

2009 Men's Time Standards

Event	25-Yard Course		25-Meter Course		50-Meter Course	
	A	B	A	B	A	B
	Standard	Standard	Standard	Standard	Standard	Standard
50 Freestyle	:19.35	:20.02	:21.60	:22.25	:22.51	:23.29
100 Freestyle	:42.26	:43.73	:47.17	:48.58	:48.97	:50.68
200 Freestyle	1:33.61	1:36.88	1:44.48	1:47.61	1:48.22	1:52.01
500 Freestyle	4:15.68	4:24.62	3:43.70	3:50.41	3:51.39	3:59.48
1,650 Freestyle	14:51.15	15:22.34	14:48.49	15:15.14	15:23.48	15:55.80
100 Butterfly	:46.04	:47.65	:51.39	:52.93	:53.05	:54.90
200 Butterfly	1:42.95	1:46.55	1:54.90	1:58.34	1:58.88	2:03.04
100 Backstroke	:46.69	:48.32	:52.11	:53.68	:55.92	:57.88
200 Backstroke	1:41.53	1:45.08	1:53.32	1:56.71	1:59.59	2:03.78
100 Breaststroke	:52.87	:54.72	:59.01	1:00.78	1:01.77	1:03.93
200 Breaststroke	1:54.25	1:58.24	2:07.52	2:11.33	2:13.16	2:17.82
200 Individual Medley	1:44.13	1:47.77	1:56.22	1:59.70	2:01.51	2:05.76
400 Individual Medley	3:44.88	3:52.75	4:10.99	4:18.51	4:19.98	4:29.08
200 Freestyle Relay	1:17.69	1:20.40	1:26.71	1:29.31	1:30.34	1:33.49
400 Freestyle Relay	2:52.47	2:58.50	3:12.49	3:18.26	3:19.85	3:26.84
800 Freestyle Relay	6:23.26	6:36.67	7:07.75	7:20.58	7:22.06	7:37.53
200 Medley Relay	1:25.66	1:28.65	1:35.61	1:38.47	1:39.84	1:43.33
400 Medley Relay	3:08.22	3:14.80	3:30.07	3:36.37	3:39.89	3:47.58

1-Meter Diving Points—Dual 290++/300***

3-Meter Diving Points—Dual 310++/320***

Platform Diving Points—Dual 290++/300***

++qualifying point total when using one voluntary dive at 2.0 D.D. and five optional dives with listed D.D.

***qualifying point total when using six optional dives with standard D.D.

2009 Women's Time Standards

Event	25-Yard Course		25-Meter Course		50-Meter Course	
	A	B	A	B	A	B
	Standard	Standard	Standard	Standard	Standard	Standard
50 Freestyle	:21.93	:22.80	:24.48	:25.45	:25.18	:26.18
100 Freestyle	:47.84	:49.75	:53.40	:55.53	:54.74	:56.93
200 Freestyle	1:44.02	1:48.18	1:56.10	2:00.74	1:59.02	2:03.78
500 Freestyle	4:38.46	4:49.59	4:03.63	4:13.36	4:10.42	4:20.43
1,650 Freestyle	15:53.38	16:31.51	15:50.53	16:28.55	16:17.83	16:56.94
100 Butterfly	:52.02	:54.10	:58.06	1:00.39	:59.32	1:01.69
200 Butterfly	1:54.95	1:59.54	2:08.30	2:13.42	2:10.48	2:15.69
100 Backstroke	:53.01	:55.13	:59.17	1:01.53	1:02.15	1:04.64
200 Backstroke	1:53.37	1:57.90	2:06.53	2:11.59	2:12.29	2:17.58
100 Breaststroke	:59.99	1:02.38	1:06.96	1:09.63	1:08.96	1:11.71
200 Breaststroke	2:10.32	2:15.53	2:25.45	2:31.27	2:28.43	2:34.37
200 Individual Medley	1:56.13	2:00.77	2:09.61	2:14.79	2:13.95	2:19.30
400 Individual Medley	4:07.33	4:17.22	4:36.04	4:47.08	4:42.35	4:53.64
200 Freestyle Relay	1:28.35	1:31.88	1:38.61	1:42.55	1:41.44	1:45.49
400 Freestyle Relay	3:14.93	3:22.72	3:37.56	3:46.26	3:43.04	3:51.95
800 Freestyle Relay	7:02.07	7:18.95	7:51.07	8:09.91	8:02.92	8:22.24
200 Medley Relay	1:37.81	1:41.72	1:49.17	1:53.53	1:52.56	1:57.06
400 Medley Relay	3:32.56	3:41.06	3:57.24	4:06.72	4:03.21	4:12.94

1-Meter Diving Points—Dual 255++/265***

3-Meter Diving Points—Dual 270++/280***

Platform Diving Points—Dual 260++/225###

++qualifying point total when using one voluntary dive at 2.0 D.D. and five optional dives with listed D.D.

***qualifying point total when using six optional dives with standard D.D.

###qualifying point total when using five optional dives with standard D.D.