

**2009/2010 time standards for the Winter Season**

***Winter (Long Course)***

| Women       |                     | <b><u>Long Course</u></b> |                     | Men         |
|-------------|---------------------|---------------------------|---------------------|-------------|
| Long Course | Short Course Course | <b><u>Day One</u></b>     | Short Course Course | Long Course |
| 1:02.19     | 55.39               | 100 Free                  | 49.59               | 56.29       |
| 2:55.19     | 2:35.19             | 200 Breast                | 2:22.29             | 2:43.39     |
| 2:34.39     | 2:15.29             | 200 Back                  | 2:03.79             | 2:22.39     |
| 9:47.69     | 11:02.59            | 800/1000 Free             | 10:23.69            | 9:16.99     |
|             |                     | <b><u>Day Two</u></b>     |                     |             |
| 2:14.39     | 1:59.69             | 200 Free                  | 1:48.79             | 2:03.59     |
| 5:26.09     | 4:47.19             | 400 IM                    | 4:26.39             | 5:01.59     |
| 1:08.59     | 1:01.59             | 100 Fly                   | 55.69               | 1:01.89     |
| 4:25.79     | 3:54.79             | 400 Free Relay            | 3:36.39             | 4:04.59     |
|             |                     | <b><u>Day Three</u></b>   |                     |             |
| 4:43.59     | 5:19.69             | 400/500 Free              | 4:56.49             | 4:25.09     |
| 1:20.99     | 1:11.49             | 100 Breast                | 1:04.19             | 1:14.19     |
| 2:33.89     | 2:17.19             | 200 Fly                   | 2:06.39             | 2:21.59     |
| 1:11.89     | 1:02.69             | 100 Back                  | 56.99               | 1:05.69     |
| 9:39.79     | 8:36.99             | 800 Free Relay            | 7:48.99             | 9:18.39     |
|             |                     | <b><u>Day Four</u></b>    |                     |             |
| 2:33.99     | 2:15.79             | 200 IM                    | 2:03.69             | 2:20.59     |
| 18:59.49    | 18:41.59            | 1500/1650 Free            | 17:36.99            | 17:47.69    |
| 28.69       | 25.69               | 50 Free                   | 22.89               | 25.79       |
| 4:57.19     | 4:19.39             | 400 Medley Relay          | 3:54.99             | 4:35.09     |

**2009/2010 time standards for the Summer Season**

*Note (Yard times are faster than the winter Sectional meet)  
 Yard times for the summer meet are converted Long Course times using Colorado  
 Swimming Conversion Calculator.*

**Summer (Long Course)**

| Women       |              | <u>Long Course</u> |              | Men         |
|-------------|--------------|--------------------|--------------|-------------|
| Long Course | Short Course | <u>Day One</u>     | Short Course | Long Course |
| 1:02.19     | 54.39        | 100 Free           | 49.29        | 56.29       |
| 2:55.19     | 2:34.29      | 200 Breast         | 2:22.29      | 2:43.39     |
| 2:34.39     | 2:15.29      | 200 Back           | 2:03.79      | 2:22.39     |
| 9:47.69     | 10:58.49     | 800/1000 Free      | 10:23.69     | 9:16.99     |
|             |              | <u>Day Two</u>     |              |             |
| 2:14.39     | 1:58.19      | 200 Free           | 1:48.49      | 2:03.59     |
| 5:26.09     | 4:47.19      | 400 IM             | 4:25.99      | 5:01.59     |
| 1:08.59     | 1:00.59      | 100 Fly            | 54.49        | 1:01.89     |
| 4:25.79     | 3:54.79      | 400 Free Relay     | 3:36.39      | 4:04.59     |
|             |              | <u>Day Three</u>   |              |             |
| 4:43.59     | 5:17.79      | 400/500 Free       | 4:56.49      | 4:25.09     |
| 1:20.99     | 1:11.19      | 100 Breast         | 1:04.19      | 1:14.19     |
| 2:33.89     | 2:16.19      | 200 Fly            | 2:05.09      | 2:21.59     |
| 1:11.89     | 1:02.69      | 100 Back           | 56.99        | 1:05.69     |
| 9:39.79     | 8:36.99      | 800 Free Relay     | 7:48.99      | 9:18.39     |
|             |              | <u>Day Four</u>    |              |             |
| 2:33.99     | 2:15.79      | 200 IM             | 2:03.69      | 2:20.59     |
| 18:59.49    | 18:37.19     | 1500/1650 Free     | 17:26.99     | 17:47.69    |
| 28.69       | 25.19        | 50 Free            | 22.59        | 25.79       |
| 4:57.19     | 4:19.39      | 400 Medley Relay   | 3:54.99      | 4:35.09     |