



ISI REGIONAL CHAMPIONSHIP TIME STANDARDS

February 26th – 28th, 2010



Girls	Event (SCY)	Boys
REG	10&Under	REG
33.69	50 Free	33.49
1:14.09	100 Free	1:14.09
2:42.09	200 Free	2:44.59
8:30.49	500 Free	8:25.49
39.49	50 Back	39.59
1:24.79	100 Back	1:25.89
44.59	50 Breast	45.19
1:37.79	100 Breast	1:39.69
37.89	50 Fly	38.29
1:27.99	100 Fly	1:29.59
1:24.99	100 IM	1:25.79
3:03.99	200 IM	3:06.69
REG	12&Under	REG
29.99	50 Free	29.59
1:05.09	100 Free	1:04.69
2:22.39	200 Free	2:22.19
6:22.69	500 Free	6:24.79
34.79	50 Back	34.99
1:14.69	100 Back	1:15.09
3:03.29	200 Back	2:59.39
38.79	50 Breast	39.29
1:24.69	100 Breast	1:25.99
3:27.29	200 Breast	3:21.79
33.19	50 Fly	33.29
1:14.69	100 Fly	1:15.29
3:06.29	200 Fly	3:04.69
1:14.89	100 IM	1:15.49
2:40.89	200 IM	2:42.89
6:34.39	400 IM	6:27.29
REG	14&Under	REG
28.59	50 Free	26.59
1:01.89	100 Free	58.09
2:13.89	200 Free	2:00.99
6:00.59	500 Free	5:46.79
12:34.29	1000 Free	12:14.99
21:02.99	1650 Free	20:30.09
1:10.19	100 Back	1:06.99
2:32.29	200 Back	2:26.49
1:20.09	100 Breast	1:16.39
2:54.09	200 Breast	2:47.39
1:09.59	100 Fly	1:05.79
2:39.09	200 Fly	2:31.89
2:32.69	200 IM	2:25.09
5:25.49	400 IM	5:14.39
REG	Open	REG
27.89	50 Free	25.09
1:00.49	100 Free	54.69
2:11.09	200 Free	2:00.69
5:51.09	500 Free	5:26.79
12:22.09	1000 Free	11:56.09
20:42.99	1650 Free	19:39.19
1:09.19	100 Back	1:03.19
2:29.89	200 Back	2:19.29
1:18.39	100 Breast	1:11.99
2:51.49	200 Breast	2:39.89
1:07.79	100 Fly	1:01.99
2:34.29	200 Fly	2:24.29
2:28.29	200 IM	2:16.59
5:19.19	400 IM	5:03.39

Girls	Event (LCM)	Boys
REG	10&Under	REG
38.49	50 Free	38.69
1:26.69	100 Free	1:26.89
3:08.49	200 Free	3:11.49
7:42.09	400 Free	7:38.49
46.29	50 Back	46.59
1:39.99	100 Back	1:41.49
52.09	50 Breast	53.89
1:53.79	100 Breast	1:58.39
43.79	50 Fly	45.09
1:45.19	100 Fly	1:48.99
3:33.89	200 IM	3:39.99
REG	12&Under	REG
34.39	50 Free	34.59
1:15.29	100 Free	1:15.99
2:44.29	200 Free	2:46.29
5:49.09	400 Free	5:55.29
40.59	50 Back	40.99
1:27.39	100 Back	1:28.89
3:30.79	200 Back	3:30.29
45.49	50 Breast	46.89
1:39.69	100 Breast	1:43.19
3:57.59	200 Breast	3:54.69
37.89	50 Fly	38.49
1:27.69	100 Fly	1:29.89
3:33.09	200 Fly	3:30.99
3:06.99	200 IM	3:10.09
7:32.09	400 IM	7:28.29
REG	14&Under	REG
32.99	50 Free	31.09
1:11.49	100 Free	1:07.79
2:35.09	200 Free	2:28.89
5:28.89	400 Free	5:19.39
11:26.19	800 Free	11:13.19
21:43.49	1500 Free	21:18.19
1:22.69	100 Back	1:19.69
2:57.99	200 Back	2:51.89
1:34.19	100 Breast	1:31.49
3:22.49	200 Breast	3:19.29
1:20.99	100 Fly	1:17.79
3:05.79	200 Fly	3:02.29
2:56.79	200 IM	2:50.49
6:17.39	400 IM	6:07.19
REG	Open	REG
32.19	50 Free	29.39
1:09.99	100 Free	1:03.39
2:30.79	200 Free	2:19.29
5:19.79	500 Free	5:01.29
11:08.89	800 Free	10:23.49
21:12.69	1500 Free	20:05.59
1:20.29	100 Back	1:15.49
2:54.59	200 Back	2:45.79
1:31.79	100 Breast	1:24.29
3:18.79	200 Breast	3:07.09
1:18.29	100 Fly	1:11.09
2:55.99	200 Fly	2:49.29
2:53.49	200 IM	2:41.49
6:12.69	400 IM	5:47.79

Girls	Event (SCM)	Boys
REG	10&Under	REG
37.39	50 Free	37.29
1:22.29	100 Free	1:22.29
3:00.99	200 Free	3:02.59
7:26.79	400 Free	7:22.69
43.89	50 Back	43.99
1:34.19	100 Back	1:35.39
49.39	50 Breast	50.19
1:48.59	100 Breast	1:50.69
42.09	50 Fly	42.49
1:37.69	100 Fly	1:39.49
1:34.39	100 IM	1:35.29
3:24.29	200 IM	3:27.19
REG	12&Under	REG
33.29	50 Free	32.89
1:12.29	100 Free	1:11.79
2:38.09	200 Free	2:37.79
5:34.79	400 Free	5:36.79
38.59	50 Back	39.79
1:22.89	100 Back	1:23.39
3:22.49	200 Back	3:18.29
43.09	50 Breast	43.59
1:33.99	100 Breast	1:35.49
3:49.09	200 Breast	3:42.99
36.89	50 Fly	36.99
1:22.89	100 Fly	1:23.59
3:25.89	200 Fly	3:24.09
1:23.19	100 IM	1:23.69
2:58.59	200 IM	3:00.79
7:15.79	400 IM	7:07.99
REG	14&Under	REG
31.79	50 Free	29.59
1:08.69	100 Free	1:04.49
2:28.59	200 Free	2:20.99
5:15.49	400 Free	5:03.49
10:59.99	800 Free	10:43.19
21:10.59	1500 Free	20:37.49
1:17.89	100 Back	1:14.39
2:49.09	200 Back	2:42.59
1:28.89	100 Breast	1:24.79
3:13.29	200 Breast	3:05.79
1:17.29	100 Fly	1:12.99
2:56.49	200 Fly	2:48.59
2:49.49	200 IM	2:40.99
6:01.09	400 IM	5:48.89
REG	Open	REG
30.99	50 Free	27.79
1:07.09	100 Free	1:00.69
2:25.49	200 Free	2:13.99
5:07.19	500 Free	4:45.99
10:49.29	800 Free	10:26.59
20:50.49	1500 Free	19:46.19
1:16.79	100 Back	1:10.19
2:46.39	200 Back	2:34.49
1:27.09	100 Breast	1:19.99
3:10.39	200 Breast	2:57.49
1:15.19	100 Fly	1:08.89
2:50.49	200 Fly	2:40.19
2:44.59	200 IM	2:31.69
5:54.29	400 IM	5:36.69