

SENIOR WOMEN
2009 Pacific senior time standards

SHORT COURSE YARDS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	29.49	27.69	26.59	25.89
100 Free	1:03.79	59.79	58.19	55.99
200 Free	2:18.49	2:09.79	2:03.99	2:00.49
500 Free	6:01.79	5:42.29	5:26.99	5:19.29
1000 Free	12:19.49	11:49.99	11:18.39	10:59.99
1650 Free	20:47.89	19:35.99	19:13.99	18:59.99
100 Back	1:13.99	1:09.29	1:06.99	1:03.69
200 Back	2:37.99	2:28.09	2:22.19	2:15.69
100 Breast	1:23.89	1:18.69	1:15.99	1:11.49
200 Breast	3:02.59	2:51.19	2:42.39	2:35.89
100 Fly	1:12.39	1:07.59	1:03.99	1:01.99
200 Fly	2:42.39	2:32.29	2:20.79	2:17.99
200 IM	2:37.99	2:28.99	2:22.49	2:16.59
400 IM	5:35.99	5:14.99	5:01.99	4:51.59

SENIOR WOMEN
LONG COURSE METERS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	33.49	31.49	30.19	29.59
100 Free	1:12.19	1:07.79	1:05.99	1:03.79
200 Free	2:36.39	2:26.79	2:20.39	2:16.99
400 Free	5:26.39	5:09.29	4:55.79	4:46.19
800 Free	11:08.19	10:35.09	10:12.99	9:56.79
1500 Free	21:20.59	20:05.99	19:49.99	19:29.99
100 Back	1:23.39	1:18.29	1:15.69	1:12.09
200 Back	2:57.79	2:46.99	2:40.49	2:33.29
100 Breast	1:34.29	1:28.59	1:25.79	1:20.69
200 Breast	3:24.89	3:12.39	3:02.99	2:55.49
100 Fly	1:21.69	1:16.39	1:12.39	1:10.99
200 Fly	3:02.69	2:51.59	2:38.89	2:35.79
200 IM	2:58.19	2:46.89	2:40.69	2:34.29
400 IM	6:17.59	5:54.49	5:40.99	5:28.79

SENIOR MEN
2009 Pacific senior time standards

SHORT COURSE YARDS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	27.59	25.89	23.99	23.29
100 Free	59.49	55.79	52.89	50.79
200 Free	2:09.99	2:01.79	1:54.09	1:50.69
500 Free	5:49.49	5:27.59	5:07.99	4:58.19
1000 Free	11:30.99	10:59.99	10:33.89	10:25.99
1650 Free	19:40.79	18:59.99	18:29.99	17:59.99
100 Back	1:11.69	1:07.19	1:01.69	58.79
200 Back	2:36.49	2:26.69	2:14.19	2:07.79
100 Breast	1:18.39	1:13.49	1:08.49	1:04.09
200 Breast	2:52.49	2:41.69	2:29.49	2:22.99
100 Fly	1:07.79	1:03.59	58.09	55.99
200 Fly	2:34.59	2:24.89	2:08.69	2:07.99
200 IM	2:29.59	2:20.19	2:10.49	2:04.29
400 IM	5:24.79	4:59.99	4:39.09	4:33.79

SENIOR MEN
LONG COURSE METERS

DISTANCE & STROKE	JUNIOR	JUNIOR T&F	SENIOR	SENIOR T&F
50 Free	31.39	29.49	27.29	26.89
100 Free	1:07.49	1:03.39	1:00.19	58.79
200 Free	2:26.99	2:17.99	2:09.49	2:07.39
400 Free	5:15.59	4:56.29	4:37.99	4:29.39
800 Free	10:25.49	9:57.99	9:33.79	9:26.89
1500 Free	20:13.39	19:29.99	18:59.99	18:29.99
100 Back	1:20.89	1:15.99	1:09.79	1:06.69
200 Back	2:56.19	2:45.39	2:31.59	2:24.59
100 Breast	1:28.29	1:22.89	1:17.29	1:12.59
200 Breast	3:13.79	3:01.89	2:52.39	2:40.59
100 Fly	1:16.59	1:11.99	1:05.89	1:03.59
200 Fly	2:54.09	2:43.39	2:25.49	2:24.79
200 IM	2:48.49	2:38.29	2:27.49	2:20.79
400 IM	6:05.29	5:42.99	5:14.99	5:09.19

