



2009 U.S. Open Time Standards						
LCM	Women SCM	SCY	Event	SCY	Men SCM	LCM
26.59	25.99	22.99	50 Fr	20.29	22.99	23.59
57.29	57.19	50.19	100 Fr	44.49	50.69	51.79
2:03.69	2:04.39	1:48.29	200 Fr	1:38.09	1:51.69	1:53.39
4:19.49	4:21.59	4:47.79	400 Fr	4:25.29	3:57.29	4:01.29
8:55.19	8:56.19	9:58.89	800 Fr	9:16.89	8:17.99	8:23.09
17:06.69	17:10.99	16:30.59	1500 Fr	15:30.69	15:44.49	16:02.49
1:04.69	1:02.69	55.79	100 Bk	49.59	55.09	58.29
2:19.09	2:14.69	2:00.09	200 Bk	1:47.89	1:59.99	2:06.29
1:12.79	1:10.79	1:03.19	100 Br	55.89	1:03.09	1:05.29
2:37.19	2:32.09	2:16.69	200 Br	2:01.69	2:16.39	2:22.09
1:02.49	1:01.49	54.99	100 FI	48.59	54.69	55.69
2:16.89	2:15.39	2:00.69	200 FI	1:48.59	2:01.39	2:04.09
2:20.69	2:19.69	2:01.79	200 IM	1:49.69	2:03.99	2:07.99
4:56.99	4:53.09	4:19.79	400 IM	3:58.29	4:24.59	4:33.09
3:54.79	3:51.89	3:28.39	400 Fr-Rel	3:02.19	3:26.79	3:29.89
8:25.89	8:26.19	7:25.49	800 Fr-Rel	6:46.99	7:38.39	7:44.99
4:19.39	4:15.19	3:50.39	400 Med-Rel	3:24.09	3:45.49	3:52.49

Qualifying Period June 29, 2008 to entry deadline

2009 U.S. Open Bonus Standards (18-Under only)						
LCM	Women SCM	SCY	Event	SCY	Men SCM	LCM
26.99	26.29	23.39	50 Fr	20.89	23.49	24.29
58.59	56.99	51.09	100 Fr	45.89	51.89	53.09
2:06.19	2:02.99	1:50.09	200 Fr	1:40.69	1:53.39	1:55.89
4:24.69	4:18.29	4:52.99	400 Fr	4:33.69	4:00.79	4:07.09
9:03.49	8:50.69	10:05.99	800 Fr	9:26.09	8:19.49	8:35.59
17:20.49	16:58.49	16:48.49	1500 Fr	15:51.49	15:51.49	16:15.49
1:05.69	1:04.49	56.19	100 Bk	51.39	55.99	1:00.09
2:20.99	2:18.59	2:01.19	200 Bk	1:51.39	2:01.99	2:09.59
1:14.29	1:12.29	1:04.29	100 Br	57.89	1:05.09	1:07.79
2:39.99	2:34.99	2:17.99	200 Br	2:06.29	2:18.09	2:27.59
1:03.59	1:02.19	55.59	100 FI	50.29	55.99	57.39
2:19.69	2:16.89	2:02.49	200 FI	1:51.99	2:05.59	2:08.39
2:23.09	2:19.89	2:03.49	200 IM	1:52.79	2:08.19	2:11.39
5:02.09	4:55.69	4:20.79	400 IM	3:59.89	4:32.59	4:38.99

Qualifying Period June 29, 2008 to entry deadline