

Recommended 2010 MW Short Course Times

<u>Girls</u>					
	<u>8 & U</u>	<u>9 - 10</u>	<u>11 - 12</u>	<u>13 - 14</u>	<u>15 & O</u>
25 Free	00:22.39				
50 Free	00:49.29	00:34.79=	00:29.99-	00:27.99+	00:27.19-
100 Free	01:52.19	01:18.49+	01:06.49-	01:01.09+	00:59.39-
200 Free		02:56.09+	02:27.09+	02:14.49+	02:10.49-
500 Free			06:40.09+	06:05.59+	05:56.29-
1000 Free			13:55.99=	13:06.39=	12:51.79-
1650 Free			23:27.89=	21:53.19	21:38.89=
25 Back	00:27.79				
50 Back	01:01.09	00:41.49-	00:35.99-		
100 Back		01:31.39-	01:17.89-	01:11.39+	01:10.39-
200 Back			02:48.89=	02:35.39+	02:34.39-
25 Breast	00:30.49				
50 Breast	01:06.99	00:46.79=	00:40.69=		
100 Breast		01:44.39+	01:28.69-	01:21.69-	01:20.89-
200 Breast			03:11.69=	02:58.49-	02:55.99-
25 Fly	00:27.09				
50 Fly	00:59.79	00:42.29+	00:34.39=		
100 Fly		01:42.09=	01:20.19=	01:12.19=	01:09.79-
200 Fly			03:04.99+	02:40.99=	02:36.49=
100 IM	02:09.49	01:30.29+	01:17.89=		
200 IM		03:18.49+	02:47.69+	02:34.29+	02:29.39-
400 IM			06:04.19=	05:36.79+	05:31.59-
<u>Boys</u>					
	<u>8 & U</u>	<u>9 - 10</u>	<u>11 - 12</u>	<u>13 - 14</u>	<u>15 & O</u>
25 Free	00:21.69				
50 Free	00:47.79	00:35.19=	00:30.49-	00:27.19-	00:25.59-
100 Free	01:49.79	01:19.89-	01:07.69-	01:00.59-	00:55.19-
200 Free		02:50.89=	02:27.49=	02:12.69-	02:04.19-
500 Free			06:35.09=	06:02.59-	05:45.89-
1000 Free			13:46.49=	12:34.39=	12:08.19=
1650 Free			23:10.49=	20:51.99=	20:21.89=
25 Back	00:27.79				
50 Back	01:00.99	00:43.19-	00:36.49=		
100 Back		01:32.09=	01:19.09=	01:09.59=	01:05.39-
200 Back			02:45.59=	02:29.79=	02:23.39=
25 Breast	00:29.89				
50 Breast	01:05.79	00:47.89=	00:40.79=		
100 Breast		01:43.69=	01:27.79=	01:18.09=	01:14.19-
200 Breast			03:07.29=	02:49.39=	02:42.59=
25 Fly	00:26.19				
50 Fly	00:57.69	00:41.99=	00:35.19=		
100 Fly		01:40.39=	01:18.69=	01:08.09=	01:03.79-
200 Fly			03:01.19+	02:31.99=	02:24.49=
100 IM	02:05.19	01:31.19=	01:17.59=		
200 IM		03:18.09=	02:49.39=	02:31.19-	02:22.89-
400 IM			05:56.29=	05:25.49=	05:11.79=

4/18/2009

For 2010 using the 8 & U B time for the 8 & U separate meet