

**WESTERN REGION SECTIONALS  
MARCH 11-15, 2009**

<b>2008-9 Sr Sectional Time Standards</b>						
<b>WOMEN</b>			<b>EVENT</b>	<b>MEN</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
<b>28.59</b>	<b>28.01</b>	25.10	<b>50 Fr</b>	25.79	<b>25.11</b>	22.49
<b>1:01.48</b>	<b>1:00.52</b>	54.23	<b>100 Fr</b>	<b>56.13</b>	<b>54.74</b>	49.05
<b>2:12.88</b>	<b>2:10.40</b>	1.56.84	<b>200 Fr</b>	<b>2:02.37</b>	<b>1:59.64</b>	1.47.20
<b>4:38.86</b>	<b>4:33.13</b>	5.12.19	<b>4/500 Fr</b>	<b>4:22.50</b>	<b>4:15.20</b>	4.51.69
<b>9:39.45</b>	<b>9:25.26</b>	10.46.09	<b>8/1000 Fr</b>	9:12.79	<b>8:57.79</b>	10.14.69
18:44.59	<b>18:06.22</b>	18.09.88	<b>1500/1650</b>	17:36.59	<b>17:12.02</b>	17.15.12
<b>1:07.08</b>	<b>1:06.53</b>	59.61	<b>100 Fly</b>	<b>1:01.21</b>	<b>1:00.37</b>	54.09
<b>2:30.83</b>	<b>2:28.18</b>	2.12.77	<b>200 Fly</b>	2:20.39	<b>2:15.93</b>	2.01.79
<b>1:10.55</b>	<b>1:06.53</b>	1.00.90	<b>100 Bk</b>	<b>1:05.30</b>	<b>1:02.60</b>	56.09
<b>2:30.64</b>	<b>2:28.18</b>	2.11.05	<b>200 Bk</b>	2:21.19	<b>2:15.93</b>	2.01.79
<b>1:19.93</b>	<b>1:17.78</b>	1.09.69	<b>100 Br</b>	1:13.19	<b>1:09.41</b>	1.02.19
2:53.49	<b>2:47.98</b>	2.30.51	<b>200 Br</b>	2:40.79	<b>2:34.56</b>	2.18.49
2:31.09	<b>2:27.66</b>	2.12.30	<b>200 IM</b>	2:18.69	<b>2:14.70</b>	2.00.69
<b>5:18.10</b>	<b>5:11.73</b>	4.39.31	<b>400 IM</b>	4:57.79	<b>4:48.94</b>	4.18.89
1.59.29	<b>1:56.89</b>	1.44.69	<b>200 FR</b>	1.46.89	<b>1:43.78</b>	1.32.99
4.17.29	<b>4:12.14</b>	3.49.09	<b>400 FR</b>	3.54.59	<b>3:46.85</b>	3.25.49
9.21.69	<b>9:10.46</b>	8.14.49	<b>800 FR</b>	8.43.99	<b>8:26.70</b>	7.38.69
2.13.39	<b>2:10.99</b>	1.56.29	<b>200 MR</b>	1.59.69	<b>1:55.50</b>	1.44.69
4.48.39	<b>4:44.93</b>	4.09.49	<b>400 MR</b>	4.23.39	<b>4:15.75</b>	3.47.49