

## 2008-2009 Time Standards

### Maine Swimming, Inc. Combined Championships – Yards

<b>Women's Events</b>	<b>10 &amp; U</b>	<b>11-12</b>	<b>13-14</b>	<b>Senior</b>
50 Free	35.69	31.29	29.39	27.89
100 Free	1:21.29	1:09.89	1:04.89	1:00.79
200 Free	3:04.59	2:33.29	2:22.29	2:13.39
500 Free	8:35.79	7:00.99	6:25.69	6:12.99
1000 Free	-----	-----	14:08.89	12:59.99
1650 Free	-----	-----	23:34.19	22:20.99
50 Back	42.59	37.29	-----	-----
100 Back	1:34.99	1:20.99	1:14.79	1:10.59
200 Back	-----	3:03.39	2:44.99	2:36.99
50 Breast	47.79	42.59	-----	-----
100 Breast	1:46.19	1:32.19	1:23.89	1:21.49
200 Breast	-----	3:31.39	3:13.39	2:56.59
50 Fly	42.19	36.19	-----	-----
100 Fly	1:43.69	1:24.99	1:17.79	1:10.89
200 Fly	-----	3:11.79	2:53.39	2:42.99
100 I.M.	1:31.39	1:18.79	-----	-----
200 I.M.	3:37.19	2:56.19	2:39.49	2:31.19
400 I.M.	-----	-----	6:08.39	5:51.29

<b>Men's Events</b>	<b>10 &amp; U</b>	<b>11-12</b>	<b>13-14</b>	<b>Senior</b>
50 Free	37.19	32.99	28.59	24.89
100 Free	1:27.09	1:13.59	1:03.09	54.79
200 Free	3:21.99	2:46.99	2:21.59	2:03.19
500 Free	9:02.49	7:30.49	6:32.89	5:46.69
1000 Free	-----	-----	13:42.09	12:39.99
1650 Free	-----	-----	22:55.99	21:59.99
50 Back	45.49	40.59	-----	-----
100 Back	1:47.19	1:27.99	1:16.19	1:04.59
200 Back	-----	3:26.49	2:46.09	2:23.29
50 Breast	51.89	46.59	-----	-----
100 Breast	2:07.89	1:43.39	1:25.49	1:13.49
200 Breast	-----	3:53.19	3:05.79	2:54.09
50 Fly	49.69	41.79	-----	-----
100 Fly	1:53.69	1:46.89	1:18.99	1:03.99
200 Fly	-----	3:50.09	2:46.49	2:36.59
100 I.M.	1:41.49	1:26.89	-----	-----
200 I.M.	3:52.49	3:12.99	2:45.99	2:16.49
400 I.M.	-----	-----	5:54.99	5:27.79

## 2008-2009 Time Standards

### Maine Swimming, Inc. Combined Championships – SCM

<b>Women's Events</b>	<b>10 &amp; U</b>	<b>11-12</b>	<b>13-14</b>	<b>Senior</b>
50 Free	39.62	34.73	32.62	30.96
100 Free	1:30.23	1:17.58	1:12.03	1:07.48
200 Free	3:24.89	2:50.15	2:37.94	2:28.06
400 Free	7:31.31	6:09.33	5:37.83	5:26.49
800 Free	-----	-----	12:24.83	11:23.34
1500 Free	-----	-----	23:38.47	22:23.81
50 Back	47.27	41.39	-----	-----
100 Back	1:45.44	1:29.90	1:23.02	1:18.35
200 Back	-----	3:22.63	3:03.14	2:54.25
50 Breast	53.04	47.27	-----	-----
100 Breast	1:57.87	1:42.33	1:33.12	1:30.45
200 Breast	-----	3:54.64	3:34.66	3:16.01
50 Fly	46.83	40.17	-----	-----
100 Fly	1:55.10	1:34.33	1:26.35	1:18.68
200 Fly	-----	3:31.87	3:12.46	3:00.92
100 I.M.	1:41.44	1:27.46	-----	-----
200 I.M.	4:01.08	3:15.57	2:57.03	2:47.82
400 I.M.	-----	-----	6:48.91	6:29.93

