



2009 North Carolina Swimming SCY Senior Championship Time Standards

Host- New Wave

Location- Triangle Aquatic Center

Date- January 29-February 1, 2009

		Women	Men
sc	50 Fr	26.39	24.29
lc		29.99	27.99
sc	100 Fr	56.99	52.29
lc		1:04.79	1:00.19
sc	200 Fr	2:03.29	1:54.29
lc		2:19.39	2:10.69
sc	4-500 Fr	5:26.99	5:07.59
lc		4:51.99	4:32.39
sc	8-1000 Fr	11:37.29	11:14.49
lc		---	---
sc	15-1650 Fr	19:21.69	18:50.29
lc		20:15.69	19:32.19
sc	100 Bk	1:05.09	1:01.09
lc		1:13.59	1:10.29
sc	200 Bk	2:21.39	2:13.69
lc		2:39.79	2:33.69
sc	100 BR	1:14.79	1:09.29
lc		1:25.99	1:20.19
sc	200 BR	2:40.99	2:29.79
lc		3:02.99	2:52.99
sc	100 FI	1:05.39	1:01.39
lc		1:13.49	1:09.39
sc	200 FI	2:22.39	2:16.39
lc		2:39.99	2:36.79
sc	200 IM	2:18.89	2:09.49
lc		2:37.89	2:29.69
sc	400 IM	4:55.89	4:46.39
lc		5:34.39	5:29.19