

SCOTTSDALE AQUATIC CLUB

2008 LC TIME STANDARDS

WOMEN	Cactus Classic		SOCAL AG Champs Ventura		Far Westerns				Senior Sectionals		Janet Evans Invite		USA Swimming Junior Nationals		Olympic Trials
	SCY	LCM	SCY	LCM	15-16		17-18		SCY	LCM	SCY	LCM	SCY	LCM	LCM
					SCY	LCM	SCY	LCM							
50 Free	26.99	30.89	26.40	30.10	25.99	29.29	26.69	29.49	25.10	28.66	24.76	28.14	23.69	27.29	26.39
100 Free	58.59	1:06.69	56.40	1:04.10	56.49	1:02.79	57.19	1:03.69	54.23	1:01.64	53.78	1:00.31	51.29	58.79	57.19
200 Free	2:05.99	2:23.19	2:04.20	2:21.00	2:01.99	2:16.69	2:05.69	2:19.99	1:56.84	2:13.07	1:56.39	2:10.28	1:50.39	2:06.49	2:03.39
400 Free	5:33.79	4:59.19	5:29.60	4:54.10	5:21.99	4:51.39	5:34.99	5:02.79	5:12.19	4:39.69	5:07.39	4:34.99	4:53.19	4:24.89	4:19.39
800 Free	11:25.99	10:15.19	11:45.60	10:57.70	11:09.99	10:03.59	11:39.99	10:25.99	10:46.09	9:42.19	10:43.19	9:35.99	10:05.99	9:03.49	8:50.49
1500 Free	19:08.99	19:37.19	19:39.50	20:19.20	18:39.99	19:14.99	19:19.99	19:19.99	18:09.88	18:44.59	--	--	16:48.49	17:20.49	--
100 Back	1:04.89	1:14.99	1:07.30	1:15.80	1:05.99	1:12.99	1:09.09	1:17.99	1:00.90	1:10.80	1:01.79	1:09.99	56.89	1:06.39	1:04.59
200 Back	2:19.79	2:40.29	2:29.20	2:48.00	2:20.99	2:37.49	2:31.99	2:44.89	2:11.05	2:30.91	2:12.99	2:30.09	2:02.39	2:22.19	2:17.99
100 Breast	1:13.19	1:24.09	1:16.20	1:26.50	1:13.99	1:22.79	1:17.99	1:25.39	1:09.69	1:20.29	1:10.89	1:19.99	1:04.39	1:14.39	1:12.59
200 Breast	2:37.79	3:00.59	2:44.50	3:06.60	2:38.99	2:58.99	2:46.99	3:07.69	2:30.51	2:53.49	2:30.91	2:51.49	2:18.79	2:40.79	2:35.99
100 Fly	1:04.09	1:12.69	1:05.50	1:14.00	1:02.69	1:10.99	1:03.99	1:12.39	59.61	1:07.27	59.77	1:07.16	55.99	1:03.99	1:02.39
200 Fly	2:20.49	2:37.79	2:29.60	2:48.80	2:21.49	2:38.59	2:28.99	2:47.89	2:12.77	2:31.16	2:11.95	2:28.26	2:03.09	2:20.29	2:16.69
200 IM	2:22.19	2:41.09	2:23.30	2:42.20	2:17.99	2:35.79	2:23.49	2:38.79	2:12.30	2:31.09	2:11.55	2:29.49	2:04.09	2:23.69	2:20.49
400 IM	5:00.99	5:41.69	5:05.70	5:45.70	4:55.99	5:33.99	5:12.99	5:52.29	4:39.31	5:18.84	4:40.97	5:17.48	4:22.39	5:03.69	4:55.89
200 FR-R	1:58.80	2:11.20	1:58.80	2:11.20	1:50.99	2:06.09	SAME (15-18)		1:44.69	1:59.29	--	--	--	--	--
400 FR-R	4:15.20	4:45.20	4:15.20	4:45.20	3:59.99	4:31.99	SAME (15-18)		3:49.09	4:17.29	--	--	3:30.29	3:59.99	--
800 FR-R	9:05.60	10:18.80	9:05.60	10:18.80	8:29.99	9:35.99	SAME (15-18)		8:14.49	9:21.69	--	--	7:42.99	8:36.99	--
200 Med-R	2:20.60	2:37.50	2:20.60	2:37.50	2:05.99	2:22.59	SAME (15-18)		1:56.29	2:13.39	--	--	--	--	--
400 Med-R	4:56.30	5:30.10	4:56.30	5:30.10	4:29.99	5:04.99	SAME (15-18)		4:09.49	4:48.39	--	--	3:51.89	4:26.19	--

