



**2010 North Carolina Swimming
Long Course Senior Championship Time Standards
Hosted by RSA at TAC, July 22-25, 2010**

		Women	Men
scy	50Fr	26.19	23.09
lcm		29.69	26.89
scy	100 Fr	56.39	50.79
lcm		1:03.99	58.99
scy	200 Fr	2:01.19	1:51.09
lcm		2:17.69	2:06.59
scy	4-500 Fr	5:21.99	5:00.19
lcm		4:48.79	4:30.29
scy	8-1000 Fr	11:08.59	10:30.19
lcm		9:56.49	9:20.99
scy	15-1650 Fr	18:39.79	17:30.19
lcm		19:01.59	17:54.89
scy	100 Bk	1:03.49	56.69
lcm		1:12.89	1:05.99
scy	200 Bk	2:16.79	2:03.39
lcm		2:36.49	2:22.89
scy	100 BR	1:12.79	1:03.89
lcm		1:21.99	1:13.69
scy	200 BR	2:35.39	2:18.99
lcm		2:56.69	2:40.39
scy	100 FI	1:02.89	55.79
lcm		1:10.69	1:02.49
scy	200 FI	2:17.69	2:04.39
lcm		2:33.49	2:20.49
scy	200 IM	2:17.39	2:04.09
lcm		2:37.39	2:23.99
scy	400 IM	4:52.19	4:25.79
lcm		5:31.19	5:06.79