

EAST FORSYTH HIGH SCHOOL

REGIONAL STANDARDS 2021 NCHSAA 4A TIMES Yards

Women

	AREG	CREG	T12
50 Free	25.49	29.49	25.51
100 Free	55.99	1:04.99	55.13
200 Free	2:02.99	2:20.99	2:01.98
500 Free	5:30.99	6:30.99	5:34.44
100 Back	1:01.99	1:17.99	1:01.27
100 Breast	1:11.99	1:24.99	1:12.24
100 Fly	1:01.99	1:19.99	1:01.44
200 IM	2:17.99	2:50.99	2:15.00
200 Free Relay	1:49.99	2:59.99	1:48.07
400 Free Relay	4:01.99	6:15.99	4:04.03
200 Medley Relay	2:01.99	3:30.99	2:00.23

Men

	AREG	CREG	T12
50 Free	22.99	25.49	23.00
100 Free	50.49	58.99	51.07
200 Free	1:49.99	2:13.99	1:54.87
500 Free	5:00.99	6:30.99	5:07.87
100 Back	55.99	1:11.99	57.25
100 Breast	1:03.99	1:20.99	1:04.82
100 Fly	55.99	1:05.99	55.18
200 IM	2:03.99	2:45.99	2:07.04
200 Free Relay	1:36.99	2:35.99	1:36.64
400 Free Relay	3:38.99	5:30.99	3:40.49
200 Medley Relay	1:47.99	2:59.99	2:00.23