<b>Men's Events</b>	<b>10 &amp; U</b>	<b>11-12</b>	<b>13-14</b>	<b>Senior</b>
50 Free	41.28	36.62	31.73	27.63
100 Free	1:36.66	1:21.68	1:10.03	1:00.82
200 Free	3:44.21	3:05.35	2:37.16	2:16.74
400 Free	8:03.77	6:35.66	5:44.25	5:03.02
800 Free	-----	-----	11:59.32	11:05.49
1500 Free	-----	-----	22:59.51	22:02.39
50 Back	50.49	45.05	-----	-----
100 Back	1:58.98	1:37.67	1:24.57	1:11.69
200 Back	-----	3:48.13	3:04.36	2:39.05
50 Breast	57.59	51.71	-----	-----
100 Breast	2:21.96	1:54.76	1:34.89	1:21.57
200 Breast	-----	4:17.68	3:26.23	3:13.24
50 Fly	55.16	46.38	-----	-----
100 Fly	2:06.19	1:58.64	1:27.68	1:11.02
200 Fly	-----	4:14.21	3:04.80	2:53.81
100 I.M.	1:52.65	1:36.44	-----	-----
200 I.M.	4:18.06	3:34.22	3:04.25	2:31.50
400 I.M.	-----	-----	6:34.04	6:03.84

## 2008-2009 Time Standards

### Maine Swimming, Inc. Combined Championships – LCM

<b>Women's Events</b>	<b>10 &amp; U</b>	<b>11-12</b>	<b>13-14</b>	<b>Senior</b>
50 Free	40.42	35.53	33.42	31.76
100 Free	1:31.83	1:19.18	1:13.63	1:09.08
200 Free	3:28.09	2:53.35	2:41.14	2:31.26
400 Free	7:37.71	6:15.73	5:44.23	5:32.89
800 Free	-----	-----	12:37.63	11:36.14
1500 Free	-----	-----	24:02.47	22:47.81
50 Back	47.87	41.99	-----	-----
100 Back	1:46.64	1:31.10	1:24.22	1:19.55
200 Back	-----	3:25.03	3:05.54	2:56.65
50 Breast	54.04	48.27	-----	-----
100 Breast	1:59.87	1:44.33	1:35.12	1:32.45
200 Breast	-----	3:58.64	3:38.66	3:20.01
50 Fly	47.53	40.87	-----	-----
100 Fly	1:56.50	1:35.73	1:27.75	1:20.08
200 Fly	-----	3:34.67	3:15.26	3:03.72
100 I.M.	-----	-----	-----	-----
200 I.M.	4:04.28	3:18.77	3:00.23	2:51.02
400 I.M.	-----	-----	6:55.31	6:36.33

<b>Men's Events</b>	<b>10 &amp; U</b>	<b>11-12</b>	<b>13-14</b>	<b>Senior</b>
50 Free	42.08	37.42	32.53	28.43
100 Free	1:38.26	1:23.28	1:11.63	1:02.42
200 Free	3:47.41	3:08.35	2:40.36	2:19.94
400 Free	8:10.17	6:42.06	5:50.65	5:09.42
800 Free	-----	-----	12:11.2	11:18.29
1500 Free	-----	-----	23:23.51	22:26.39
50 Back	51.09	45.65	-----	-----
100 Back	2:00.18	1:38.87	1:25.77	1:12.89
200 Back	-----	3:50.53	3:06.76	2:41.45
50 Breast	58.59	52.71	-----	-----
100 Breast	2:23.96	1:56.76	1:36.89	1:23.57
200 Breast	-----	4:21.68	3:30.23	3:17.24
50 Fly	55.86	47.08	-----	-----
100 Fly	2:07.49	2:00.04	1:29.08	1:12.42
200 Fly	-----	4:17.01	3:07.60	2:56.61
100 I.M.	-----	-----	-----	-----
200 I.M.	4:21.26	3:37.42	3:07.45	2:34.70
400 I.M.	-----	-----	6:40.44	6:10.24