2009 SENIOR WOMEN (Sectional & National times)

SHORT COURSE YARDS

DISTANCE & STROKE	SECT. CHAMP.	JR. NAT. CHAMP. BONUS	LC JR. NAT. CHAMP.	U.S. OPEN BONUS	U.S. OPEN	NAT. CHAMP.
50 Free	25.39	24.09	23.39	23.39	22.99	22.89
100 Free	55.09	52.19	51.09	51.09	50.19	49.69
200 Free	1:58.69	1:52.09	1:50.09	1:50.09	1:48.29	1:47.19
500 Free	5:12.99	4:57.09	4:52.99	4:52.99	4:47.79	4:45.49
1000 Free	10:43.19	10:14.39	10:05.99	10:05.99	9:58.89	9:59.39
1650 Free	17:57.49	17:00.99	16:48.49	16:48.49	16:30.59	16:28.79
100 Back	1:01.09	57.79	56.19	56.19	55.79	54.79
200 Back	2:11.59	2:04.19	2:01.19	2:01.19	2:00.09	1:58.29
100 Breast	1:09.19	1:05.29	1:04.29	1:04.29	1:03.19	1:02.39
200 Breast	2:29.39	2:21.39	2:17.99	2:17.99	2:16.69	2:14.99
100 Fly	1:00.49	57.29	55.99	55.59	54.99	53.89
200 Fly	2:12.59	2:05.69	2:02.49	2:02.49	2:00.69	1:59.29
200 IM	2:13.59	2:06.89	2:03.49	2:03.49	2:01.79	2:00.29
400 IM	4:42.99	4:28.49	4:20.79	4:20.79	4:19.79	4:16.29
400 FR	3:50.09				3:28.39	3:25.99
800 FR	8:17.79				7:25.49	7:20.39
400 MR	4:15.79				3:50.39	3:45.09

2009 SENIOR WOMEN (Sectional & National times)

LONG COURSE METERS

DISTANCE & STROKE	SECT. CHAMP.	JR. NAT. CHAMP BONUS	LC JR. NAT. CHAMP.	U.S. OPEN BONUS	U.S. OPEN	NAT. CHAMP.
50 Free	28.99	27.59	26.99	26.99	26.59	26.39
100 Free	1:02.59	59.29	58.59	58.59	57.29	56.99
200 Free	2:14.89	2:07.59	2:06.19	2:06.19	2:03.69	2:03.09
400 Free	4:41.99	4:26.59	4:24.69	4:24.69	4:19.49	4:19.39
800 Free	9:35.99	9:09.89	9:03.49	9:03.49	8:55.19	8:50.49
1500 Free	18:20.99	17:38.69	17:20.49	17:20.49	17:06.69	17:04.09
100 Back	1:10.89	1:06.89	1:05.69	1:05.69	1:04.69	1:03.89
200 Back	2:31.19	2:23.59	2:20.99	2:20.99	2:19.09	2:17.49
100 Breast	1:19.19	1:15.29	1:14.29	1:14.29	1:12.79	1:12.29
200 Breast	2:50.79	2:42.19	2:39.99	2:39.99	2:37.19	2:35.99
100 Fly	1:08.19	1:04.79	1:03.59	1:03.59	1:02.49	1:01.59
200 Fly	2:28.29	2:21.99	2:19.69	2:19.69	2:16.89	2:16.69
200 IM	2:32.89	2:24.49	2:23.09	2:23.09	2:20.69	2:19.59
400 IM	5:19.99	5:05.29	5:02.09	5:02.09	4:56.99	4:55.89
400 FR	4:21.89		3:59.99		3:54.79	3:51.09
800 FR	9:25.99		8:36.99		8:25.89	8:21.59
400 MR	4:52.99		4:26.19		4:19.39	4:16.19

Note: Short course and long course Sectional Championship time standards apply to both Spring Sectionals and Summer Sectionals.

