

2010 SHORT COURSE SENIOR CHAMPS TIME STANDARDS

<i>S.C. Yards</i>	<i>S.C. Meters</i>	<i>L.C. Meters</i>		<i>L.C. Meters</i>	<i>S.C. Meters</i>	<i>S.C. Yards</i>
27.89	30.99	31.79	50 Free	28.59	27.79	25.09
1:00.89	1:08.09	1:09.69	100 Free	1:02.29	1:00.69	54.79
2:14.09	2:28.69	2:31.89	200 Free	2:15.79	2:12.59	1:59.29
5:59.99	5:12.89	5:19.29	500/400 Free	4:57.09	4:50.79	5:37.29
12:38.99	11:02.29	11:15.09	1000/800 Free	10:32.99	10:20.19	11:51.19
20:43.89	20:51.69	21:05.89	1650/1500 Free	20:05.59	19:51.09	19:47.59
1:09.59	1:17.49	1:18.69	100 Back	1:12.69	1:11.49	1:04.19
2:30.29	2:47.89	2:50.29	200 Back	2:39.09	2:36.69	2:20.89
1:19.19	1:27.99	1:29.89	100 Breast	1:22.09	1:20.09	1:12.09
2:49.89	3:09.19	3:13.19	200 Breast	3:04.59	2:59.59	2:42.69
1:09.89	1:17.79	1:19.29	100 Fly	1:11.39	1:09.99	1:02.99
2:36.69	2:53.89	2:56.69	200 Fly	2:45.19	2:41.39	2:25.29
2:29.89	2:46.59	2:57.69	200 I.M.	2:37.09	2:33.89	2:18.29
5:25.29	6:03.09	6:09.49	400 I.M.	5:40.39	5:33.99	4:59.09
1:55.59	2:08.39	2:12.19	200 Free Relay	1:57.99	1:54.09	1:42.59
4:45.89	5:17.79	5:24.19	400 Med Relay	4:53.29	4:46.89	4:17.99
4:10.19	4:38.19	4:45.99	400 Free Relay	4:17.79	4:08.89	3:43.79

2010 LONG COURSE SENIOR CHAMPS TIME STANDARDS

<i>S.C. Yards</i>	<i>S.C. Meters</i>	<i>L.C. Meters</i>		<i>L.C. Meters</i>	<i>S.C. Meters</i>	<i>S.C. Yards</i>
27.29	30.39	31.19	50 Free	27.59	26.79	24.09
59.39	1:06.59	1:08.19	100 Free	1:00.29	58.69	52.79
2:09.09	2:23.69	2:26.89	200 Free	2:13.79	2:10.59	1:57.29
5:48.99	5:01.89	5:08.29	500/400 Free	4:45.09	4:38.79	5:22.49
12:21.39	10:45.29	10:58.09	1000/800 Free	10:15.99	10:03.19	11:34.19
20:03.89	20:11.69	20:25.89	1650/1500 Free	19:35.59	19:11.09	19:07.59
1:08.19	1:16.09	1:17.29	100 Back	1:10.69	1:09.49	1:02.19
2:27.29	2:44.89	2:47.29	200 Back	2:33.09	2:30.69	2:14.89
1:17.19	1:25.99	1:27.89	100 Breast	1:19.09	1:17.09	1:09.09
2:46.89	3:06.19	3:10.19	200 Breast	2:59.59	2:55.59	2:37.69
1:07.89	1:15.79	1:17.29	100 Fly	1:08.39	1:6.99	59.99
2:34.69	2:51.89	2:54.69	200 Fly	2:41.19	2:37.39	2:21.29
2:26.89	2:43.59	2:46.79	200 I.M.	2:32.09	2:28.89	2:13.29
5:18.29	5:56.09	6:02.49	400 I.M.	5:32.39	5:25.99	4:51.09
1:55.59	2:08.39	2:12.19	200 Free Relay	1:57.99	1:54.09	1:42.59
4:45.89	5:17.79	5:24.19	400 Med Relay	4:53.29	4:46.89	4:17.99
4:10.19	4:38.19	4:45.99	400 Free Relay	4:17.79	4:08.89	3:43.79