MEN	Cactus Classic		SOCAL AG Champs Ventura		Far Westerns				Senior Sectionals		Janet Evans Invite		USA Swimming Junior Nationals		Olympic Trials
	SCY	LCM	SCY	LCM	15-16		17-18		SCY	LCM	SCY	LCM	SCY	LCM	LCM
					SCY	LCM	SCY	LCM							
50 Free	24.29	28.09	23.70	27.10	23.19	26.49	23.19	25.99	22.49	25.79	22.09	25.29	21.19	24.59	23.49
100 Free	53.09	1:01.39	51.20	58.40	50.89	57.39	50.29	57.29	49.05	56.27	43.31	54.62	46.29	53.49	51.59
200 Free	1:55.79	2:13.19	1:54.10	2:09.80	1:50.99	2:05.09	1:50.99	2:04.19	1:47.20	2:02.79	1:46.33	1:59.84	1:41.39	1:56.59	1:52.89
400 Free	5:11.69	4:41.09	5:08.80	4:35.60	5:06.19	4:27.79	5:06.19	4:28.99	4:51.69	4:22.79	4:45.28	4:18.17	4:33.79	4:07.19	3:59.99
800 Free	10:44.19	9:39.39	11:12.40	10:31.20	10:39.99	9:39.19	10:39.99	9:39.19	10:14.69	9:12.79	--	--	9:29.39	8:32.29	--
1500 Free	18:00.99	18:34.49	18:59.80	20:00.30	17:59.99	18:15.99	17:59.99	18:15.99	17:15.12	17:36.59	17:06.19	17:15.09	15:51.49	16:15.49	15:53.59
100 Back	58.79	1:08.69	1:02.50	1:10.50	59.99	1:07.19	1:00.39	1:08.49	56.09	1:05.69	56.26	1:04.67	51.59	1:00.29	57.99
200 Back	2:07.09	2:27.89	2:13.80	2:30.90	2:09.99	2:23.79	2:17.59	2:35.39	2:01.79	2:21.19	2:02.79	2:18.79	1:51.79	2:09.99	2:04.99
100 Breast	1:06.29	1:17.19	1:09.10	1:18.70	1:05.99	1:14.99	1:06.99	1:15.69	1:02.19	1:13.19	1:04.09	1:12.49	57.99	1:07.89	1:04.69
200 Breast	2:23.89	2:46.99	2:36.10	2:57.20	2:26.99	2:45.69	2:29.99	2:48.99	2:18.49	2:40.79	2:02.79	2:18.79	2:06.29	2:27.59	2:20.79
100 Fly	57.99	1:06.19	57.30	1:05.00	56.39	1:03.69	56.99	1:04.19	54.09	1:01.53	53.54	1:00.50	50.69	57.79	55.59
200 Fly	2:08.79	2:25.89	2:15.40	2:33.00	2:10.99	2:26.99	2:13.99	2:31.39	2:01.79	2:20.39	2:01.89	2:18.51	1:52.29	2:08.69	2:03.99
200 IM	2:09.99	2:30.59	2:11.90	2:29.60	2:06.59	2:23.29	2:06.99	2:23.69	2:00.69	2:18.69	1:59.40	2:18.04	1:52.99	2:11.59	2:07.39
400 IM	4:37.09	5:16.19	4:46.40	5:24.30	4:38.99	5:08.19	4:43.99	5:20.39	4:18.89	4:57.79	4:20.99	4:55.09	4:01.09	4:40.19	4:30.49
200 FR-R	1:46.00	1:59.20	1:46.00	1:59.20	1:36.99	1:50.69	SAME (15-18)		1:32.99	1:46.89	--	--	--	--	--
400 FR-R	3:49.60	4:18.00	3:49.60	4:18.00	3:37.69	4:07.49	SAME (15-18)		3:25.49	3:54.59	--	--	3:08.89	3:38.29	--
800 FR-R	8:26.80	9:27.20	8:26.80	9:27.20	7:36.89	8:38.49	SAME (15-18)		7:38.69	8:43.99	--	--	6:53.79	7:54.99	--
200 Med-R	2:07.20	2:24.10	2:07.20	2:24.10	1:49.59	2:04.59	SAME (15-18)		1:44.69	1:59.69	--	--	--	--	--
400 Med-R	4:29.40	5:03.20	4:29.40	5:03.20	4:03.99	4:36.39	SAME (15-18)		3:47.49	4:23.39	--	--	3:29.59	4:01.99	--