

**13 and Over Female Zone Selection Point Chart (Disability)
Based On 2008 US Open Time Standards - Short Course**

POINTS	50 FR	100 FR	200 FR	500 FR	1000 FR		100 BK	200 BK	100 BR	200 BR	100 FLY	200 FLY	200 IM	400 IM	POINTS
120	:22.99	:50.19	1:48.29	4:47.79	9:58.89		:55.79	2:00.09	1:03.19	2:16.69	:54.99	2:00.69	2:01.79	4:19.79	120
119	:23.10	:50.44	1:48.83	4:49.23	10:01.88		:56.07	2:00.69	1:03.51	2:17.37	:55.26	2:01.29	2:02.40	4:21.09	119
118	:23.22	:50.69	1:49.37	4:50.67	10:04.88		:56.35	2:01.29	1:03.82	2:18.06	:55.54	2:01.90	2:03.01	4:22.39	118
117	:23.33	:50.94	1:49.91	4:52.11	10:07.87		:56.63	2:01.89	1:04.14	2:18.74	:55.81	2:02.50	2:03.62	4:23.69	117
116	:23.45	:51.19	1:50.46	4:53.55	10:10.87		:56.91	2:02.49	1:04.45	2:19.42	:56.09	2:03.10	2:04.23	4:24.99	116
115	:23.56	:51.44	1:51.00	4:54.98	10:13.86		:57.18	2:03.09	1:04.77	2:20.11	:56.36	2:03.71	2:04.83	4:26.28	115
114	:23.68	:51.70	1:51.54	4:56.42	10:16.86		:57.46	2:03.69	1:05.09	2:20.79	:56.64	2:04.31	2:05.44	4:27.58	114
113	:23.79	:51.95	1:52.08	4:57.86	10:19.85		:57.74	2:04.29	1:05.40	2:21.47	:56.91	2:04.91	2:06.05	4:28.88	113
112	:23.91	:52.20	1:52.62	4:59.30	10:22.85		:58.02	2:04.89	1:05.72	2:22.16	:57.19	2:05.52	2:06.66	4:30.18	112
111	:24.02	:52.45	1:53.16	5:00.74	10:25.84		:58.30	2:05.49	1:06.03	2:22.84	:57.46	2:06.12	2:07.27	4:31.48	111
110	:24.14	:52.70	1:53.70	5:02.18	10:28.83		:58.58	2:06.09	1:06.35	2:23.52	:57.74	2:06.72	2:07.88	4:32.78	110
109	:24.25	:52.95	1:54.25	5:03.62	10:31.83		:58.86	2:06.69	1:06.67	2:24.21	:58.01	2:07.33	2:08.49	4:34.08	109
108	:24.37	:53.20	1:54.79	5:05.06	10:34.82		:59.14	2:07.30	1:06.98	2:24.89	:58.29	2:07.93	2:09.10	4:35.38	108
107	:24.48	:53.45	1:55.33	5:06.50	10:37.82		:59.42	2:07.90	1:07.30	2:25.57	:58.56	2:08.53	2:09.71	4:36.68	107
106	:24.60	:53.70	1:55.87	5:07.94	10:40.81		:59.70	2:08.50	1:07.61	2:26.26	:58.84	2:09.14	2:10.32	4:37.98	106
105	:24.71	:53.95	1:56.41	5:09.37	10:43.81		:59.97	2:09.10	1:07.93	2:26.94	:59.11	2:09.74	2:10.92	4:39.27	105
104	:24.83	:54.21	1:56.95	5:10.81	10:46.80		1:00.25	2:09.70	1:08.25	2:27.63	:59.39	2:10.35	2:11.53	4:40.57	104
103	:24.94	:54.46	1:57.49	5:12.25	10:49.80		1:00.53	2:10.30	1:08.56	2:28.31	:59.66	2:10.95	2:12.14	4:41.87	103
102	:25.06	:54.71	1:58.04	5:13.69	10:52.79		1:00.81	2:10.90	1:08.88	2:28.99	:59.94	2:11.55	2:12.75	4:43.17	102
101	:25.17	:54.96	1:58.58	5:15.13	10:55.78		1:01.09	2:11.50	1:09.19	2:29.68	1:00.21	2:12.16	2:13.36	4:44.47	101
