

2011-2012 State AAA Swim and Dive Standards

Boys	2010-11 Standard	2010-11 Place Time	Formula Time	2011-12 Yd. Standard	2011-12 Mtr. Standard
200 Medley Relay	1:41.49	1:39.11	1:41.128	1:41.19	1:52.79
200 Free	1:46.39	1:45.84	1:46.303	1:46.39	1:57.79
200 IM	1:59.79	1:57.15	1:59.353	1:59.39	2:12.69
50 Free	22.39	21.83	22.250	22.29	24.89
100 Fly	53.69	52.53	53.483	53.49	59.59
100 Free	48.79	48.47	48.725	48.79	54.19
500 (400 mtr)	4:49.79	4:44.70	4:49.004	4:49.09	4:13.79
200 Free Relay	1:30.59	1:30.34	1:30.545	1:30.59	1:41.09
100 Back	54.39	53.68	54.319	54.39	1:00.39
100 Breast	1:01.39	1:01.43	1:01.356	1:01.39	1:08.19
400 Free Relay	3:19.89	3:17.81	3:19.559	3:19.59	3:42.39
Dive -11 dives	352.09	319.70	346.692	346.69	
Girls					
200 Medley Relay	1:53.29	1:51.63	1:52.991	1:52.99	2:06.09
200 Free	1:56.99	1:58.55	1:57.221	1:57.29	2:09.89
200 IM	2:12.39	2:08.56	2:11.728	2:11.79	2:26.29
50 Free	24.59	24.34	24.548	24.59	27.49
100 Fly	59.29	58.98	59.254	59.29	1:05.89
100 Free	53.99	54.26	54:077	54.09	1:00.19
500 (400 mtr)	5:13.09	5:09.41	5:12.523	5:12.59	4:34.19
200 Free Relay	1:42.49	1:41.37	1:42.313	1:42.39	1:54.29
100 Back	1:00.29	59.86	1:00.223	1:00.29	1:06.99
100 Breast	1:08.39	1:06.68	1:08.137	1:08.19	1:15.79
400 Free Relay	3:43.69	3:40.65	3:43.189	3:43.19	4:08.69
Dive -11 dives	338.19	335.75	337.783	337.79	