

## 2010-2011 STATE CHAMPIONSHIP LONG COURSE QUALIFYING TIMES

Male		8	9	10	11	12	13	14	15	16	17/18	Open
<b>Freestyle</b>	50m	0:43.00	<b>0:40.00</b>	<b>0:36.00</b>	<b>0:34.00</b>	<b>0:31.50</b>	0:29.90	0:28.60	0:28.00	0:27.50	0:26.90	0:25.70
	100m	1:34.00	1:28.00	1:19.00	<b>1:14.00</b>	<b>1:09.00</b>	1:05.60	1:02.60	1:00.80	0:59.60	0:58.50	0:56.20
	200m		3:05.00	2:47.00	2:36.00	<b>2:25.00</b>	2:24.00	2:18.90	2:15.30	2:12.60	2:09.60	2:05.80
	400m				5:41.00	<b>5:03.00</b>	5:02.00	4:52.10	4:45.50	4:40.50	4:33.90	4:26.10
	800m					10:21.50	10:20.00	10:10.50	9:56.20	9:46.30	9:30.90	9:15.80
	1500m						19:53.50	19:09.50	18:55.20	18:14.50	18:03.50	17:24.90
<b>Backstroke</b>	50m	0:51.00	<b>0:48.00</b>	<b>0:44.00</b>	<b>0:41.50</b>	<b>0:38.00</b>	0:35.40	0:33.70	0:32.90	0:32.20	0:31.70	0:30.80
	100m	1:45.00	1:39.00	1:31.00	<b>1:25.00</b>	<b>1:20.00</b>	1:14.80	1:11.20	1:09.60	1:08.00	1:06.90	1:05.10
	200m			3:08.00	2:56.00	<b>2:44.00</b>	2:43.00	2:36.20	2:32.90	2:30.20	2:26.90	2:23.00
<b>Breaststroke</b>	50m	0:56.00	<b>0:53.00</b>	<b>0:49.00</b>	<b>0:47.00</b>	<b>0:44.00</b>	0:39.50	0:37.70	0:37.00	0:36.40	0:35.50	0:34.20
	100m	1:57.00	1:51.00	1:43.00	<b>1:38.00</b>	<b>1:31.00</b>	1:25.00	1:20.90	1:19.60	1:18.30	1:16.40	1:13.90
	200m			3:33.00	3:23.00	<b>3:08.00</b>	3:06.00	2:58.20	2:56.00	2:54.60	2:49.40	2:43.40
<b>Butterfly</b>	50m	0:50.00	<b>0:47.00</b>	<b>0:42.00</b>	<b>0:39.00</b>	<b>0:35.50</b>	0:32.80	0:31.40	0:30.30	0:29.40	0:29.00	0:27.80
	100m		1:43.00	1:32.00	<b>1:25.00</b>	<b>1:19.00</b>	1:12.10	1:08.80	1:06.40	1:04.50	1:03.50	1:01.70
	200m				2:59.00	<b>2:43.00</b>	2:40.00	2:36.60	2:32.40	2:29.60	2:24.10	2:18.70
<b>Ind. Medley</b>	200m	3:52.00	<b>3:40.00</b>	<b>3:20.00</b>	<b>3:05.00</b>	<b>2:48.00</b>	2:44.50	2:37.30	2:33.70	2:30.70	2:28.00	2:24.10
	400m						5:56.85	5:34.40		5:13.00		5:11.00
<b>Freestyle Relay</b>	4x50m	3:00.00	2:51.00	2:33.00	2:27.00	2:16.00	2:09.00	2:03.00	2:00.00	1:58.00	1:56.00	1:48.00
	4x100m									4:13.00	4:07.00	3:54.00
	4x200m										8:57.00	8:36.00
<b>Medley Relay</b>	4x50m		3:18.00	3:00.00	2:50.00	2:37.00	2:26.00	2:19.00	2:16.00	2:14.00	2:10.00	2:02.00
	4x100m								4:44.00	4:39.00	4:34.00	4:24.00

**Please Note:** Official swimming times submitted must have been achieved since 1<sup>st</sup> January of the previous year, unless otherwise stated on the meet program.

