



ISI SENIOR STATE CHAMPIONSHIP TIME STANDARDS
March 4-7, 2010 @ UIC – Hosted by WEST
July 15-18, 2010 @ Northwestern University – Hosted by NASA/WILD



<i>WOMEN</i>			EVENTS	<i>MEN</i>		
LCM	SCM	SCY		SCY	SCM	LCM
29.29	28.29	25.49	<i>50 Freestyle</i>	22.89	25.39	26.69
1:03.89	1:01.19	55.09	<i>100 Freestyle</i>	50.19	55.39	57.59
2:17.49	2:13.29	2:00.09	<i>200 Freestyle</i>	1:50.59	2:02.79	2:08.19
4:50.69	4:40.99	5:21.19	<i>400 / 500 Freestyle</i>	4:59.09	4:21.69	4:33.89
10:08.09	9:50.29	11:14.59	<i>800 / 1000 Freestyle</i>	10:39.99	9:10.59	9:26.79
19:16.99	18:43.79	18:51.99	<i>1500 / 1650 Freestyle</i>	17:51.99	17:43.99	18:15.99
1:13.19	1:09.79	1:02.89	<i>100 Backstroke</i>	57.49	1:03.79	1:08.59
2:39.69	2:31.79	2:16.79	<i>200 Backstroke</i>	2:06.79	2:20.69	2:31.09
1:23.49	1:19.19	1:11.29	<i>100 Breaststroke</i>	1:05.49	1:12.69	1:16.59
3:00.99	2:53.09	2:35.89	<i>200 Breaststroke</i>	2:25.39	2:41.39	2:50.09
1:11.49	1:08.59	1:01.79	<i>100 Butterfly</i>	56.39	1:02.59	1:04.89
2:39.99	2:34.99	2:20.29	<i>200 Butterfly</i>	2:11.19	2:25.59	2:33.89
2:38.09	2:31.29	2:16.29	<i>200 Individual Medley</i>	2:05.19	2:18.99	2:27.69
5:38.79	5:23.19	4:51.19	<i>400 Individual Medley</i>	4:35.79	5:06.09	5:16.19
4:23.99	4:11.29	3:46.39	<i>400 Freestyle Relay</i>	3:27.49	3:50.29	3:58.59
9:29.99	9:07.19	8:12.99	<i>800 Freestyle Relay</i>	7:38.59	8:28.99	8:54.79
4:55.99	4:37.49	4:09.99	<i>400 Medley Relay</i>	3:49.89	4:15.19	4:33.89