

2009-2010 FEMALE SENIOR STANDARDS								
West	East 15&U	East 16&O	Sr. Nat.	EVENT	Sr. Nat.	East 16&O	East 15&U	West
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
29.05	29.05	28.54	27.41	50 fr	26.60	27.98	28.48	28.48
1:02.49	1:02.49	1:01.60	58.76	100 fr	57.50	1:00.39	1:01.27	1:01.27
2:15.50	2:15.50	2:12.46	2:06.92	200 fr	2:03.62	2:09.87	2:12.84	2:12.84
4:46.27	4:46.27	4:40.82	4:29.72	400 fr	4:24.15	4:35.32	4:40.66	4:40.66
9:50.97	9:50.97	9:33.84	9:19.10	800 fr	9:03.50	9:22.59	9:39.38	9:39.38
19:03.23	19:03.23	18:51.87	17:51.51	1500 fr	17:38.22	18:29.68	18:40.82	18:40.82
32.74	32.74	32.41	31.26	50 bk	30.27	31.77	32.09	32.09
1:11.10	1:11.10	1:09.95	1:07.00	100 bk	1:04.35	1:08.58	1:09.71	1:09.71
2:31.74	2:31.74	2:30.57	2:24.12	200 bk	2:17.99	2:27.61	2:28.77	2:28.77
36.98	36.98	36.63	34.75	50 brst	34.05	35.92	36.26	36.26
1:19.99	1:19.99	1:19.24	1:15.00	100 brst	1:13.02	1:17.69	1:18.43	1:18.43
2:52.81	2:52.81	2:51.19	2:42.71	200 brst	2:36.63	2:47.83	2:49.43	2:49.43
31.53	31.53	31.24	29.38	50 fly	28.87	30.63	30.92	30.92
1:08.99	1:08.99	1:08.31	1:04.55	100 fly	1:03.51	1:06.97	1:07.64	1:07.64
2:31.84	2:31.84	2:30.70	2:23.31	200 fly	2:20.01	2:27.75	2:28.87	2:28.87
2:32.55	2:32.55	2:30.40	2:25.54	200 IM	2:20.61	2:27.45	2:29.56	2:29.56
5:25.69	5:25.69	5:19.94	5:07.61	400 IM	4:57.68	5:13.66	5:19.31	5:19.31

2009-2010 MALE SENIOR STANDARDS								
West	East 16&U	East 17&O	Sr. Nat.	EVENT	Sr. Nat.	East 17&O	East 16&U	West
LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM
25.79	25.79	25.32	24.37	50 fr	23.71	24.82	25.28	25.28
56.03	56.03	55.03	53.04	100 fr	51.30	53.95	54.94	54.94
2:02.44	2:02.44	2:01.15	1:56.40	200 fr	1:53.69	1:58.77	2:00.04	2:00.04
4:19.77	4:19.77	4:19.44	4:08.20	400 fr	4:01.10	4:14.35	4:15.07	4:15.07
9:16.73	9:16.73	9:06.33	8:41.04	800 fr	8:30.62	8:55.62	9:05.82	9:05.82
17:21.87	17:21.87	17:02.65	16:37.90	1500 fr	16:07.82	16:42.60	17:01.45	17:01.45
29.38	29.38	28.86	28.01	50 bk	26.92	28.27	28.80	28.80
1:03.50	1:03.50	1:03.09	1:00.10	100 bk	58.02	1:01.85	1:02.25	1:02.25
2:16.68	2:16.68	2:16.14	2:09.70	200 bk	2:05.30	2:13.47	2:14.00	2:14.00
32.35	32.35	31.74	0:30.55	50 brst	29.64	31.12	31.72	31.72
1:11.47	1:11.47	1:10.14	1:06.82	100 brst	1:05.20	1:08.76	1:10.07	1:10.07
2:35.27	2:35.27	2:34.04	2:26.76	200 brst	2:21.35	2:31.02	2:32.23	2:32.23
27.77	27.77	27.60	26.07	50 fly	25.83	27.06	27.23	27.23
1:01.15	1:01.15	1:00.35	57.50	100 fly	56.91	59.17	59.95	59.95
2:18.18	2:18.18	2:15.62	2:09.20	200 fly	2:06.40	2:12.96	2:15.47	2:15.47
2:17.03	2:17.03	2:16.68	2:10.62	200 IM	2:07.40	2:14.00	2:14.34	2:14.34
4:56.71	4:56.71	4:52.93	4:39.10	400 IM	4:30.20	4:47.19	4:50.90	4:50.90

\* The **Qualifying Period** for all SNC meets in 2009-2010 shall be from September 1, 2008 to the published entry deadline for the competition.

\* The **Entry Age** for all SNC meets shall be the swimmer's age as of the first day of the meet.

