

# Time Standards



2010 Speedo Long Course Junior Nationals Time Standards						
Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.99	26.29	23.39	50 Freestyle	20.89	23.49	24.29
58.59	56.99	51.09	100 Freestyle	45.89	51.89	53.09
2:06.19	2:02.99	1:50.09	200 Freestyle	1:40.69	1:53.39	1:55.89
4:24.69	4:18.29	4:52.99	400 Freestyle	4:33.69	4:00.79	4:07.09
9:03.49	8:50.69	10:05.99	800 Freestyle	9:26.09	8:19.49	8:35.59
17:20.49	16:58.49	16:48.49	1500 Freestyle	15:51.49	15:51.49	16:15.49
1:05.69	1:04.49	56.19	100 Backstroke	51.39	55.99	1:00.09
2:20.99	2:18.59	2:01.19	200 Backstroke	1:51.39	2:01.99	2:09.59
1:14.29	1:12.29	1:04.29	100 Breaststroke	57.89	1:05.09	1:07.79
2:39.99	2:34.99	2:17.99	200 Breaststroke	2:06.29	2:18.09	2:27.59
1:03.59	1:02.19	55.59	100 Butterfly	50.29	55.99	57.39
2:19.69	2:16.89	2:02.49	200 Butterfly	1:51.99	2:05.59	2:08.39
2:23.09	2:19.89	2:03.49	200 IM	1:52.79	2:08.19	2:11.39
5:02.09	4:55.69	4:20.79	400 IM	3:59.89	4:32.59	4:38.99
3:59.99			400 Free Relay			3:38.29
8:36.99			800 Free Relay			7:54.99
4:26.19			400 Medley Relay			4:01.99

Qualifying Period July 1, 2009 to entry deadline

2010 Speedo Long Course Junior Nationals <b>Bonus</b> Time Standards						
Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
27.59	26.79	24.09	50 Freestyle	21.59	23.99	24.79
59.29	59.49	52.19	100 Freestyle	46.89	52.39	53.99
2:07.59	2:09.39	1:52.09	200 Freestyle	1:42.49	1:54.89	1:58.09
4:26.59	4:30.89	4:57.09	400 Freestyle	4:36.59	4:03.39	4:09.79
9:09.89	9:06.59	10:14.39	800 Freestyle	9:36.29	8:27.39	8:40.19
17:38.69	17:44.69	17:00.99	1500 Freestyle	16:03.49	16:13.59	16:37.59
1:06.89	1:05.69	57.79	100 Backstroke	52.19	57.89	1:00.99
2:23.59	2:21.19	2:04.19	200 Backstroke	1:53.09	2:05.79	2:12.29
1:15.29	1:13.29	1:05.29	100 Breaststroke	58.69	1:06.79	1:08.79
2:42.19	2:38.19	2:21.39	200 Breaststroke	2:07.99	2:25.39	2:29.39
1:04.79	1:03.39	57.29	100 Butterfly	51.19	57.19	58.59
2:21.99	2:19.19	2:05.69	200 Butterfly	1:53.99	2:07.79	2:10.59
2:24.49	2:24.29	2:06.89	200 IM	1:54.59	2:09.99	2:13.19
5:05.29	4:59.89	4:28.49	400 IM	4:04.09	4:36.79	4:43.19

Qualifying Period July 1, 2009 to entry deadline