

2009 – 2010 VHSL GROUP AAA SWIM AND DIVE STANDARDS

Girls

Event	2009 Yards Standard	2009 Meters Standard	2009 – 8 th place time (yards)	Formula Time - Yards	Formula Time - Meters	2010 Standard - Yards	2010 Standard - Meters
200 Med Rel	1:54.19	2:07.39	1:50.60	1:53.591	2:06.766	1:53.59	2:06.79
200 Free	1:57.39	2:09.99	1:55.24	1:57.031	2:09.736	1:57.09	2:09.79
200 IM	2:12.79	2:27.39	2:12.12	2:12.678	2:27.286	2:12.69	2:27.29
50 Free	0:24.49	0:27.29	0:24.82	0:24.545	0:27.418	0:24.59	0:27.49
100 Fly	0:59.59	1:06.19	0:58.38	0:59.388	1:05.982	0:59.39	1:05.99
100 Free	0:53.89	0:59.99	0:53.52	0:53.828	0:59.926	0:53.89	0:59.99
500 Yd/400 M	5:13.29	4:34.79	5:11.75	5:13.033	4:34.643	5:13.09	4:34.69
200 Free Rel	1:42.99	1:54.99	1:41.02	1:42.661	1:54.705	1:42.69	1:54.79
100 Back	1:00.49	1:07.29	0:59.70	1:00.358	1:07.093	1:00.39	1:07.09
100 Breast	1:08.69	1:16.29	1:07.48	1:08.488	1:16.161	1:08.49	1:16.19
400 Free Rel	3:44.29	4:08.89	3:42.06	3:43.918	4:09.525	3:43.99	4:09.59
Dive	328.49	---	332.95	329.233	---	329.29	---

Boys

Event	2009 Yards Standard	2009 Meters Standard	2009 – 8 th place time (yards)	Formula Time - Yards	Formula Time - Meters	2010 Standard - Yards	2010 Standard - Meters
200 Med Rel	1:42.09	1:53.79	1:39.47	1:41.653	1:53.384	1:41.69	1:53.39
200 Free	1:47.09	1:58.09	1:44.00	1:46.575	1:58.102	1:46.59	1:58.19
200 IM	2:00.49	2:13.89	1:57.37	1:59.970	2:13.308	1:59.99	2:13.39
50 Free	0:22.29	0:24.89	0:21.78	0:22.205	0:24.943	0:22.29	0:24.99
100 Fly	0:53.89	0:59.99	0:52.79	0:53.707	0:59.922	0:53.79	0:59.99
100 Free	0:48.99	0:54.39	0:47.54	0:48.748	0:54.206	0:48.79	0:54.29
500 Yd/400 M	4:52.59	4:16.89	4:43.02	4:50.995	4:15.489	4:50.99	4:15.49
200 Free Rel	1:31.19	1:41.79	1:28.31	1:30.710	1:41.321	1:30.79	1:41.39
100 Back	0:55.09	1:01.19	0:52.55	0:54.667	1:00.760	0:54.69	1:00.79
100 Breast	1:01.69	1:08.49	1:00.44	1:01.481	1:08.253	1:01.49	1:08.29
400 Free Rel	3:20.99	3:43.89	3:15.12	3:20.011	3:42.900	3:20.09	3:42.99
Dive	344.29	---	394.80	352.708	---	352.79	---