

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