

## NIAGARA SWIMMING TIME STANDARDS - GIRLS

9 & Under Girls	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver	Gold	Silver	Gold
Event								
50 Free	37.32	34.31	37.76	34.07	38.19	33.69	0.87	-0.52
100 Free	1:27.19	1:17.56	1:28.06	1:17.15	1:29.09	1:16.89	1.90	-0.53
200 Free	3:41.19	2:59.66	3:26.29	2:46.18	3:11.79	2:44.49	-29.40	-15.17
500 Free	7:55.99	7:40.00	8:02.54	7:23.85	8:08.09	7:07.94	12.10	-32.06
50 Back	46.18	41.62	46.44	41.10	46.09	40.14	-0.09	-0.48
100 Back	1:43.09	1:31.30	1:41.56	1:27.95	1:39.99	1:25.84	-3.10	-5.46
50 Breast	52.48	46.46	51.81	45.14	51.09	43.99	-1.39	-2.47
100 Breast	1:56.60	1:42.76	1:55.97	1:40.82	1:54.89	1:38.99	-1.71	-3.77
50 Fly	46.79	40.88	46.73	40.00	46.79	39.59	0.00	-1.29
100 Fly	2:01.29	1:43.06	2:02.56	1:34.35	1:52.84	1:33.24	-8.45	-9.82
100 IM	1:37.99	1:28.80	1:39.71	1:28.51	1:41.44	1:27.74	3.45	-1.06
200 IM	4:04.49	3:23.30	3:48.22	3:07.58	3:33.19	3:04.69	-31.30	-18.61

10 Year Olds and 10 & Under Girls	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver=BB	Gold=A	Silver	Gold
Event								
50 Free	35.58	33.03	35.89	32.71	36.19	32.39	0.61	-0.64
100 Free	1:21.50	1:13.61	1:21.80	1:12.95	1:22.09	1:12.29	0.59	-1.32
200 Free	3:20.19	2:39.13	3:09.24	2:37.76	2:58.29	2:36.39	-21.90	-2.74
500 Free	7:40.89	7:10.89	7:40.19	6:59.64	7:39.49	6:48.39	-1.40	-22.50
50 Back	43.51	39.73	43.50	38.96	43.49	38.19	-0.02	-1.54
100 Back	1:36.91	1:25.69	1:35.45	1:23.94	1:33.99	1:22.19	-2.92	-3.50
50 Breast	49.08	43.83	48.44	42.91	47.79	41.99	-1.29	-1.84
100 Breast	1:48.93	1:36.59	1:47.81	1:34.99	1:46.69	1:33.39	-2.24	-3.20
50 Fly	43.76	38.00	43.33	37.65	42.99	37.29	-0.77	-0.71
100 Fly	1:57.49	1:28.63	1:49.79	1:27.66	1:42.09	1:26.69	-15.40	-1.94
100 IM	1:32.85	1:24.75	1:33.62	1:23.97	1:34.39	1:23.19	1.54	-1.56
200 IM	3:45.50	3:00.99	3:32.45	2:58.49	3:19.39	2:55.99	-26.11	-5.00