Qualifying Periods:

Spring Sectionals (Feb. 25-Mar. 1, Las Vegas NV)	January 1, 2008 through entry deadline
National Championships (July 7-11, Indianapolis IN)	Nov. 29, 2007 through entry deadline
Summer Sectionals (July 22-26, Clovis CA)	May 1, 2008 through entry deadline
U.S. Open (August 5-9, Federal Way WA)	June 29, 2008 through entry deadline
LC Junior Nationals (August 10-14, Federal Way WA)	June 29, 2008 through entry deadline

2009 SENIOR MEN (Sectional & National times)

SHORT COURSE YARDS

DISTANCE & STROKE	SECT. CHAMP.	JR. NAT. CHAMP. BONUS	JR. NAT. CHAMP	U.S. OPEN BONUS	U.S. OPEN	NAT. CHAMP.
50 Free	22.59	21.59	20.89	20.89	20.29	19.99
100 Free	49.39	46.89	45.89	45.89	44.49	43.89
200 Free	1:48.79	1:42.49	1:40.69	1:40.69	1:38.09	1:36.49
500 Free	4:53.99	4:36.59	4:33.69	4:33.69	4:25.29	4:22.69
1000 Free	10:10.99	9:36.29	9:26.09	9:26.09	9:16.89	9:17.29
1650 Free	16:59.99	16:03.49	15:51.49	15:51.49	15:30.69	15:24.49
100 Back	54.99	52.19	51.39	51.39	49.59	48.59
200 Back	1:59.69	1:53.09	1:51.39	1:51.39	1:47.89	1:45.89
100 Breast	1:01.99	58.69	57.89	57.89	55.89	54.89
200 Breast	2:14.89	2:07.99	2:06.29	2:06.29	2:01.69	1:59.89
100 Fly	54.19	51.19	50.29	50.29	48.59	47.89
200 Fly	2:00.69	1:53.99	1:51.99	1:51.99	1:48.59	1:46.79
200 IM	2:01.59	1:54.59	1:52.79	1:52.79	1:49.69	1:47.59
400 IM	4:20.29	4:04.09	3:59.89	3:59.89	3:58.29	3:53.29
400 FR	3:24.39				3:02.19	3:00.49
800 FR	7:31.29				6:46.99	6:38.29
400 MR	3:49.09				3:24.09	3:21.79

2009 SENIOR MEN (Sectional & National times)

LONG COURSE METERS

DISTANCE & STROKE	SECT. CHAMP.	JR. NAT. CHAMP. BONUS	JR. NAT. CHAMP.	U.S. OPEN BONUS	U.S. OPEN	NAT. CHAMP.
50 Free	26.09	24.79	24.29	24.29	23.59	23.29
100 Free	57.19	53.99	53.09	53.09	51.79	50.89
200 Free	2:05.09	1:58.09	1:55.89	1:55.89	1:53.39	1:52.89
400 Free	4:26.49	4:09.79	4:07.09	4:07.09	4:01.29	3:59.99
800 Free	9:08.99	8:40.19	8:35.59	8:35.59	8:23.09	8:19.29
1500 Free	17:29.99	16:37.59	16:15.49	16:15.49	16:02.49	15:53.59
100 Back	1:04.39	1:00.99	1:00.09	1:00.09	58.29	57.69
200 Back	2:19.49	2:12.29	2:09.59	2:09.59	2:06.29	2:04.99
100 Breast	1:11.99	1:08.79	1:07.79	1:07.79	1:05.29	1:04.69
200 Breast	2:36.69	2:29.39	2:27.59	2:27.59	2:22.09	2:20.79
100 Fly	1:01.59	58.59	57.39	57.39	55.69	54.99
200 Fly	2:17.19	2:10.59	2:08.39	2:08.39	2:04.09	2:03.89
200 IM	2:21.29	2:13.19	2:11.39	2:11.39	2:07.99	2:07.19
400 IM	5:00.89	4:43.19	4:38.99	4:38.99	4:33.09	4:30.49
400 FR	3:55.29		3:38.29		3:29.89	3:26.69
800 FR	8:26.79		7:54.99		7:44.99	7:42.49
400 MR	4:23.99		4:01.99		3:52.49	3:50.29

