

**South Carolina Swimming Long Course Meters Time Standards
2009**

GIRLS	10 & Under	BOYS
X	50 free	X
X	100 free	X
X	200 free	X
6:36.79	400 free	6:30.59
X	50 back	X
X	100 back	X
X	50 breast	X
X	100 breast	X
X	50 fly	X
X	100 fly	X
X	200 IM	X

GIRLS	11-12	BOYS
X	50 free	X
X	100 free	X
X	200 free	X
5:37.09	400 free	5:37.79
11:57.49	800 free	11:55.09
22:52.89	1500 free	22:59.99
X	50 back	X
X	100 back	X
3:02.19	200 back	3:05.49
X	50 breast	X
X	100 breast	X
3:27.69	200 breast	3:33.29
X	50 fly	X
X	100 fly	X
3:08.99	200 fly	3:17.39
X	200 IM	X
6:29.99	400 IM	6:40.29

GIRLS	13-14	BOYS
X	50 free	X
X	100 free	X
X	200 free	X
5:13.89	400 free	5:04.39
10:43.89	800 free	10:31.79
20:19.99	1500 free	19:45.09
X	100 back	X
2:46.99	200 back	2:44.09
X	100 breast	X
3:14.39	200 breast	3:05.39
X	100 fly	X
3:01.29	200 fly	2:54.89
X	200 IM	X
5:57.69	400 IM	5:41.29

GIRLS	Senior	BOYS
X	50 free	X
X	100 free	X
X	200 free	X
4:57.69	400 free	4:41.69
10:14.29	800 free	9:36.39
19:50.89	1500 free	18:46.09
X	100 back	X
2:46.39	200 back	2:32.69
X	100 breast	X
3:13.39	200 breast	2:55.59
X	100 fly	X
2:46.29	200 fly	2:36.99
X	200 IM	X
5:47.09	400 IM	5:26.09