100	:25.29	:55.21	1:59.12	5:16.57	10:58.78		1:01.37	2:12.10	1:09.51	2:30.36	1:00.49	2:12.76	2:13.97	4:45.77	100
99	:25.40	:55.46	1:59.66	5:18.01	11:01.77		1:01.65	2:12.70	1:09.82	2:31.04	1:00.76	2:13.36	2:14.58	4:47.07	99
98	:25.52	:55.71	2:00.20	5:19.45	11:04.77		1:01.93	2:13.30	1:10.14	2:31.73	1:01.04	2:13.97	2:15.19	4:48.37	98
97	:25.63	:55.96	2:00.74	5:20.89	11:07.76		1:02.21	2:13.90	1:10.46	2:32.41	1:01.31	2:14.57	2:15.80	4:49.67	97
96	:25.75	:56.21	2:01.28	5:22.32	11:10.76		1:02.48	2:14.50	1:10.77	2:33.09	1:01.59	2:15.17	2:16.40	4:50.96	96
95	:25.86	:56.46	2:01.83	5:23.76	11:13.75		1:02.76	2:15.10	1:11.09	2:33.78	1:01.86	2:15.78	2:17.01	4:52.26	95
94	:25.98	:56.71	2:02.37	5:25.20	11:16.75		1:03.04	2:15.70	1:11.40	2:34.46	1:02.14	2:16.38	2:17.62	4:53.56	94
93	:26.09	:56.97	2:02.91	5:26.64	11:19.74		1:03.32	2:16.30	1:11.72	2:35.14	1:02.41	2:16.98	2:18.23	4:54.86	93
92	:26.21	:57.22	2:03.45	5:28.08	11:22.73		1:03.60	2:16.90	1:12.04	2:35.83	1:02.69	2:17.59	2:18.84	4:56.16	92
91	:26.32	:57.47	2:03.99	5:29.52	11:25.73		1:03.88	2:17.50	1:12.35	2:36.51	1:02.96	2:18.19	2:19.45	4:57.46	91
90	:26.44	:57.72	2:04.53	5:30.96	11:28.72		1:04.16	2:18.10	1:12.67	2:37.19	1:03.24	2:18.79	2:20.06	4:58.76	90
89	:26.55	:57.97	2:05.07	5:32.40	11:31.72		1:04.44	2:18.70	1:12.98	2:37.88	1:03.51	2:19.40	2:20.67	5:00.06	89
88	:26.67	:58.22	2:05.62	5:33.84	11:34.71		1:04.72	2:19.30	1:13.30	2:38.56	1:03.79	2:20.00	2:21.28	5:01.36	88
87	:26.78	:58.47	2:06.16	5:35.28	11:37.71		1:05.00	2:19.90	1:13.62	2:39.24	1:04.06	2:20.60	2:21.89	5:02.66	87
86	:26.90	:58.72	2:06.70	5:36.71	11:40.70		1:05.27	2:20.51	1:13.93	2:39.93	1:04.34	2:21.21	2:22.49	5:03.95	86
85	:27.01	:58.97	2:07.24	5:38.15	11:43.70		1:05.55	2:21.11	1:14.25	2:40.61	1:04.61	2:21.81	2:23.10	5:05.25	85
84	:27.13	:59.22	2:07.78	5:39.59	11:46.69		1:05.83	2:21.71	1:14.56	2:41.29	1:04.89	2:22.41	2:23.71	5:06.55	84
83	:27.24	:59.48	2:08.32	5:41.03	11:49.68		1:06.11	2:22.31	1:14.88	2:41.98	1:05.16	2:23.02	2:24.32	5:07.85	83
82	:27.36	:59.73	2:08.87	5:42.47	11:52.68		1:06.39	2:22.91	1:15.20	2:42.66	1:05.44	2:23.62	2:24.93	5:09.15	82
81	:27.47	:59.98	2:09.41	5:43.91	11:55.67		1:06.67	2:23.51	1:15.51	2:43.34	1:05.71	2:24.22	2:25.54	5:10.45	81
80	:27.59	1:00.23	2:09.95	5:45.35	11:58.67		1:06.95	2:24.11	1:15.83	2:44.03	1:05.99	2:24.83	2:26.15	5:11.75	80
