



# ISI REGIONAL CHAMPIONSHIP TIME STANDARDS

## February 27 – March 1, 2009



Girls	Event (SCY)	Boys
<b>REG</b>	<b>10&amp;Under</b>	<b>REG</b>
33.69	50 Free	33.99
<b>1:14.49</b>	100 Free	1:15.49
2:44.29	200 Free	2:48.39
8:30.49	500 Free	8:25.49
39.49	50 Back	40.29
1:25.99	100 Back	1:27.19
44.59	50 Breast	45.89
1:37.79	100 Breast	1:41.19
38.19	50 Fly	38.69
<b>1:29.09</b>	100 Fly	1:33.09
<b>1:25.49</b>	100 IM	1:27.09
<b>3:05.19</b>	200 IM	3:09.49
<b>REG</b>	<b>12&amp;Under</b>	<b>REG</b>
<b>30.09</b>	50 Free	29.79
1:05.69	100 Free	1:05.09
2:23.89	200 Free	2:23.39
<b>6:26.89</b>	500 Free	6:28.09
<b>34.99</b>	50 Back	35.29
<b>1:15.59</b>	100 Back	<b>1:15.49</b>
3:03.29	200 Back	2:59.39
<b>39.09</b>	50 Breast	39.59
<b>1:24.89</b>	100 Breast	<b>1:26.69</b>
3:27.29	200 Breast	3:21.79
33.39	50 Fly	33.79
<b>1:15.89</b>	100 Fly	1:16.59
3:06.29	200 Fly	3:04.69
<b>1:15.89</b>	100 IM	<b>1:15.79</b>
2:43.29	200 IM	<b>2:44.99</b>
6:34.39	400 IM	6:27.29
<b>REG</b>	<b>14&amp;Under</b>	<b>REG</b>
28.59	50 Free	26.99
<b>1:02.19</b>	100 Free	<b>58.49</b>
<b>2:14.59</b>	200 Free	<b>2:08.19</b>
6:00.79	500 Free	<b>5:50.19</b>
<b>1:10.69</b>	100 Back	1:08.09
<b>2:33.09</b>	200 Back	<b>2:28.39</b>
<b>1:20.39</b>	100 Breast	<b>1:16.89</b>
<b>2:54.59</b>	200 Breast	<b>2:49.19</b>
<b>1:10.09</b>	100 Fly	<b>1:06.79</b>
<b>2:39.89</b>	200 Fly	<b>2:35.19</b>
<b>2:33.19</b>	200 IM	<b>2:26.89</b>
<b>5:25.49</b>	400 IM	<b>5:17.79</b>
<b>REG</b>	<b>Open</b>	<b>REG</b>
27.99	50 Free	25.19
<b>1:00.59</b>	100 Free	<b>55.19</b>
2:12.49	200 Free	2:02.49
<b>5:55.99</b>	500 Free	5:34.49
<b>12:22.09</b>	1000 Free	<b>11:56.09</b>
<b>20:45.19</b>	1650 Free	<b>19:58.79</b>
1:09.19	100 Back	1:04.09
2:30.49	200 Back	2:19.49
<b>1:18.39</b>	100 Breast	1:11.99
<b>2:51.49</b>	200 Breast	2:39.89
<b>1:08.39</b>	100 Fly	<b>1:01.99</b>
2:34.29	200 Fly	2:24.29
<b>2:30.29</b>	200 IM	<b>2:18.99</b>
<b>5:21.39</b>	400 IM	5:04.89

