



ISI SENIOR STATE CHAMPIONSHIP TIME STANDARDS

March 3-6, 2011 @ UIC – Hosted by LFSC

July 14-17, 2011 @ To Be Announced



<i>WOMEN</i>			EVENTS	<i>MEN</i>		
LCM	SCM	SCY		SCY	SCM	LCM
29.29	28.19	25.39	<i>50 Freestyle</i>	22.79	25.29	26.69
1:03.59	1:00.99	54.99	<i>100 Freestyle</i>	49.69	55.19	57.59
2:17.09	2:12.29	1:59.19	<i>200 Freestyle</i>	1:49.69	2:01.79	2:06.59
4:50.69	4:39.29	5:19.19	<i>400 / 500 Freestyle</i>	4:57.09	4:19.99	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	18:56.79	18:49.99	<i>1500 / 1650 Freestyle</i>	17:51.99	17:58.39	18:15.99
1:12.99	1:09.79	1:02.89	<i>100 Backstroke</i>	57.49	1:03.79	1:08.59
2:38.69	2:31.29	2:16.29	<i>200 Backstroke</i>	2:06.59	2:20.49	2:30.69
1:23.49	1:19.19	1:11.29	<i>100 Breaststroke</i>	1:05.49	1:12.69	1:16.59
3:00.69	2:53.09	2:35.89	<i>200 Breaststroke</i>	2:25.39	2:41.39	2:50.09
1:11.19	1:08.39	1:01.59	<i>100 Butterfly</i>	56.39	1:02.59	1:04.59
2:39.99	2:34.99	2:20.29	<i>200 Butterfly</i>	2:11.19	2:25.59	2:33.89
2:37.69	2:29.59	2:14.79	<i>200 Individual Medley</i>	2:04.19	2:17.89	2:26.79
5:38.79	5:22.09	4:50.19	<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	4:36.29	4:08.89	<i>400 Medley Relay</i>	3:47.29	4:12.29	4:33.89

Approved – 10/10/10