79	:27.70	1:00.48	2:10.49	5:46.79	12:01.66		1:07.23	2:24.71	1:16.14	2:44.71	1:06.26	2:25.43	2:26.76	5:13.05	79
78	:27.82	1:00.73	2:11.03	5:48.23	12:04.66		1:07.51	2:25.31	1:16.46	2:45.39	1:06.54	2:26.03	2:27.37	5:14.35	78
77	:27.93	1:00.98	2:11.57	5:49.66	12:07.65		1:07.78	2:25.91	1:16.78	2:46.08	1:06.81	2:26.64	2:27.97	5:15.64	77
76	:28.05	1:01.23	2:12.11	5:51.10	12:10.65		1:08.06	2:26.51	1:17.09	2:46.76	1:07.09	2:27.24	2:28.58	5:16.94	76
75	:28.16	1:01.48	2:12.66	5:52.54	12:13.64		1:08.34	2:27.11	1:17.41	2:47.45	1:07.36	2:27.85	2:29.19	5:18.24	75
74	:28.28	1:01.73	2:13.20	5:53.98	12:16.63		1:08.62	2:27.71	1:17.72	2:48.13	1:07.64	2:28.45	2:29.80	5:19.54	74
73	:28.39	1:01.98	2:13.74	5:55.42	12:19.63		1:08.90	2:28.31	1:18.04	2:48.81	1:07.91	2:29.05	2:30.41	5:20.84	73
72	:28.51	1:02.24	2:14.28	5:56.86	12:22.62		1:09.18	2:28.91	1:18.36	2:49.50	1:08.19	2:29.66	2:31.02	5:22.14	72
71	:28.62	1:02.49	2:14.82	5:58.30	12:25.62		1:09.46	2:29.51	1:18.67	2:50.18	1:08.46	2:30.26	2:31.63	5:23.44	71
70	:28.74	1:02.74	2:15.36	5:59.74	12:28.61		1:09.74	2:30.11	1:18.99	2:50.86	1:08.74	2:30.86	2:32.24	5:24.74	70
69	:28.85	1:02.99	2:15.90	6:01.18	12:31.61		1:10.02	2:30.71	1:19.30	2:51.55	1:09.01	2:31.47	2:32.85	5:26.04	69
68	:28.97	1:03.24	2:16.45	6:02.62	12:34.60		1:10.30	2:31.31	1:19.62	2:52.23	1:09.29	2:32.07	2:33.46	5:27.34	68
67	:29.08	1:03.49	2:16.99	6:04.05	12:37.60		1:10.57	2:31.91	1:19.94	2:52.91	1:09.56	2:32.67	2:34.06	5:28.63	67
66	:29.20	1:03.74	2:17.53	6:05.49	12:40.59		1:10.85	2:32.51	1:20.25	2:53.60	1:09.84	2:33.28	2:34.67	5:29.93	66
65	:29.31	1:03.99	2:18.07	6:06.93	12:43.58		1:11.13	2:33.11	1:20.57	2:54.28	1:10.11	2:33.88	2:35.28	5:31.23	65
64	:29.43	1:04.24	2:18.61	6:08.37	12:46.58		1:11.41	2:33.72	1:20.88	2:54.96	1:10.39	2:34.48	2:35.89	5:32.53	64
63	:29.54	1:04.49	2:19.15	6:09.81	12:49.57		1:11.69	2:34.32	1:21.20	2:55.65	1:10.66	2:35.09	2:36.50	5:33.83	63
62	:29.66	1:04.75	2:19.69	6:11.25	12:52.57		1:11.97	2:34.92	1:21.52	2:56.33	1:10.94	2:35.69	2:37.11	5:35.13	62
61	:29.77	1:05.00	2:20.24	6:12.69	12:55.56		1:12.25	2:35.52	1:21.83	2:57.01	1:11.21	2:36.29	2:37.72	5:36.43	61
60	:29.89	1:05.25	2:20.78	6:14.13	12:58.56		1:12.53	2:36.12	1:22.15	2:57.70	1:11.49	2:36.90	2:38.33	5:37.73	60
59	:30.00	1:05.50	2:21.32	6:15.57	13:01.55		1:12.81	2:36.72	1:22.46	2:58.38	1:11.76	2:37.50	2:38.94	5:39.03	59
58	:30.12	1:05.75	2:21.86	6:17.00	13:04.55		1:13.08	2:37.32	1:22.78	2:59.06	1:12.04	2:38.10	2:39.54	5:40.32	58