

**2019 GIRLS' VARSITY SWIMMING TIME STANDARDS – REVISED 12/20/2018**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:49.50	2:03.00	1:51.40	2:01.00	1:57.30	2:10.50	2:05.00	2:17.50
200 Freestyle	1:52.70	1:59.00	1:54.50	2:00.00	2:00.00	2:11.00	2:10.00	2:21.50
200 Individual Medley	2:07.00	2:16.50	2:09.50	2:17.50	2:17.00	2:31.50	2:24.00	2:48.00
50 Freestyle	24.40	25.30	24.70	25.75	25.30	27.00	26.50	28.10
100 Butterfly	57.00	1:00.50	58.00	1:01.50	1:01.80	1:08.50	1:04.00	1:14.00
100 Freestyle	53.00	55.20	53.65	56.00	55.00	59.00	57.50	1:04.00
500 Freestyle	5:03.50	5:22.00	5:09.00	5:23.00	5:27.00	6:03.00	5:45.00	6:25.00
200 Freestyle Relay	1:39.00	1:49.50	1:41.00	1:48.00	1:45.00	1:55.00	1:50.50	2:02.00
100 Backstroke	57.50	1:02.30	58.80	1:03.50	1:02.00	1:09.50	1:06.00	1:14.30
100 Breaststroke	1:05.50	1:11.00	1:07.50	1:12.00	1:10.00	1:18.50	1:15.00	1:22.50
400 Freestyle Relay	3:35.50	4:00.00	3:40.00	3:56.00	3:50.00	4:19.00	4:05.00	4:36.00

**2019 BOYS' VARSITY SWIMMING TIME STANDARDS**

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:37.00	1:47.50	1:39.50	1:45.50	1:43.00	1:56.00	1:48.50	1:59.20
200 Freestyle	1:41.80	1:46.50	1:44.50	1:49.00	1:48.00	1:56.00	1:52.50	2:02.00
200 Individual Medley	1:54.50	2:00.50	1:57.50	2:04.00	2:02.50	2:15.50	2:07.50	2:21.50
50 Freestyle	21.30	22.10	21.90	22.70	22.20	23.50	22.80	24.30
100 Butterfly	50.80	54.00	52.20	54.50	54.20	58.80	56.75	1:01.00
100 Freestyle	46.70	48.40	47.60	49.60	49.20	51.70	50.50	54.50
500 Freestyle	4:37.50	4:51.50	4:45.00	4:59.00	4:54.00	5:24.00	5:15.00	5:45.00
200 Freestyle Relay	1:26.50	1:35.30	1:29.50	1:34.50	1:32.50	1:40.00	1:36.00	1:44.20
100 Backstroke	51.00	55.50	53.50	57.50	56.00	1:02.00	1:00.00	1:06.00
100 Breaststroke	58.70	1:01.50	1:00.00	1:03.00	1:03.00	1:08.00	1:05.50	1:11.00
400 Freestyle Relay	3:10.00	3:30.00	3:16.50	3:28.50	3:22.00	3:46.00	3:35.00	4:04.00

Swimmers who wish to qualify for the 2019 CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the dates of February 16, 2019 to April 26, 2019. *For the 2019 CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining spaces to a maximum of 36 participants.* Those swimming in meter pools, please refer to the National Federation Rule Book for the conversion formula to convert time standards to meters