

OHIO SWIMMING
2010 Short Course Junior Olympics
TIME STANDARDS

GIRLS			BOYS			
13-14	11-12	10-UNDER		10-UNDER	11-12	13-14
26.29	27.29	30.59	50 FREE	31.09	27.09	24.49
56.99	59.49	1:08.29	100 FREE	1:09.09	59.69	53.69
2:02.69	2:09.39	2:31.79	200 FREE	2:34.49	2:11.19	1:55.49
5:28.29	5:46.99		500 FREE		5:50.59	5:15.09
19:10.49			1650 FREE			18:30.29
	31.49	36.39	50 BACK	36.99	32.49	
1:03.69	1:07.89	1:18.09	100 BACK	1:20.49	1:09.19	1:01.59
2:17.39			200 BACK			2:11.29
	35.79	41.09	50 BREAST	42.79	36.09	
1:12.59	1:16.69	1:29.19	100 BREAST	1:33.09	1:19.79	1:08.99
2:37.69			200 BREAST			2:31.49
	29.79	34.29	50 FLY	35.89	30.59	
1:02.99	1:07.89	1:22.29	100 FLY	1:23.69	1:10.69	59.59
2:23.99			200 FLY			2:18.49
	1:07.99	1:17.99	100 IM	1:20.19	1:09.39	
2:19.29	2:26.59	2:50.59	200 IM	2:56.29	2:28.59	2:12.69
4:54.69			400 IM			4:42.59
1:47.89	1:54.09	2:10.49	200 FR. RELAY	2:14.89	1:56.99	1:41.19
3:57.59	4:11.29		400 FR. RELAY		4:27.69	3:46.09
8:37.19			800 FR. RELAY			8:11.09
2:01.49	2:10.69	2:29.89	200 M. RELAY	2:36.89	2:16.89	1:55.29
4:23.89	4:42.99		400 M. RELAY		4:56.79	4:12.09

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