

**2008-2009 South Texas Championships Time Standards Single Year Age Groups
Short Course Yards**

		Girls			Boys		
10 & Under	11	12		12	11	10 & Under	
33.29	31.19	29.59	50 Free	29.89	32.29	33.79	
1:12.39	1:08.29	1:04.69	100 Free	1:07.09	1:11.09	1:13.09	
2:43.09	2:32.79	2:23.19	200 Free	2:25.99	2:38.89	2:43.29	
7:39.49	7:05.99	6:31.49	500 Free	6:35.09	7:05.49	7:35.19	
		23:27.89	1650 Free	23:10.49			
39.89	37.49	35.69	50 Back	36.49	39.49	40.29	
1:24.99	1:21.19	1:16.49	100 Back	1:18.99	1:24.49	1:27.09	
	2:58.29	2:47.09	200 Back	2:45.59	2:58.39		
44.79	42.09	40.49	50 Breast	40.79	44.29	47.09	
1:36.89	1:30.09	1:26.79	100 Breast	1:27.79	1:35.09	1:41.99	
	3:21.19	3:11.69	200 Breast	3:07.29	3:21.69		
38.79	36.29	34.69	50 Fly	34.79	38.19	40.19	
1:35.59	1:26.99	1:20.19	100 Fly	1:18.69	1:25.79	1:40.29	
	3:04.99	2:51.79	200 Fly	2:48.49	3:01.19		
1:25.29	1:20.49	1:17.19	100 IM	1:17.59	1:23.69	1:28.39	
3:08.39	2:58.59	2:43.99	200 IM	2:49.39	3:03.09	3:10.69	
		6:04.19	400 IM	5:56.29			
2:26.59		2:00.69	200 FR R	2:04.79		2:30.59	
		4:31.79	400 FR R	4:28.59			
2:54.49		2:14.29	200 MR	2:29.09		2:49.99	
		5:07.89	400 MR	5:21.89			

**2008-2009 South Texas Championships Time Standards Single Year Age Groups
Long Course Meters**

		Girls			Boys		
10 & Under	11	12		12	11	10 & Under	
38.29	35.89	32.99	50 Free	34.49	36.99	38.79	
1:25.89	1:19.29	1:12.79	100 Free	1:17.29	1:21.99	1:26.39	
3:06.69	2:56.99	2:39.79	200 Free	2:47.79	3:00.49	3:13.99	
6:51.59	6:23.99	5:41.29	400 Free	5:54.39	6:21.69	6:52.69	
		12:33.69	800 Free	12:28.59			
		24:12.39	1500 Free	24:05.29			
45.99	42.99	39.69	50 Back	42.19	45.39	47.59	
1:40.59	1:36.49	1:25.79	100 Back	1:31.39	1:38.59	1:46.09	
	3:22.69	3:09.79	200 Back	3:11.09	3:25.79		
51.19	48.99	45.59	50 Breast	47.09	51.09	54.59	
1:52.89	1:46.39	1:39.49	100 Breast	1:40.89	1:49.19	1:59.79	
	3:51.69	3:37.79	200 Breast	3:37.49	3:54.19		
45.69	42.19	37.59	50 Fly	39.59	42.99	46.89	
1:48.79	1:36.59	1:29.09	100 Fly	1:29.49	1:37.49	1:53.19	
	3:29.09	3:14.19	200 Fly	3:13.39	3:28.29		
3:34.89	3:18.19	3:01.09	200 IM	3:13.89	3:25.69	3:44.79	
		6:55.89	400 IM	6:51.79			
2:47.19		2:18.39	200 FR R	2:23.79		2:48.79	
		5:11.79	400 FR R	5:21.99			
3:19.29		2:43.79	200 MR	2:50.69		3:22.39	
		5:39.49	400 MR	6:16.29			

**2008-2009 South Texas Championships Time Standards Single Year Age Groups
Short Course Meters**

Girls				Boys		
10 & Under	11	12		12	11	10 & Under
36.69	34.39	31.99	50 Free	32.89	35.59	37.09
1:19.69	1:15.19	1:10.79	100 Free	1:13.79	1:18.19	1:20.39
2:59.39	2:48.09	2:35.79	200 Free	2:40.59	2:54.77	2:59.69
6:42.09	5:57.29	5:33.29	400 Free	5:45.79	6:12.39	6:38.39
		12:11.59	800 Free	12:03.29		
		23:19.69	1500 Free	23:02.49		
43.89	41.29	38.69	50 Back	40.19	43.39	44.39
1:33.49	1:29.39	1:23.79	100 Back	1:26.89	1:32.99	1:35.79
	3:16.19	3:03.79	200 Back	3:02.19	3:16.22	
49.29	46.29	44.59	50 Breast	44.89	48.79	51.79
1:46.59	1:39.09	1:35.49	100 Breast	1:36.59	1:44.59	1:52.19
	3:41.39	3:30.89	200 Breast	3:26.09	3:41.89	
42.69	39.99	36.59	50 Fly	38.29	41.99	44.29
1:45.19	1:34.59	1:27.39	100 Fly	1:26.59	1:34.39	1:50.39
	3:23.49	3:08.99	200 Fly	3:05.39	3:19.39	
1:33.89	1:28.59	1:24.99	100 IM	1:25.39	1:32.09	1:37.29
3:27.29	3:14.19	2:57.09	200 IM	3:06.39	3:21.39	3:29.79
		6:40.69	400 IM	6:31.99		
2:41.29		2:13.09	200 FR R	2:17.29		2:44.79
		4:58.99	400 FR R	4:55.49		
3:11.99		2:27.79	200 MR	2:43.99		3:06.99
		5:31.49	400 MR	5:54.09		

Approved by the STS Board of Director, 11 Nov 08