

2009-2010 New England Senior Time Standards

Qualifying Period: December 17, 2008 through the entry deadline.

Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
29.39	28.49	25.59	50 FR	22.99	25.59	26.89
1:03.99	1:01.49	55.39	100 FR	50.89	56.49	58.59
2:16.99	2:12.09	1:58.99	200 FR	1:50.59	2:02.79	2:06.99
4:47.49	4:41.49	5:16.99	400/ 500 FR	4:57.89	4:24.59	4:33.09
9:55.39	9:42.09	10:55.49	800/ 1000 FR	10:16.49	9:18.39	9:31.29
19:17.09	18:43.09	18:32.99	1500/ 1650 FR	17:33.99	18:03.39	18:15.89
1:13.19	1:09.79	1:02.79	100 BK	58.09	1:04.49	1:06.29
2:39.99	2:29.09	2:14.29	200 BK	2:06.99	2:20.99	2:25.79
1:20.29	1:18.19	1:10.39	100 BR	1:04.99	1:12.19	1:15.09
2:58.99	2:49.69	2:32.79	200 BR	2:23.29	2:39.09	2:47.89
1:09.89	1:08.09	1:01.29	100 FLY	56.09	1:02.29	1:05.09
2:38.19	2:32.69	2:17.49	200 FLY	2:07.59	2:21.69	2:25.49
2:35.59	2:30.09	2:15.19	200 IM	2:04.99	2:18.79	2:24.79
5:30.89	5:16.39	4:44.99	400 IM	4:30.99	5:00.89	5:11.89
5:11.29	4:59.29	4:33.39	400 MED RELAY	4:10.59	4:42.09	4:29.59
4:40.29	4:32.29	4:04.09	400 FR RELAY	3:44.59	4:16.09	4:04.59
9:44.99	9:36.29	9:10.09	800 FR RELAY	8:00.79	9:04.59	8:44.49

Women			Bonus	Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
30.79	29.79	26.59	50 FR	24.29	26.29	27.49
1:06.29	1:04.29	57.39	100 FR	52.59	57.59	1:00.09
2:21.99	2:18.29	2:04.09	200 FR	1:54.69	2:05.29	2:10.59
4:56.49	4:50.29	5:31.79	400/ 500 FR	5:10.79	4:26.49	4:36.39
10:07.59	9:58.49	11:23.89	800/ 1000 FR	10:36.19	9:16.79	9:34.09
19:26.39	18:52.09	18:58.69	1500/ 1650 FR	18:00.19	17:34.89	18:13.29
1:14.59	1:10.89	1:04.19	100 BK	58.79	1:03.49	1:07.29
2:39.39	2:32.39	2:17.89	200 BK	2:07.09	2:16.69	2:24.79
1:23.89	1:20.89	1:13.19	100 BR	1:06.29	1:11.59	1:15.19
3:00.79	2:54.49	2:37.99	200 BR	2:23.89	2:36.29	2:43.29
1:12.09	1:09.89	1:03.29	100 FLY	57.99	1:02.59	1:04.49
2:35.59	2:32.69	2:18.19	200 FLY	2:08.79	2:17.29	2:23.29
2:41.19	2:35.59	2:20.29	200 IM	2:09.99	2:20.29	2:26.49
5:40.39	5:30.69	4:59.29	400 IM	4:37.09	4:59.79	5:11.99

Bonus time standards must be achieved to enter as a bonus event

Bonus Events

1 qualifying standard = 4 bonus events

2 qualifying standards = 3 bonus events

3 qualifying standards = 3 bonus events

4 or more qualifying standard = 2 bonus events