Time standards are generated for all events. This does not presume that all events will be offered at all competitions. Where an event is not offered at a competition the entry standard for that event cannot be used to access other events

2009-2010 FEMALE AGE GROUP NATIONAL STANDARDS										
12& u	13	14	15	16-18	EVENT	16-18	15	14	13	12& u
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
		28.50	28.30	28.00	50 fr	27.30	27.70	28.00		
	1:03.70	1:02.50	1:01.80	1:00.80	100 fr	59.30	1:00.30	1:01.00	1:02.10	
2:21.10	2:15.80	2:13.40	2:12.40	2:11.40	200 fr	2:08.20	2:09.80	2:10.10	2:12.40	2:17.60
4:59.00	4:49.10	4:42.40	4:38.40	4:37.70	400 fr	4:30.80	4:33.00	4:36.90	4:43.40	4:53.10
10:20.50	9:59.10	9:44.30	9:39.70	9:34.10	800 fr	9:19.80	9:25.30	9:32.90	9:47.40	10:08.30
20:18.00	19:36.00	19:07.00	18:57.50	18:48.00	1500 fr	18:17.30	18:29.10	18:44.00	19:12.50	19:53.60
		33.80	33.30	33.00	50 bk	32.20	32.50	33.00		
	1:13.10	1:11.50	1:10.10	1:09.20	100 bk	1:07.50	1:08.40	1:09.80	1:10.30	
2:39.50	2:36.20	2:32.30	2:31.20	2:30.00	200 bk	2:26.30	2:27.50	2:28.50	2:32.30	2:35.60
		37.10	36.90	36.30	50 brst	35.40	36.20	36.40		
	1:21.90	1:21.20	1:20.00	1:19.10	100 brst	1:17.20	1:18.00	1:19.20	1:19.90	
3:00.50	2:55.70	2:54.00	2:51.80	2:49.80	200 brst	2:45.60	2:47.60	2:49.70	2:52.20	2:57.00
		31.50	31.40	30.40	50 fly	29.70	30.70	30.80		
	1:10.10	1:07.80	1:06.70	1:06.00	100 fly	1:04.40	1:05.10	1:06.40	1:08.70	
2:45.50	2:36.70	2:31.90	2:28.90	2:27.80	200 fly	2:24.20	2:26.00	2:28.90	2:33.70	2:42.30
2:40.20	2:36.00	2:33.50	2:31.70	2:31.20	200 IM	2:27.40	2:28.60	2:29.70	2:33.00	2:37.10
5:40.50	5:31.50	5:25.80	5:23.50	5:21.30	400 IM	5:13.30	5:15.50	5:17.70	5:25.00	5:33.80

2009-2010 MALE AGE GROUP NATIONAL STANDARDS										
13& u	14	15	16	17-18	EVENT	17-18	16	15	14	13
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
		26.70	26.20	25.60	50 fr	25.00	25.60	26.10		
	59.20	57.80	56.80	55.80	100 fr	54.40	55.30	56.30	57.70	
2:15.60	2:10.40	2:06.60	2:04.10	2:02.40	200 fr	1:59.40	2:01.00	2:03.40	2:07.20	2:12.30
4:47.10	4:36.40	4:30.50	4:25.70	4:22.90	400 fr	4:16.30	4:19.10	4:23.80	4:29.50	4:40.00
10:03.70	9:35.90	9:22.00	9:17.00	9:12.00	800 fr	8:58.20	9:03.10	9:11.00	9:21.50	9:48.70
19:09.00	18:50.50	18:23.20	18:03.60	17:37.30	1500 fr	17:10.90	17:36.50	17:55.70	18:22.30	18:40.30
		31.20	30.50	30.10	50 bk	29.40	29.70	30.50		
	1:08.30	1:06.50	1:04.90	1:04.00	100 bk	1:02.40	1:03.30	1:04.90	1:06.60	
2:34.00	2:26.00	2:21.40	2:19.90	2:18.40	200 bk	2:15.00	2:16.20	2:18.60	2:22.40	2:30.20
		34.40	34.10	33.80	50 brst	33.00	33.30	33.60		
	1:18.10	1:15.60	1:14.30	1:12.60	100 brst	1:10.80	1:12.50	1:13.80	1:16.20	
2:57.50	2:48.30	2:44.70	2:40.80	2:38.60	200 brst	2:34.70	2:36.80	2:40.60	2:44.10	2:53.10
		28.90	28.40	27.90	50 fly	27.20	27.70	28.20		
	1:05.20	1:03.50	1:02.30	1:01.40	100 fly	59.90	1:00.80	1:02.30	1:03.60	
2:40.00	2:29.70	2:24.90	2:23.20	2:21.50	200 fly	2:18.00	2:18.90	2:22.10	2:26.00	2:36.00
2:34.00	2:28.30	2:25.10	2:21.60	2:19.00	200 IM	2:15.60	2:18.10	2:21.50	2:24.60	2:30.20
5:31.40	5:14.60	5:07.90	5:02.60	4:58.20	400 IM	4:50.80	4:55.10	5:00.30	5:06.80	5:23.20

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