Girls	Event (LCM)	Boys
<b>REG</b>	<b>10&amp;Under</b>	<b>REG</b>
38.69	50 Free	39.49
<b>1:27.09</b>	100 Free	<b>1:27.89</b>
<b>3:10.99</b>	200 Free	<b>3:14.49</b>
7:42.09	400 Free	7:38.49
46.79	50 Back	47.59
<b>1:40.99</b>	100 Back	<b>1:43.09</b>
52.79	50 Breast	54.69
1:54.79	100 Breast	1:59.79
<b>44.49</b>	50 Fly	46.29
<b>1:47.39</b>	100 Fly	1:53.29
3:33.89	200 IM	3:43.89
<b>REG</b>	<b>12&amp;Under</b>	<b>REG</b>
34.79	50 Free	34.69
1:15.89	100 Free	1:16.29
<b>2:46.29</b>	200 Free	2:47.09
<b>5:51.99</b>	400 Free	<b>5:56.59</b>
<b>40.99</b>	50 Back	<b>41.49</b>
<b>1:28.79</b>	100 Back	<b>1:29.89</b>
3:30.79	200 Back	3:30.29
<b>45.59</b>	50 Breast	<b>46.89</b>
<b>1:40.19</b>	100 Breast	<b>1:43.49</b>
3:57.59	200 Breast	3:54.69
<b>38.29</b>	50 Fly	38.89
<b>1:28.49</b>	100 Fly	<b>1:30.89</b>
3:33.09	200 Fly	3:30.99
<b>3:09.19</b>	200 IM	3:10.49
7:32.09	400 IM	7:28.29
<b>REG</b>	<b>14&amp;Under</b>	<b>REG</b>
32.99	50 Free	<b>31.19</b>
<b>1:11.69</b>	100 Free	<b>1:08.19</b>
<b>2:35.99</b>	200 Free	<b>2:30.29</b>
5:29.99	400 Free	<b>5:21.19</b>
<b>1:23.39</b>	100 Back	1:20.59
<b>2:59.29</b>	200 Back	<b>2:53.49</b>
<b>1:34.39</b>	100 Breast	<b>1:32.29</b>
<b>3:22.99</b>	200 Breast	<b>3:21.49</b>
<b>1:21.39</b>	100 Fly	<b>1:18.19</b>
<b>3:06.49</b>	200 Fly	<b>3:03.89</b>
<b>2:57.39</b>	200 IM	<b>2:50.89</b>
<b>6:19.29</b>	400 IM	<b>6:08.79</b>
<b>REG</b>	<b>Open</b>	<b>REG</b>
32.19	50 Free	<b>29.39</b>
<b>1:10.29</b>	100 Free	1:03.39
2:31.79	200 Free	<b>2:21.69</b>
5:21.49	500 Free	5:01.29
<b>11:08.89</b>	800 Free	<b>10:23.49</b>
<b>21.29.19</b>	1500 Free	<b>20:09.99</b>
1:20.49	100 Back	1:15.49
<b>2:55.69</b>	200 Back	<b>2:46.19</b>
1:31.79	100 Breast	1:24.29
<b>3:20.49</b>	200 Breast	3:07.09
1:18.59	100 Fly	1:11.39
2:55.99	200 Fly	2:49.29
2:53.89	200 IM	<b>2:42.49</b>
6:12.69	400 IM	<b>5:47.79</b>

Girls	Event (SCM)	Boys
<b>REG</b>	<b>10&amp;Under</b>	<b>REG</b>
37.39	50 Free	37.69
<b>1:22.69</b>	100 Free	1:23.69
3:02.39	200 Free	3:06.89
7:26.79	400 Free	7:22.69
43.89	50 Back	44.69
1:35.49	100 Back	1:36.79
49.39	50 Breast	50.89
1:48.59	100 Breast	1:52.29
42.29	50 Fly	42.99
<b>1:38.89</b>	100 Fly	1:43.29
<b>1:34.79</b>	100 IM	1:36.69
<b>3:25.59</b>	200 IM	3:30.29
<b>REG</b>	<b>12&amp;Under</b>	<b>REG</b>
<b>33.39</b>	50 Free	33.09
1:12.89	100 Free	1:12.29
2:39.69	200 Free	2:39.19
<b>5:38.49</b>	400 Free	5:39.59
<b>38.79</b>	50 Back	39.19
<b>1:23.89</b>	100 Back	<b>1:23.69</b>
3:22.49	200 Back	3:18.29
<b>43.29</b>	50 Breast	43.99
<b>1:34.29</b>	100 Breast	<b>1:36.29</b>
3:49.09	200 Breast	3:42.99
37.19	50 Fly	37.49
<b>1:24.29</b>	100 Fly	1:24.89
3:25.89	200 Fly	3:24.09
<b>1:24.29</b>	100 IM	<b>1:24.19</b>
<b>3:01.29</b>	200 IM	<b>3:03.19</b>
7:15.79	400 IM	7:07.99
<b>REG</b>	<b>14&amp;Under</b>	<b>REG</b>
31.79	50 Free	29.89
<b>1:08.99</b>	100 Free	<b>1:04.99</b>
<b>2:29.49</b>	200 Free	<b>2:22.19</b>
5:15.59	400 Free	<b>5:06.49</b>
<b>1:18.49</b>	100 Back	1:15.59
<b>2:49.99</b>	200 Back	<b>2:44.69</b>
<b>1:29.19</b>	100 Breast	<b>1:25.39</b>
<b>3:13.79</b>	200 Breast	<b>3:07.79</b>
<b>1:17.79</b>	100 Fly	<b>1:14.09</b>
<b>2:57.49</b>	200 Fly	<b>2:52.29</b>
<b>2:50.09</b>	200 IM	<b>2:42.99</b>
<b>6:01.19</b>	400 IM	<b>5:52.79</b>
<b>REG</b>	<b>Open</b>	<b>REG</b>
31.09	50 Free	27.89
<b>1:07.29</b>	100 Free	1:00.89
2:26.79	200 Free	2:15.49
5:10.49	500 Free	4:52.69
<b>10:49.29</b>	800 Free	<b>10:26.59</b>
<b>20:52.69</b>	1500 Free	<b>20:05.09</b>
1:16.79	100 Back	1:11.19
2:46.99	200 Back	2:34.79
<b>1:27.09</b>	100 Breast	1:19.99
<b>3:10.39</b>	200 Breast	2:57.49
<b>1:15.89</b>	100 Fly	<b>1:08.89</b>
2:50.49	200 Fly	2:40.19
2:46.59	200 IM	<b>2:34.29</b>
<b>5:56.79</b>	400 IM	5:38.49