

OHIO SWIMMING
2010 Long Course Junior Olympics
TIME STANDARDS

GIRLS				BOYS		
13-14	11-12	10 & Under	Event	10 & Under	11-12	13-14
29.79	31.09	34.79	50 Free	35.89	31.49	28.19
1:04.79	1:07.79	1:18.49	100 Free	1:19.49	1:08.79	1:01.19
2:20.59	2:28.09	2:51.19	200 Free	2:54.19	2:28.69	2:14.79
4:57.69	5:14.99		400 Free		5:15.49	4:46.29
20:10.59			1500 Free			19:16.79
	36.49	41.69	50 Back	43.09	36.99	
1:15.09	1:19.69	1:31.09	100 Back	1:34.29	1:20.69	1:12.29
2:40.29			200 Back			2:36.19
	41.49	46.99	50 Breast	49.69	42.19	
1:25.49	1:30.99	1:44.59	100 Breast	1:49.79	1:32.79	1:22.19
3:03.99			200 Breast			2:59.89
	34.29	39.49	50 Fly	41.69	35.89	
1:12.89	1:18.39	1:34.99	100 Fly	1:43.29	1:22.29	1:09.49
2:48.59			200 Fly			2:39.79
2:39.99	2:49.79	3:15.09	200 IM	3:24.09	2:54.39	2:30.99
5:40.69			400 IM			5:28.89
2:08.99	2:17.99	2:41.99	200 Free Relay	2:42.99	2:24.99	2:03.99
4:45.99	5:04.99		400 Free Relay		5:16.99	4:32.99
10:37.99			800 Free Relay			10:39.99
2:27.99	2:36.99	3:11.99	200 Medley Relay	3:04.99	2:41.99	2:22.99
5:15.99	5:51.99		400 Medley Relay		6:00.99	5:03.99

Acceptable times achieved since January 1, 2009
 Individual Entries limited to 7 Individual Events for 2010.
 Approved – Fall HOD Meeting 2009 in Columbus Ohio

Red & Bold represents faster than previous year
Green & Bold represents slower than previous year