



2009 Speedo Short Course Junior National Championships

TIME STANDARDS						
WOMEN			Event	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.59	26.79	24.09	50 Freestyle	21.59	23.89	24.79
59.29	57.39	52.19	100 Freestyle	46.89	51.69	53.99
2:07.59	2:03.39	1:52.09	200 Freestyle	1:42.49	1:53.29	1:58.09
4:26.59	4:16.49	4:57.09	400/500 Freestyle	4:36.59	3:59.39	4:09.79
9:09.89	8:54.89	10:14.39	800/1000 Freestyle	9:36.29	8:23.99	8:40.19
17:38.69	16:54.49	17:00.99	1500/1650 Freestyle	16:03.49	16:02.39	16:37.59
1:06.89	1:03.39	57.79	100 Backstroke	52.19	57.99	1:00.99
2:23.59	2:17.49	2:04.19	200 Backstroke	1:53.09	2:05.39	2:12.29
1:15.29	1:12.59	1:05.29	100 Breaststroke	58.69	1:05.09	1:08.79
2:42.19	2:37.09	2:21.39	200 Breaststroke	2:07.99	2:23.29	2:29.39
1:04.79	1:02.49	57.29	100 Butterfly	51.19	56.09	58.59
2:21.99	2:17.49	2:05.69	200 Butterfly	1:53.99	2:04.59	2:10.59
2:24.49	2:19.19	2:06.89	200 I.M.	1:54.59	2:06.49	2:13.19
5:05.29	4:55.29	4:28.49	400 I.M.	4:04.09	4:29.89	4:43.19
3:59.99	3:57.19	3:30.29	400 Free Relay	3:08.89	3:31.09	3:38.29
8:36.99	8:38.19	7:42.99	800 Free relay	6:53.79	7:40.99	7:54.99
4:26.19	4:18.89	3:51.89	400 Medley Relay	3:29.59	3:55.69	4:01.99

BONUS STANDARDS						
WOMEN			Event	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.79	27.39	24.59	50 Freestyle	21.69	23.99	24.79
01:00.2	58.29	52.89	100 Freestyle	47.09	52.09	53.99
2:09.09	2:05.89	1:54.19	200 Freestyle	1:43.09	1:54.19	1:58.09
4:30.69	4:21.89	5:03.29	400/500 Freestyle	4:39.59	4:02.09	4:09.79
9:15.99	9:00.99	10:21.29	800/1000 Freestyle	9:39.29	8:26.89	8:40.79
17:46.69	17:13.09	17:24.29	1500/1650 Freestyle	16:13.69	16:02.39	16:41.69
1:07.89	1:04.89	59.09	100 Backstroke	53.09	59.09	1:01.39
2:25.99	2:20.79	2:06.99	200 Backstroke	1:54.79	2:07.49	2:12.39
1:16.79	1:14.69	1:06.89	100 Breaststroke	59.49	1:06.09	1:10.09
2:44.99	2:41.39	2:24.29	200 Breaststroke	2:09.79	2:25.59	2:29.79
1:05.79	1:04.29	58.49	100 Butterfly	51.89	56.89	58.89
2:24.19	2:19.99	2:07.39	200 Butterfly	1:54.89	2:05.79	2:10.59
2:27.59	2:22.89	2:09.49	200 I.M.	1:56.29	2:08.49	2:13.59
5:09.69	5:01.19	4:33.09	400 I.M.	4:08.09	4:34.69	4:43.89

Qualifying period is November 1, 2008 through the entry deadline.
 Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time standards.