## NIAGARA SWIMMING TIME STANDARDS - GIRLS

11 Year Old Girls Event	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver	Gold	Silver	Gold
50 Free	33.84	31.61	34.02	31.35	34.19	31.09	0.35	-0.52
100 Free	1:15.99	1:09.80	1:14.02	1:08.74	1:15.19	1:07.69	-0.80	-2.11
200 Free	2:59.39	2:30.39	2:52.18	2:29.34	2:45.04	2:28.27	-14.35	-2.12
500 Free	7:25.99	6:42.02	7:17.84	6:35.42	7:09.79	6:28.84	-16.20	-13.18
1000 Free	14:53.02	13:54.60	14:16.89	13:22.19	14:17.39	13:12.99	-35.63	-41.61
1650 Free					24:10.19	22:21.69		
50 Back	40.83	37.39	40.56	36.81	40.29	36.24	-0.54	-1.15
100 Back	1:30.79	1:21.32	1:29.34	1:19.93	1:27.94	1:18.54	-2.85	-2.78
200 Back	3:34.49	3:06.49	3:03.99	2:50.29	2:54.39	2:42.09	-40.10	-24.40
50 Breast	45.68	41.46	45.06	40.67	44.44	39.99	-1.24	-1.47
100 Breast	1:41.49	1:30.52	1:39.65	1:29.15	1:37.99	1:27.79	-3.50	-2.73
200 Breast	3:45.29	3:27.29	3:22.89	3:08.29	3:18.49	3:02.89	-26.80	-24.40
50 Fly	40.72	35.60	39.93	35.29	39.19	34.99	-1.53	-0.61
100 Fly	1:42.89	1:23.80	1:37.01	1:20.96	1:31.34	1:20.14	-11.55	-3.66
200 Fly	3:32.99	3:04.99	3:02.79	2:49.99	2:59.19	2:45.99	-33.80	-19.00
100 IM	1:27.79	1:20.22	1:27.53	1:19.43	1:27.34	1:18.64	-0.45	-1.58
200 IM	3:26.49	2:51.50	3:16.02	2:49.39	3:05.59	2:47.29	-20.90	-4.21
400 IM	6:50.00	6:17.75	6:23.89	5:48.29	6:16.19	5:47.79	-33.81	-29.96

11 - 12 and 12 Year Old Girls Event	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver=BB	Gold=A	Silver	Gold
50 Free	32.10	30.19	32.15	29.99	32.19	29.79	0.09	-0.40
100 Free	1:10.25	1:05.98	1:09.27	1:04.54	1:08.29	1:03.09	-1.96	-2.89
200 Free	2:38.46	2:21.64	2:35.13	2:20.92	2:31.79	2:20.19	-6.67	-1.45
500 Free	7:10.89	6:13.14	6:55.49	6:11.21	6:40.09	6:09.29	-30.80	-3.85
1000 Free	14:02.93	13:00.49	14:00.89	12:56.74	13:57.39	12:52.99	-5.54	-7.50
1650 Free			23:35.19	21:46.69	23:30.19	21:41.69	-5.00	-5.00
50 Back	38.15	35.05	37.62	34.67	37.09	34.29	-1.06	-0.76
100 Back	1:24.56	1:16.94	1:23.23	1:15.92	1:21.89	1:14.89	-2.67	-2.05
200 Back	3:06.49	2:48.49	2:58.34	2:43.25	2:50.19	2:37.09	-16.30	-11.40
50 Breast	42.28	38.89	41.69	38.44	41.09	37.99	-1.19	-0.90
100 Breast	1:33.69	1:24.44	1:31.49	1:23.32	1:29.29	1:22.19	-4.40	-2.25
200 Breast	3:27.29	3:09.29	3:19.89	3:03.49	3:12.49	2:57.69	-14.80	-11.60
50 Fly	37.67	33.19	36.53	32.94	35.39	32.69	-2.28	-0.50
100 Fly	1:28.19	1:14.96	1:24.24	1:14.27	1:20.59	1:13.59	-7.60	-1.37
200 Fly	3:04.99	2:46.99	2:58.99	2:43.34	2:52.99	2:39.69	-12.00	-7.30
100 IM	1:22.59	1:15.69	1:21.44	1:14.89	1:20.29	1:14.09	-2.30	-1.60
200 IM	3:07.39	2:42.01	2:59.59	2:40.30	2:51.79	2:38.59	-15.60	-3.42
400 IM	6:30.49	5:45.49	6:18.34	5:41.79	6:06.19	5:38.09	-24.30	-7.40

