	1:06.99	x	x	100 IM	x	x	1:01.99	x	1:08.99
2:38.99	2:24.19	2:17.99	2:14.59	2:10.99	200 IM	1:59.39	2:03.69	2:10.99	2:10.89	2:30.99
5:41.99	5:06.49	4:56.99	4:48.09	4:38.39	400 IM	4:15.09	4:29.19	4:41.99	4:42.09	5:23.99