State Championship Qualifying Times

## 2010-2011 STATE CHAMPIONSHIP LONG COURSE QUALIFYING TIMES

<b>Female</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17/18</b>	<b>Open</b>
<b>Freestyle</b>	50m	0:43.00	<b>0:40.00</b>	<b>0:36.00</b>	<b>0:34.00</b>	<b>0:32.00</b>	0:31.20	0:30.70	0:30.60	0:30.60	0:30.50	0:29.30
	100m	1:34.00	1:28.00	1:19.00	<b>1:14.00</b>	<b>1:10.00</b>	1:07.70	1:06.70	1:06.10	1:05.90	1:05.60	1:02.50
	200m		3:05.00	2:47.00	2:36.00	<b>2:26.00</b>	2:25.90	2:25.70	2:25.20	2:24.10	2:22.60	2:17.60
	400m				5:41.00	<b>5:08.00</b>	5:07.00	5:04.70	5:02.50	5:00.30	4:58.10	4:47.10
	800m					11:01.00	10:43.50	10:32.50	10:23.70	10:18.20	10:06.10	9:42.65
	1500m						21:20.40	20:35.30	20:08.90	20:05.60	19:43.60	19:04.90
<b>Backstroke</b>	50m	0:51.00	<b>0:48.00</b>	<b>0:44.00</b>	<b>0:41.50</b>	<b>0:39.00</b>	0:36.50	0:35.80	0:35.70	0:35.70	0:35.70	0:34.20
	100m	1:45.00	1:39.00	1:31.00	<b>1:25.00</b>	<b>1:21.00</b>	1:16.90	1:15.50	1:15.30	1:15.30	1:15.30	1:12.00
	200m			3:08.00	2:56.00	<b>2:47.00</b>	2:46.00	2:45.00	2:43.90	2:43.90	2:43.90	2:35.90
<b>Breaststroke</b>	50m	0:56.00	<b>0:53.00</b>	<b>0:49.00</b>	<b>0:47.00</b>	<b>0:44.00</b>	0:40.90	0:40.60	0:40.40	0:40.30	0:39.70	0:38.30
	100m	1:57.00	1:51.00	1:43.00	<b>1:38.00</b>	<b>1:33.00</b>	1:27.60	1:26.70	1:26.30	1:26.00	1:25.00	1:21.90
	200m			3:33.00	3:23.00	<b>3:11.00</b>	3:10.00	3:09.80	3:08.50	3:08.40	3:05.90	2:58.50
<b>Butterfly</b>	50m	0:50.00	<b>0:47.00</b>	<b>0:42.00</b>	<b>0:39.00</b>	<b>0:36.00</b>	0:34.00	0:33.60	0:33.20	0:32.80	0:32.80	0:31.80
	100m		1:43.00	1:32.00	<b>1:25.00</b>	<b>1:21.00</b>	1:14.50	1:13.70	1:12.80	1:12.10	1:12.10	1:08.90
	200m				2:59.00	<b>2:50.00</b>	2:49.40	2:47.80	2:42.80	2:42.30	2:41.70	2:34.80
<b>Ind. Medley</b>	200m		<b>3:40.00</b>	<b>3:20.00</b>	<b>3:05.00</b>	<b>2:52.00</b>	2:48.90	2:46.70	2:44.50	2:43.90	2:42.80	2:38.10
	400m						6:09.00	5:53.65	5:38.47		5:37.00	
<b>Freestyle Relay</b>	4x50m		2:51.00	2:33.00	2:27.00	2:18.00	2:12.00	2:10.00	2:09.00	2:09.00	2:09.00	2:06.00
	4x100m								4:41.00	4:38.00	4:38.00	4:28.00
	4x200m									9:57.00	9:49.00	9:25.00
<b>Medley Relay</b>	4x50m		3:18.00	3:00.00	2:50.00	2:37.00	2:28.00	2:26.00	2:25.00	2:25.00	2:23.00	2:18.00
	4x100m								5:08.00	5:08.00	5:06.00	4:56.00

**Please Note:** Official swimming times submitted must have been achieved since **1<sup>st</sup> January of the previous year**, unless otherwise stated on the meet program