

# 2010 Speedo Championship Series Northwest Section Time Standards

## Women

## Men

Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
25.01	27.82	28.49	<b>50 Fr</b>	22.49	25.71	25.79
54.04	59.47	1:01.34	<b>100 Fr</b>	48.89	53.92	56.02
1:56.74	2:08.61	2:12.69	<b>200 Fr</b>	1:47.08	1:58.54	2:02.79
5:11.76	4:29.17	4:39.69	<b>4/500 Fr</b>	4:51.69	4:12.49	4:22.79
10:46.09	9:22.55	9:42.19	<b>8/1000 Fr</b>	10:14.69	8:57.79	9:12.79
18:09.88	17:58.11	18:44.59	<b>1500/1650</b>	17:11.26	16:52.78	17:36.59
59.34	1:05.19	1:06.95	<b>100 Fly</b>	54.04	59.37	1:01.24
2:12.40	2:25.48	2:31.16	<b>200 Fly</b>	2:01.79	2:13.25	2:20.39
1:00.41	1:06.31	1:10.61	<b>100 Bk</b>	55.83	1:01.28	1:05.69
2:09.93	2:23.98	2:30.55	<b>200 Bk</b>	2:01.79	2:15.25	2:21.19
1:09.51	1:17.57	1:20.29	<b>100 Br</b>	1:02.19	1:09.06	1:13.19
2:30.51	2:48.32	2:53.49	<b>200 Br</b>	2:18.49	2:35.26	2:40.79
2:12.16	2:25.76	2:31.09	<b>200 IM</b>	2:00.69	2:13.35	2:18.69
4:38.70	5:07.29	5:18.84	<b>400 IM</b>	4:18.89	4:46.49	4:57.79
1:44.69	1:56.89	1:59.29	<b>200 FR</b>	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	<b>400 FR</b>	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	<b>800 FR</b>	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	<b>200 MR</b>	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	<b>400 MR</b>	3:47.49	4:15.75	4:23.39