

## 2012 – 2013 Northern Region Swim / Dive Standards

The 2012 – 2013 Region Standards are determined by the following equation:  
 ( 2012 standard \* 5 + the 2012 12<sup>th</sup> Fastest time or score ) / 6 (Answer is then rounded up to 9/100<sup>ths</sup>)

Event #	Boys Events	2012 Standard	2012 12th Fastest	2013 Standard
1	200 Yd Medley Relay	1:44.09	1:44.83	1:44.29
3	200 Yard Freestyle	1:50.09	1:47.52	1:49.69
5	200 Yard Individual Medley	2:03.79	1:59.79	2:03.19
7	50 Yard Freestyle	22.69	22.54	22.69
9	Diving	293.29	296.50	293.89
11	100 Yard Butterfly	55.19	53.86	54.99
13	100 Yard Freestyle	49.99	49.45	49.99
15	500 Yard Freestyle	5:02.19	4:52.43	5:00.59
17	200 Yard Freestyle Relay	1:32.59	1:31.32	1:32.39
19	100 Yard Backstroke	56.39	54.72	56.19
21	100 Yard Breaststroke	1:03.19	1:01.42	1:02.89
23	400 Yard Freestyle Relay	3:26.99	3:19.94	3:25.89

Event #	Girls Events	2012 Standard	2012 12th Fastest	2013 Standard
2	200 Yd Medley Relay	1:56.39	1:53.39	1:55.89
4	200 Yard Freestyle	2:01.39	1:59.67	2:01.19
6	200 Yard Individual Medley	2:16.69	2:13.05	2:16.09
8	50 Yard Freestyle	25.59	25.02	25.49
10	Diving	294.19	291.70	293.79
12	100 Yard Butterfly	1:01.59	59.76	1:01.29
14	100 Yard Freestyle	55.99	55.21	55.89
16	500 Yard Freestyle	5:26.49	5:22.81	5:25.89
18	200 Yard Freestyle Relay	1:44.69	1:41.76	1:44.29
20	100 Yard Backstroke	1:02.69	59.86	1:02.29
22	100 Yard Breaststroke	1:10.39	1:07.54	1:09.99
24	400 Yard Freestyle Relay	3:49.19	3:43.06	3:48.19