

# HHSAA Local Motion Swimming and Diving Championship 2009-2010 Proposed Time Standards

## **GIRLS**

	<b>Auto</b>	<b>Cons</b>
<b>1 M Diving</b>	DD 10.6 Sc of 260(a) or 250(a)	
<b>200 Med Rel</b>	2:00.79	2:10.49
<b>200 Free</b>	2:03.89	2:09.99
<b>200 IM</b>	2:21.39	2:28.59
<b>50 Free</b>	25.59	26.59
<b>100 Fly</b>	1:03.89	1:07.49
<b>100 Free</b>	56.69	59.09
<b>500 Free</b>	5:30.89	5:45.09
<b>200 Free Rel</b>	1:46.39	1:54.09
<b>100 Back</b>	1:04.09	1:08.39
<b>100 Breast</b>	1:12.29	1:15.89
<b>400 Free Rel</b>	3:56.19	4:16.99

## **BOYS**

	<b>Auto</b>	<b>Cons</b>
<b>1 M Diving</b>	DD 11.4 Sc of 275(a) or 260(c)	
<b>200 Med Rel</b>	1:47.79	2:01.99
<b>200 Free</b>	1:52.79	2:00.69
<b>200 IM</b>	2:08.49	2:16.19
<b>50 Free</b>	23.09	24.09
<b>100 Fly</b>	55.89	1:02.29
<b>100 Free</b>	50.69	53.29
<b>500 Free</b>	5:05.59	5:31.79
<b>200 Free Rel</b>	1:35.49	1:44.09
<b>100 Back</b>	59.79	1:05.09
<b>100 Breast</b>	1:04.89	1:09.19
<b>400 Free Rel</b>	3:32.49	3:59.99