

**2010 TIME STANDARDS
CT SENIOR CHAMPIONSHIP
LONG COURSE**

Qualifying Time Standards
Changes in **bold**

| <u>WOMEN</u> | | | | <u>MEN</u> | | |
|-----------------|------------|------------|------------------|-----------------|----------------|----------------|
| <u>LCM</u> | <u>SCM</u> | <u>SCY</u> | <u>EVENT</u> | <u>SCY</u> | <u>SCM</u> | <u>LCM</u> |
| 29.74 | 28.49 | 25.59 | 50 Free | 23.19 | 26.99 | 26.99 |
| 1:04.29 | 1:02.49 | 55.89 | 100 Free | 50.89 | 58.49 | 59.49 |
| 2:19.99 | 2:14.49 | 1:59.59 | 200 Free | 1:51.29 | 2:08.49 | 2:10.49 |
| 4:56.99 | 4:47.49 | 5:21.69 | 400/500 Free | 5:01.19 | 4:31.99 | 4:35.99 |
| 10:22.99 | 9:42.99 | 10:59.99 | 800/1000 Free | 10:36.99 | 9:31.99 | 9:36.99 |
| 19:39.99 | 18:29.99 | 18:29.99 | 1500/1650 Free | 18:14.99 | 18:14.99 | 18:59.99 |
| 1:15.49 | 1:09.99 | 1:02.89 | 100 Back | 59.99 | 1:09.49 | 1:10.59 |
| 2:42.09 | 2:34.49 | 2:19.29 | 200 Back | 2:13.19 | 2:28.99 | 2:33.59 |
| 1:24.99 | 1:19.49 | 1:12.69 | 100 Breast | 1:09.19 | 1:17.99 | 1:21.99 |
| 3:03.69 | 2:51.49 | 2:36.69 | 200 Breast | 2:29.99 | 2:48.99 | 2:59.49 |
| 1:12.49 | 1:09.99 | 1:02.19 | 100 Fly | 57.89 | 1:05.99 | 1:06.89 |
| 2:45.99 | 2:34.99 | 2:21.29 | 200 Fly | 2:16.99 | 2:30.49 | 2:38.09 |
| 2:38.99 | 2:32.99 | 2:16.09 | 200 IM | 2:08.19 | 2:28.49 | 2:27.99 |
| 5:39.99 | 5:23.99 | 4:53.99 | 400 IM | 4:40.99 | 5:22.49 | 5:25.99 |
| | | | 200 Free Relay | | | |
| | | | 400 Free Relay | | | |
| | | | 800 Free Relay | | | |
| | | | 200 Medley Relay | | | |
| | | | 400 Medley Relay | | | |