## NIAGARA SWIMMING TIME STANDARDS - GIRLS

13 Year Old Girls	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver	Gold	Silver	Gold
Event								
50 Free	30.94	28.94	31.27	29.09	31.59	29.24	0.65	0.30
100 Free	1:07.79	1:02.99	1:07.75	1:02.81	1:07.84	1:02.64	0.05	-0.35
200 Free	2:32.79	2:16.62	2:30.62	2:16.90	2:28.59	2:17.19	-4.20	0.57
500 Free	7:00.49	6:03.07	6:45.84	6:02.10	6:31.24	6:01.14	-29.25	-1.93
1000 Free	13:37.93	12:34.09	13:49.74	12:31.94	13:32.84	12:30.29	-5.09	-3.80
1650 Free	23:00.00	21:00.00	23:02.09	20:59.44	22:41.69	20:56.94	-18.31	-3.06
50 Back	37.83	34.28	must qualify for the 100		must qualify for the 100			
100 Back	1:21.79	1:13.47	1:19.64	1:12.63	1:18.14	1:11.79	-3.65	-1.68
200 Back	3:01.09	2:39.24	2:52.94	2:35.94	2:44.89	2:32.19	-16.20	-7.05
50 Breast	41.89	37.95	must qualify for the 100		must qualify for the 100			
100 Breast	1:30.79	1:21.57	1:28.79	1:20.83	1:26.89	1:20.09	-3.90	-1.48
200 Breast	3:22.69	2:59.24	3:14.94	2:56.04	3:07.24	2:52.84	-15.45	-6.40
50 Fly	36.34	32.60	must qualify for the 100		must qualify for the 100			
100 Fly	1:23.99	1:11.68	1:20.47	1:11.25	1:17.19	1:10.84	-6.80	-0.84
200 Fly	2:59.29	2:37.79	2:53.09	2:35.97	2:46.99	2:34.14	-12.30	-3.65
100 IM	1:20.00	1:12.00	must qualify for the 200		must qualify for the 200			
200 IM	2:55.69	2:35.95	2:51.74	2:35.44	2:47.84	2:34.94	-7.85	-1.01
400 IM	6:23.49	5:34.05	6:09.81	5:31.44	5:56.19	5:28.84	-27.30	-5.21

13 - 14 and 14 Year Old Girls	2005-2007		2007-2008		2008-2009		Amount of Change	
	Silver	Gold	Silver	Gold	Silver=BB	Gold=A or AA	Silver	Gold
Event								
50 Free	29.78	27.69	30.38	27.59	30.99	27.49	1.21	-0.20
100 Free	1:05.15	59.99	1:06.27	59.79	1:07.39	59.59	2.24	-0.40
200 Free	2:26.85	2:11.59	2:26.12	2:10.09	2:25.39	2:08.59	-1.46	-3.00
500 Free	6:49.99	5:52.99	6:36.19	5:52.99	6:22.39	5:52.99	-27.60	0.00
1000 Free	14:08.89	12:07.69	13:38.59	12:07.59	13:08.29	12:07.59	-60.60	-0.10
1650 Free	23:18.79	20:12.19	22:28.99	20:12.19	21:53.19	20:12.19	-85.60	0.00
50 Back	37.50	33.50	must qualify for the 100		must qualify for the 100			
100 Back	1:18.82	1:09.99	1:16.05	1:09.34	1:14.39	1:08.69	-4.43	-1.30
200 Back	2:55.49	2:29.99	2:47.54	2:28.64	2:39.59	2:27.29	-75.49	-2.70
50 Breast	41.50	37.00	must qualify for the 100		must qualify for the 100			
100 Breast	1:27.71	1:18.69	1:26.10	1:18.34	1:24.49	1:17.99	-3.22	-0.70
200 Breast	3:17.99	2:49.19	3:09.99	2:48.59	3:01.99	2:47.99	-16.00	-1.20
50 Fly	35.00	32.00	must qualify for the 100		must qualify for the 100			
100 Fly	1:19.60	1:08.39	1:16.70	1:08.24	1:13.79	1:08.09	-5.81	-0.30
200 Fly	2:53.39	2:28.59	2:47.19	2:28.59	2:40.99	2:28.59	-12.40	0.00
100 IM	1:17.00	1:09.00	must qualify for the 200		must qualify for the 200			
200 IM	2:43.87	2:29.89	2:43.89	2:30.59	2:43.89	2:31.29	0.02	1.40
400 IM	6:16.39	5:22.59	6:01.29	5:21.09	5:46.19	5:19.59	-30.20	-3.00