Note: Short course and long course Sectional Championship time standards apply to both Spring Sectionals and Summer Sectionals.

Qualifying Periods:

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Summer Sectionals (July 22-26, Clovis CA)	May 1, 2008 through entry deadline
U.S. Open (August 5-9, Federal Way WA)	June 29, 2008 through entry deadline
LC Junior Nationals (August 10-14, Federal Way WA)	June 29, 2008 through entry deadline

**2009 SANTA CLARA INTERNATIONAL MEET
TIME STANDARDS**

WOMEN LCM	WOMEN SCM	WOMEN SCY	DISTANCE & STROKE	MEN LCM	MEN SCM	MEN SCY
27.69	26.89	24.49	50 Free	24.79	23.89	21.69
59.29	57.49	52.19	100 Free	53.99	52.29	47.29
2:06.89	2:03.79	1:52.19	200 Free	1:57.29	1:54.99	1:42.29
4:28.09	4:21.69	5:01.09	400 Free	4:07.69	4:01.29	4:38.19
9:04.99	8:51.79	10:10.99	800 Free	8:42.19	8:29.39	9:38.29
17:40.69	17:46.69	17:02.99	1500 Free	16:23.69	16:12.19	15:58.69
1:07.39	1:06.79	58.69	100 Back	1:01.19	1:00.59	52.89
2:23.49	2:20.69	2:04.69	200 Back	2:11.39	2:08.09	1:53.79
1:16.79	1:14.79	1:06.89	100 Breast	1:08.29	1:07.29	59.49
2:42.99	2:40.79	2:22.29	200 Breast	2:28.19	2:26.19	2:08.99
1:05.39	1:04.09	58.19	100 Fly	58.89	57.49	51.99
2:24.19	2:21.39	2:07.39	200 Fly	2:10.59	2:07.79	1:54.89
2:25.19	2:20.29	2:07.19	200 IM	2:12.79	2:09.59	1:55.49
5:05.09	4:59.39	4:28.49	400 IM	4:42.59	4:36.99	4:06.79
4:09.89			400 FR	3:45.29		
8:59.99			800 FR	8:14.49		
4:42.19			400 MR	4:11.89		

**2009 SANTA CLARA INTERNATIONAL MEET
BONUS EVENT TIME STANDARDS**

WOMEN LCM	WOMEN SCY	DISTANCE & STROKE	MEN LCM	MEN SCY
28.99	25.39	50 Free	26.09	22.59
1:02.19	54.69	100 Free	56.89	49.09
2:12.89	1:56.69	200 Free	2:03.09	1:46.79
4:41.99	5:12.99	400 Free	4:26.49	4:53.99
9:30.99	10:38.19	800 Free	9:06.99	10:08.99
18:14.99	17:51.49	1500 Free	17:29.99	16:59.99
1:10.49	1:00.79	100 Back	1:04.19	54.79
2:31.19	2:11.59	200 Back	2:19.49	1:59.69
1:18.79	1:08.89	100 Breast	1:10.79	1:01.39
2:50.79	2:29.39	200 Breast	2:36.69	2:14.89
1:08.19	1:00.49	100 Fly	1:01.59	54.19
2:28.29	2:12.59	200 Fly	2:17.19	2:00.69
2:30.89	2:11.59	200 IM	2:19.29	1:59.59
5:15.99	4:38.99	400 IM	4:55.89	4:15.29

(Girls bonus event time standards updated Dec. 15, 2008)