

**National AAA Time Standards
USA Central Zone Championships (August)
(Open Water Standard is Nat'l A in longest distance freestyle)**

GIRLS- 2005 ZONE CUTS (AAA)				EVENTS	BOYS - 2005 ZONE CUTS (AAA)				
15-18	13-14	11-12	10 & U	LCM	10 & U	11-12	13-14	15-18	
29.59	30.09	30.99	33.59	50 FR	33.49	30.19	28.09	26.89	
1:03.79	1:05.09	1:07.89	1:14.49	100 FR	1:13.69	1:05.59	1:01.09	58.79	
2:16.99	2:19.89	2:25.89	2:41.99	200 FR	2:38.09	2:22.69	2:12.89	2:07.39	
4:46.19	4:50.29	5:04.69	Not offered	400 FR	Not offered	5:01.79	4:40.19	4:28.89	
9:48.39	9:53.99	Not offered	Not offered	800 FR	Not offered	Not offered	9:38.69	9:14.29	
18:45.99	18:56.49	Not offered	Not offered	1500 FR	Not offered	Not offered	18:32.09	17:46.09	
Not offered	Not offered	35.89	39.59	50 BK	39.99	35.29	Not offered	Not offered	
1:11.79	1:13.49	1:18.19	1:26.29	100 BK	1:25.39	1:15.79	1:08.79	1:05.69	
2:33.39	2:37.19	Not offered	Not offered	200 BK	Not offered	Not offered	2:28.19	2:21.49	
Not offered	Not offered	38.59	43.89	50 BR	44.09	38.99	Not offered	Not offered	
1:20.39	1:21.69	1:25.59	1:36.89	100 BR	1:36.79	1:25.19	1:16.59	1:13.89	
2:52.89	2:55.99	Not offered	Not offered	200 BR	Not offered	Not offered	2:47.19	2:39.69	
Not offered	Not offered	33.59	37.79	50 FLY	36.99	33.09	Not offered	Not offered	
1:09.49	1:10.79	1:14.99	1:26.99	100 FLY	1:25.99	1:13.99	1:05.99	1:03.29	
2:30.99	2:35.39	Not offered	Not offered	200 FLY	Not offered	Not offered	2:26.59	2:19.49	
2:34.19	2:37.99	2:45.19	3:02.89	200 IM	3:01.69	2:42.39	2:29.19	2:23.99	
5:26.79	5:32.09	Not offered	Not offered	400 IM	Not offered	Not offered	5:17.39	5:02.49	