

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

SEE UP TO DATE SANCTIONED EVENTS @ WWW.CIFSS.ORG WEBSITE