

2004 Southern Section Age Group Time Standards

10 & Under Girls			10 & Under Boys	
Long Course	Short Course	Events	Short Course	Long Course
35.09	31.09	50 Free	30.69	34.79
1:18.19	1:09.09	100 Free	1:07.69	1:16.79
2:48.69	2:29.09	200 Free	2:25.59	2:43.39
5:49.39	6:31.39	400/500 Free	**6:36.19	5:53.59
40.69	36.39	50 Back	36.69	41.39
1:28.19	1:18.29	100 Back	1:18.09	1:27.89
45.49	40.09	50 Breast	40.59	46.09
1:39.79	1:28.89	100 Breast	1:28.99	1:40.79
39.89	35.29	50 Fly	34.89	38.99
1:31.99	1:21.59	100 Fly	1:20.79	1:31.09
--	1:19.29	100 IM	1:18.09	--
3:09.89	2:48.19	200 IM	2:47.69	3:09.39

11/12 Girls			11/12 Boys	
Long Course	Short Course	Events	Short Course	Long Course
31.49	27.59	50 Free	27.49	31.49
1:08.09	59:89	100 Free	59.99	1:08.19
2:27.79	2:10.19	200 Free	2:09.99	2:27.49
*5:07.09	*5:43.99	400/500 Free	5:45.69	5:08.59
*10:53.59	*12:12.29	800/1000 Free	**12:44.29	11:22.19
21:52.89	21:27.09	1500/1650 Free	**21:20.39	22:05.99
35.89	31.79	50 Back	32.09	36.29
1:17.79	1:08.99	100 Back	1:09.49	1:18.39
*2:49.99	*2:30.99	200 Back	**2:30.59	2:51.19
41.19	36.19	50 Breast	35.79	40.79
1:28.99	1:18.29	100 Breast	1:17.69	1:28.29
3:19.99	2:56.49	200 Breast	**2:49.39	3:12.09
34.69	30.59	50 Fly	30.89	34.99
1:17.99	1:08.99	100 Fly	1:08.99	1:17.99
2:57.99	2:37.79	200 Fly	**2:34.99	2:55.29
--	1:08.69	100 IM	1:09.19	--
2:46.79	2:27.69	200 IM	2:29.79	2:49.49
*6:05.19	*5:23.19	400 IM	**5:29.69	6:12.39

13/14 Girls			13/14 Boys	
Long Course	Short Course	Events	Short Course	Long Course
*30.09	*26.39	50 Free	*24.99	28.59
1:04.99	57.09	100 Free	53:99	1:01.59
2:20.29	2:03.49	200 Free	*1:56.89	2:12.99
*4:52.29	*5:27.49	400/500 Free	*5:12.39	*4:38.89
*10:02.89	*11:15.49	800/1000 Free	*10:48.49	*9:38.79
*19:24.49	*19:01.59	1500/1650 Free	*18:26.99	*18:49.19
--	--	50 Back	--	--
*1:13.69	*1:05.29	100 Back	1:02.19	1:10.19
*2:38.29	*2:20.39	200 Back	2:13.89	2:31.09
--	--	50 Breast	--	--
1:24.99	1:14.69	100 Breast	1:09.29	1:18.99
*3:02.39	*2:40.69	200 Breast	2:29.79	2:50.29
--	--	50 Fly	--	--
1:13.69	*1:04.89	100 Fly	1:01.39	1:09.59

2:41.09	2:22.39	200 Fly	2:16.39	2:34.19
--	--	100 IM	--	--
2:38.69	*2:20.09	200 IM	*2:13.39	*2:31.29
*5:32.19	*4:53.49	400 IM	*4:40.69	*5:17.99

Notes:

1. (*) indicates change due to yearly review of results
2. (**) as per the Section meeting 07/27/01, 11/12 Boys 200 Back, Breast, Fly, 400 IM, 1000 and 1650 Free standards have been adjusted to half way between the "A" and "AA" Top 16 Based motivational times

Recommendation:

Upon review of these times, it is my recommendation that the long course times published and utilized for the Southern Section Age Group Championships be derived by use of the USA-S conversion formula. In addition, based on the desire to open the 11/12 Boys "over-distance" standards, I recommend being consistent with the 10 & Under Boys "over-distance" events (500 Free)

Following is the formula used in converting times:

50, 100, 200

Time in seconds x 1.11

+ .8(Fr), .6(Bk), 1.0(Br), .7(Fl), .8(IM) per additional turn in SCY (i.e. 200 scy=7 turns 200 lcm 3 turns add .8x4

500/1000 to 400/800

Time in seconds x .8925

1650 to 1500

Time in seconds x 1.02