

**2009 Western Zone Senior Championships
August 10-12, 2009 – Waipahu, Hawaii**

Women		Time Standards			Men	
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:28.99	0:28.19	0:25.39	50 FR	0:26.19	0:25.39	0:22.79
1:02.79	1:01.19	0:55.19	100 FR	0:57.39	0:55.79	0:49.89
2:15.29	2:12.09	1:58.99	200 FR	2:05.49	2:02.29	1:49.59
4:43.39	4:36.99	5:15.99	400/500 FR	4:26.69	4:20.29	4:56.49
18:41.29	18:26.99	18:24.59	1500/1650 FR	17:50.19	17:31.29	17:28.89
1:11.39	1:10.79	1:02.39	100 BK	1:05.79	1:05.19	0:57.39
2:32.99	2:31.79	2:14.39	200 BK	2:22.49	2:21.29	2:04.59
1:19.79	1:18.79	1:09.79	100 BR	1:13.79	1:12.79	1:03.69
2:54.79	2:52.79	2:32.79	200 BR	2:41.99	2:39.99	2:20.99
1:09.09	1:08.39	1:01.09	100 FL	1:02.49	1:01.79	0:54.99
2:33.99	2:32.59	2:15.89	200 FL	2:22.19	2:20.79	2:04.49
2:33.99	2:32.39	2:15.19	200 IM	2:21.89	2:20.29	2:03.49
5:23.69	5:20.49	4:46.09	400 IM	5:02.79	4:59.59	4:24.49