## NIAGARA SWIMMING TIME STANDARDS - GIRLS

15-16 Year Old Girls	2005-2007		2007-2008		2008-2009		Amount of Change	
	Event	Silver	Gold	Silver	Gold	Silver=BB	Gold=A or AA	Silver
50 Free	29.54	27.19	30.02	27.09	30.49	26.99	0.95	-0.20
100 Free	1:06.11	59.09	1:06.15	58.84	1:06.19	58.59	0.08	-0.50
200 Free	2:29.95	2:06.99	2:26.17	2:06.49	2:22.39	2:05.99	-7.56	-1.00
500 Free	6:48.29	5:49.99	6:32.84	5:49.19	6:17.39	5:48.39	-30.90	-1.60
1000 Free	14:08.89	11:55.89	13:27.19	11:55.89	12:55.49	11:55.89	-73.40	0.00
1650 Free	23:18.79	19:58.99	22:28.89	19:58.89	21:38.89	19:58.89	-99.90	-0.10
50 Back	37.50	32.60	must qualify for the 100		must qualify for the 100			
100 Back	1:17.57	1:08.59	1:15.43	1:08.14	1:13.29	1:07.69	-4.28	-0.90
200 Back	2:54.00	2:26.89	2:45.99	2:26.39	2:37.99	2:25.89	-16.01	-1.00
50 Breast	41.50	35.65	must qualify for the 100		must qualify for the 100			
100 Breast	1:25.30	1:17.69	1:23.99	1:17.04	1:22.69	1:16.39	-2.61	-1.30
200 Breast	3:10.07	2:46.99	3:04.25	2:45.84	2:58.39	2:44.69	-11.68	-2.30
50 Fly	35.00	30.50	must qualify for the 100		must qualify for the 100			
100 Fly	1:17.43	1:07.59	1:14.91	1:07.24	1:12.39	1:06.89	-5.04	-0.70
200 Fly	2:53.39	2:27.29	2:46.09	2:26.94	2:38.79	2:26.59	-14.60	-0.70
100 IM	1:13.00	1:07.50	must qualify for the 200		must qualify for the 200			
200 IM	2:44.34	2:25.59	2:42.52	2:26.99	2:40.69	2:28.39	-3.65	2.80
400 IM	6:16.39	5:16.99	5:58.34	5:15.54	5:40.29	5:14.09	-36.10	-2.90

17-18 Yr. Olds (and Older)	2005-2007		2007-2008		2008-2009		Amount of Change	
	Event	Silver	Gold	Silver	Gold	Silver=BB	Gold=A or AA	Silver
50 Free	29.54	27.19	30.02	27.09	30.49	26.99	0.95	-0.20
100 Free	1:06.11	59.09	1:05.95	58.64	1:05.79	58.19	-0.32	-0.90
200 Free	2:29.95	2:06.99	2:25.72	2:06.04	2:21.49	2:05.09	-8.46	-1.90
500 Free	6:48.29	5:49.99	6:31.64	5:48.09	6:14.99	5:46.19	-33.30	-3.80
1000 Free	14:08.89	11:55.89	13:30.99	11:54.74	12:53.09	11:53.59	-75.80	-2.30
1650 Free	23:18.79	19:58.99	22:22.99	19:53.59	21:27.19	19:48.19	-111.70	-10.80
50 Back	37.50	32.60	must qualify for the 100		must qualify for the 100			
100 Back	1:17.57	1:08.59	1:15.08	1:07.79	1:12.59	1:06.99	-4.98	-1.60
200 Back	2:54.00	2:26.89	2:44.95	2:25.39	2:35.89	2:23.89	-18.11	-3.00
50 Breast	41.50	35.65	must qualify for the 100		must qualify for the 100			
100 Breast	1:25.30	1:17.69	1:23.99	1:17.04	1:22.69	1:16.39	-2.61	-1.30
200 Breast	3:10.07	2:46.99	3:04.33	2:45.89	2:58.59	2:44.79	-11.48	-2.20
50 Fly	35.00	30.50	must qualify for the 100		must qualify for the 100			
100 Fly	1:17.43	1:07.59	1:14.46	1:06.79	1:11.49	1:05.99	-5.94	-1.60
200 Fly	2:53.39	2:27.29	2:44.79	2:25.74	2:36.19	2:24.19	-17.20	-3.10
100 IM	1:13.00	1:07.50	must qualify for the 200		must qualify for the 200			
200 IM	2:44.34	2:25.59	2:41.77	2:26.29	2:39.19	2:26.99	-5.15	1.40
400 IM	6:16.39	5:16.99	5:55.84	5:14.64	5:38.29	5:12.29	21.90	-4.70