

# Time Standards 2010 Swim Season

## Women

	<b>All-American Automatic</b>	<b>All-American Consideration</b>	<b>CIF Automatic</b>	<b>CIF Consideration</b>	<b>Letter</b>
50 Free	23.81	24.12	24.90	25.60	27.40
100 Free	51.62	52.39	54.00	55.80	58.68
200 Free	1:51.28	1:52.99	1:56.50	2:01.00	2:08.89
500 Free	4:57.24	5:02.19	5:10.50	5:22.00	5:48.99
100 Back	57.29	58.43	1:00.50	1:03.50	1:08.30
100 Breast	1:05.03	1:06.28	1:08.50	1:11.00	1:18.77
100 Fly	56.57	57.50	1:01.50	1:02.20	1:09.40
200 IM	2:05.37	2:07.60	2:18.00	2:18.50	2:28.90
200 Free Relay	1:38.14	1:39.64	1:42.50	1:47.50	1:49.99
400 Free Relay	3:33.40	3:36.76	3:44.00	3:56.50	4:01.00
200 Medley Relay	1:49.01	1:50.85	2:00.50	2:01.50	2:04.00

## Men

50 Free	21.15	21.48	21.80	22.40	23.20
100 Free	46.35	46.98	48.00	49.50	51.20
200 Free	1:41.46	1:42.97	1:44.00	1:48.50	1:53.00
500 Free	4:35.51	4:39.82	4:45.00	4:56.50	5:09.00
100 Back	51.92	52.90	55.20	57.50	1:05.00
100 Breast	58.40	59.40	1:01.50	1:03.50	1:06.00
100 Fly	50.80	51.72	53.00	55.00	58.00
200 IM	1:54.02	1:55.96	2:00.20	2:04.50	2:10.50
200 Free Relay	1:26.92	1:28.29	1:30.00	1:34.50	1:35.00
400 Free Relay	3:11.32	3:13.93	3:17.00	3:27.50	3:30.00
200Medley Relay	1:37.02	1:38.50	1:40.00	1:46.00	2:08.00