

SENIOR
2009-2010 SHORT COURSE TIME STANDARDS

<u>WOMEN</u>					<u>EVENT</u>	<u>MEN</u>				
<u>YNats</u>	<u>SR Nat'L#</u>	<u>JR Nat'l#</u>	<u>Sctnal*</u>	<u>CT SR's</u>		<u>CT SR's</u>	<u>Sctnal*</u>	<u>JR Nat'l#</u>	<u>SR Nat'l#</u>	<u>YNats</u>
25.19	22.99	23.39	24.99	25.99	50 Free	24.49	22.49	20.89	20.29	22.49
54.59	50.19	51.09	53.99	56.49	100 Free	52.99	48.79	45.89	44.49	49.19
1:57.29	1:48.29	1:50.09	1:55.99	2:01.99	200 Free	1:56.99	1:46.49	1:40.69	1:38.09	1:46.69
5:11.79	4:47.79	4:52.99	5:06.99	5:26.49	500 Free	5:17.49	4:48.39	4:33.69	4:25.29	4:50.29
10:35.59	9:58.89	10:05.99	10:39.19	11:09.49	1000 Free	10:49.97	10:01.99	9:26.09	9:16.89	9:59.29
17:41.79	16:30.59	16:48.49	17:54.39	18:39.99	1650 Free	18:23.99	16:43.99	15:51.49	15:30.69	16:35.19
1:01.19	55.79	56.19	1:00.29	1:04.49	100 Back	1:03.49	55.09	51.39	49.59	55.89
2:11.89	2:00.09	2:01.19	2:10.39	2:19.49	200 Back	2:14.99	1:59.39	1:51.39	1:47.89	2:00.29
1:09.59	1:03.19	1:04.29	1:08.29	1:12.99	100 Breast	1:10.99	1:02.19	57.89	55.89	1:02.79
2:30.19	2:16.69	2:17.99	2:28.39	2:37.49	200 Breast	2:33.49	2:15.39	2:06.29	2:01.69	2:17.29
1:00.29	54.99	55.59	59.19	1:02.49	100 Fly	59.99	53.89	50.29	48.59	54.19
2:13.99	2:00.69	2:02.49	2:11.49	2:23.49	200 Fly	2:16.99	2:00.89	1:51.99	1:48.59	2:01.99
2:12.99	2:01.79	2:03.49	2:10.89	2:18.49	200 I.M.	2:14.99	1:59.79	1:52.79	1:49.69	1:59.69
4:42.59	4:19.79	4:20.79	4:36.79	4:55.49	400 I.M.	4:52.99	4:15.09	3:59.89	3:58.29	4:21.29

*2009 Time standard

#SC Standard for LC Meet