



ILLINOIS  
SWIMMING

**ISI SENIOR STATE CHAMPIONSHIP TIME STANDARDS**  
**February 28 - March 2, 2008 @ UIC – Hosted by SCST**  
**July 24-27, 2008 @ Northwestern University – Hosted by NASA**



ILLINOIS  
SWIMMING

<i><b>WOMEN</b></i>			<i><b>EVENTS</b></i>	<i><b>MEN</b></i>		
<i><b>LCM</b></i>	<i><b>SCM</b></i>	<i><b>SCY</b></i>		<i><b>SCY</b></i>	<i><b>SCM</b></i>	<i><b>LCM</b></i>
<b>29.29</b>	28.29	25.49	<i>50 Freestyle</i>	<b>22.89</b>	<b>25.39</b>	26.99
<b>1:04.09</b>	1:01.39	<b>55.39</b>	<i>100 Freestyle</i>	50.79	55.39	57.59
<b>2:17.99</b>	2:13.49	<b>2:00.49</b>	<i>200 Freestyle</i>	1:51.39	2:03.19	2:09.19
4:52.29	4:42.29	5:26.69	<i>400 / 500 Freestyle</i>	5:04.09	4:26.09	4:33.89
10:17.19	9:55.39	11:21.99	<i>800 / 1000 Freestyle</i>	10:55.99	9:32.19	9:44.99
19:49.69	19:25.69	19:10.79	<i>1500 / 1650 Freestyle</i>	18:19.79	18:25.09	18:49.09
1:13.19	1:09.79	1:02.89	<i>100 Backstroke</i>	<b>58.29</b>	<b>1:04.69</b>	1:08.59
2:39.89	2:31.79	2:16.79	<i>200 Backstroke</i>	<b>2:06.79</b>	<b>2:20.69</b>	2:31.59
1:23.49	1:19.79	1:11.89	<i>100 Breaststroke</i>	1:05.49	1:12.69	1:16.59
<b>3:03.29</b>	<b>2:53.89</b>	<b>2:36.69</b>	<i>200 Breaststroke</i>	2:25.39	2:41.39	2:50.09
1:11.49	1:09.09	<b>1:02.29</b>	<i>100 Butterfly</i>	<b>56.49</b>	1:02.69	1:04.89
2:39.99	2:34.99	<b>2:20.29</b>	<i>200 Butterfly</i>	2:11.19	2:25.59	2:33.89
2:38.09	2:31.49	2:18.19	<i>200 Individual Medley</i>	2:07.29	2:21.29	2:28.29
5:38.79	5:28.79	4:56.19	<i>400 Individual Medley</i>	4:37.19	5:07.69	5:23.29
<b>4:24.39</b>	<b>4:14.09</b>	<b>3:48.89</b>	<i>400 Freestyle Relay</i>	<b>3:29.29</b>	<b>3:52.29</b>	<b>3:58.59</b>
<b>9:29.99</b>	<b>9:15.09</b>	<b>8:20.09</b>	<i>800 Freestyle Relay</i>	<b>7:42.59</b>	<b>8:33.49</b>	<b>8:54.79</b>
<b>4:58.39</b>	<b>4:43.49</b>	<b>4:15.39</b>	<i>400 Medley Relay</i>	<b>3:53.69</b>	<b>4:19.39</b>	<b>4:33.89</b>

\*\*\*Time standards that are bold and italicized are changed from the previous year\*\*\*

\*\*10/06/07\*\*