

**2010 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 1/7/2010**

| EVENT                 | AUTO.      | CON.    | AUTO.       | CON.    | AUTO.        | CON.    | AUTO.       | CON.    |
|-----------------------|------------|---------|-------------|---------|--------------|---------|-------------|---------|
|                       | DIVISION I |         | DIVISION II |         | DIVISION III |         | DIVISION IV |         |
| 200 Medley Relay      | 1:53.00    | 2:00.90 | 1:56.00     | 2:01.40 | 2:01.30      | 2:07.00 | 2:04.30     | 2:12.10 |
| 200 Freestyle         | 1:56.50    | 2:01.40 | 1:58.00     | 2:03.90 | 2:03.15      | 2:09.70 | 2:07.70     | 2:15.10 |
| 200 Individual Medley | 2:11.00    | 2:18.40 | 2:14.50     | 2:21.40 | 2:21.50      | 2:29.90 | 2:23.50     | 2:34.90 |
| 50 Freestyle          | 24.90      | 25.70   | 25.00       | 26.10   | 25.70        | 27.10   | 26.50       | 27.60   |
| 100 Butterfly         | 59.20      | 1:01.70 | 1:00.50     | 1:03.70 | 1:04.10      | 1:08.20 | 1:05.70     | 1:10.90 |
| 100 Freestyle         | 54.00      | 56.00   | 55.00       | 57.20   | 57.10        | 59.50   | 58.10       | 1:01.30 |
| 500 Freestyle         | 5:10.50    | 5:23.00 | 5:18.00     | 5:35.00 | 5:34.00      | 5:54.00 | 5:42.50     | 6:06.00 |
| 200 Freestyle Relay   | 1:42.50    | 1:47.90 | 1:45.00     | 1:48.40 | 1:48.20      | 1:53.60 | 1:50.80     | 1:56.60 |
| 100 Backstroke        | 1:00.50    | 1:03.70 | 1:03.00     | 1:06.20 | 1:05.80      | 1:09.50 | 1:07.00     | 1:12.00 |
| 100 Breaststroke      | 1:08.50    | 1:11.20 | 1:10.00     | 1:13.20 | 1:14.15      | 1:18.35 | 1:14.80     | 1:19.20 |
| 400 Freestyle Relay   | 3:44.00    | 3:57.30 | 3:46.50     | 3:56.80 | 3:59.80      | 4:12.60 | 4:05.50     | 4:20.90 |

**2010 BOYS' VARSITY SWIMMING TIME STANDARDS – REVISED 1/7/2010**

| EVENT                 | AUTO.      | CON.    | AUTO.       | CON.    | AUTO.        | CON.    | AUTO.       | CON.    |
|-----------------------|------------|---------|-------------|---------|--------------|---------|-------------|---------|
|                       | DIVISION I |         | DIVISION II |         | DIVISION III |         | DIVISION IV |         |
| 200 Medley Relay      | 1:40.00    | 1:46.40 | 1:42.00     | 1:46.40 | 1:46.00      | 1:52.40 | 1:48.00     | 1:55.40 |
| 200 Freestyle         | 1:44.00    | 1:48.90 | 1:47.00     | 1:50.40 | 1:52.70      | 1:57.40 | 1:55.00     | 2:01.90 |
| 200 Individual Medley | 2:00.20    | 2:04.90 | 2:01.50     | 2:06.40 | 2:08.20      | 2:14.90 | 2:12.00     | 2:19.40 |
| 50 Freestyle          | 21.80      | 22.50   | 22.00       | 22.70   | 22.90        | 23.80   | 23.20       | 24.20   |
| 100 Butterfly         | 53.00      | 55.20   | 53.50       | 56.20   | 56.40        | 59.20   | 58.00       | 1:02.70 |
| 100 Freestyle         | 48.00      | 49.70   | 48.50       | 49.70   | 49.70        | 51.95   | 51.20       | 53.40   |
| 500 Freestyle         | 4:45.00    | 4:57.50 | 4:49.00     | 5:01.00 | 5:08.00      | 5:26.00 | 5:17.00     | 5:38.00 |
| 200 Freestyle Relay   | 1:30.00    | 1:34.90 | 1:30.00     | 1:35.40 | 1:34.00      | 1:38.90 | 1:36.50     | 1:45.40 |
| 100 Backstroke        | 55.20      | 57.70   | 55.50       | 58.20   | 59.70        | 1:02.20 | 1:00.10     | 1:06.70 |
| 100 Breaststroke      | 1:01.50    | 1:03.70 | 1:01.00     | 1:04.70 | 1:04.50      | 1:08.20 | 1:05.60     | 1:10.70 |
| 400 Freestyle Relay   | 3:17.00    | 3:28.30 | 3:20.00     | 3:25.80 | 3:28.00      | 3:40.80 | 3:38.50     | 3:50.40 |

Swimmers who wish to qualify for the 2010 CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the dates of March 1, 2010 to May 7, 2010.

*For the 2010 CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining spaces to a maximum of 32 participants.*

Those swimming in meter pools, please refer to page 69 of the National Federation Rule Book for the conversion formula to convert time standards to meters