

GULF SWIMMING  
GULF CHAMPS TIME STANDARDS  
2010-2011

GIRLS				BOYS		
SCY	SCM	LCM	10 & UNDER	SCY	SCM	LCM
33.19	37.09	36.09	50 FREE	33.09	36.69	38.69
1:10.29	1:17.29	1:19.99	100 FREE	1:12.19	1:20.39	1:23.89
2:40.29	2:57.09	3:03.49	200 FREE	2:39.29	2:56.29	3:00.69
6:52.39	5:56.09	6:11.39	500/400 FR	6:47.09	5:52.39	6:15.69
39.19	43.59	46.09	50 BACK	38.69	42.59	45.39
1:23.79	1:32.29	1:34.49	100 BACK	1:28.79	1:35.69	1:39.99
43.79	48.59	49.79	50 BREAST	44.19	49.29	51.39
1:36.79	1:47.99	1:50.29	100 BREAST	1:37.99	1:48.59	1:52.99
37.69	41.99	43.49	50 FLY	38.59	42.69	44.99
1:29.89	1:38.99	1:42.39	100 FLY	1:31.29	1:39.09	1:45.99
1:23.99	1:32.29		100 IM	1:22.99	1:31.69	
2:57.49	3:15.89	3:25.59	200 IM	3:01.19	3:20.09	3:25.99
			11 & 12			
28.09	31.09	31.69	50 FREE	28.79	31.99	33.79
1:01.89	1:07.59	1:07.99	100 FREE	1:04.99	1:10.29	1:12.59
2:14.29	2:27.99	2:29.49	200 FREE	2:18.09	2:28.29	2:37.49
5:53.89	5:05.59	5:16.59	500/400 FR	5:58.29	5:10.09	5:25.79
33.29	37.09	38.19	50 BACK	34.29	37.99	40.29
1:11.39	1:18.49	1:21.29	100 BACK	1:13.99	1:21.99	1:24.79
2:33.39	2:49.99	3:02.39	200 BACK	2:36.99	2:54.09	3:03.99
37.39	41.59	42.89	50 BREAST	38.79	42.99	44.99
1:21.69	1:30.89	1:31.99	100 BREAST	1:22.99	1:31.29	1:38.99
2:52.99	3:18.59	3:14.69	200 BREAST	3:03.19	3:25.19	3:25.99
31.79	35.09	35.19	50 FLY	33.59	37.09	37.59
1:11.29	1:18.39	1:18.19	100 FLY	1:13.99	1:20.69	1:25.99
2:45.69	3:02.09	3:00.09	200 FLY	2:47.69	3:00.09	3:05.99
1:11.59	1:18.79		100 IM	1:13.19	1:21.69	
2:31.49	2:47.19	2:45.79	200 IM	2:37.99	2:53.49	2:56.39

GIRLS				BOYS		
SCY	SCM	LCM	13 & 14	SCY	SCM	LCM
26.69	29.59	30.19	50 FREE	25.49	27.09	29.09
58.19	1:03.99	1:04.99	100 FREE	55.49	1:00.99	1:02.39
2:04.59	2:17.29	2:21.49	200 FREE	2:01.79	2:13.09	2:17.49
5:29.69	4:49.09	4:57.39	500/400 FR	5:26.89	4:38.99	4:53.29
11:42.29	10:11.49	10:20.49	1000/800 FR	11:24.49	9:58.99	10:17.29
19:29.19	19:16.69	20:39.79	1650/1500	19:05.79	18:44.79	20:14.39
1:06.29	1:12.69	1:16.69	100 BACK	1:04.09	1:10.29	1:13.29
2:21.29	2:37.09	2:45.09	200 BACK	2:19.09	2:34.49	2:42.19
1:16.29	1:25.19	1:27.19	100 BREAST	1:14.19	1:21.19	1:24.49
2:44.99	3:04.49	3:04.79	200 BREAST	2:40.29	3:03.09	3:07.39
1:04.99	1:12.09	1:13.29	100 FLY	1:02.29	1:08.29	1:11.99
2:26.29	2:40.79	2:52.59	200 FLY	2:21.59	2:34.89	2:46.59
2:20.69	2:35.19	2:40.79	200 IM	2:15.49	2:30.09	2:37.89
4:57.19	5:33.09	5:43.59	400 IM	4:47.39	5:20.29	5:54.79
SENIOR						
26.19	29.19	29.59	50 FREE	22.99	25.49	25.99
56.49	1:02.19	1:03.89	100 FREE	50.49	55.79	57.89
2:03.09	2:15.69	2:17.79	200 FREE	1:51.79	2:03.79	2:07.59
5:27.09	4:42.39	4:46.29	500/400 FR	4:56.49	4:16.59	4:32.69
11:30.99	10:01.69	10:05.49	1000/800 FR	11:19.49	9:54.59	10:04.59
19:16.49	19:04.09	20:28.49	1650/1500	18:57.79	18:36.89	19:22.99
1:04.69	1:11.09	1:16.09	100 BACK	57.39	1:03.89	1:09.39
2:18.89	2:33.99	2:43.09	200 BACK	2:09.69	2:24.09	2:32.89
1:13.79	1:22.39	1:26.09	100 BREAST	1:06.99	1:14.39	1:17.69
2:38.99	2:57.79	3:09.99	200 BREAST	2:25.59	2:43.29	2:49.09
1:02.69	1:08.09	1:11.19	100 FLY	56.19	1:01.49	1:03.59
2:21.69	2:29.19	2:40.89	200 FLY	2:04.49	2:16.19	2:27.09
2:18.79	2:33.19	2:38.39	200 IM	2:06.39	2:19.59	2:27.09
4:53.19	5:23.29	5:37.09	400 IM	4:34.59	5:03.99	5:20.29