

WESTERN REGION SECTIONALS
MARCH 11-15, 2009

2008-09 Western Section Senior Time Standards						
WOMEN			EVENT	MEN		
LCM	SCM	SCY		LCM	SCM	SCY
0:28.59	0:28.01	0:25.10	50 Free	0:25.79	0:25.11	0:22.49
1:01.48	1:00.52	0:54.23	100 Free	0:56.13	0:54.74	0:49.05
2:12.88	2:10.40	1:56.84	200 Free	2:02.37	1:59.64	1:47.20
4:38.86	4:33.13	5:12.19	4/500 Free	4:22.50	4:15.20	4:51.69
9:39.45	9:25.26	10:46.09	8/1000 Free	9:12.79	8:57.79	10:14.69
18:44.59	18:06.22	18:09.88	15/1650 Free	17:36.59	17:12.02	17:15.12
1:10.55	1:06.53	1:00.90	100 Back	1:05.30	1:02.60	0:56.09
2:30.64	2:28.18	2:11.05	200 Back	2:21.19	2:15.93	2:01.79
1:19.93	1:17.78	1:09.69	100 Breast	1:13.19	1:09.41	1:02.19
2:53.49	2:47.98	2:30.51	200 Breast	2:40.79	2:34.56	2:18.49
1:07.08	1:06.53	0:59.61	100 Fly	1:01.21	1:00.37	0:54.09
2:30.83	2:28.18	2:12.77	200 Fly	2:20.39	2:15.93	2:01.79
2:31.09	2:27.66	2:12.30	200 IM	2:18.69	2:14.70	2:00.69
5:18.10	5:11.73	4:39.31	400 IM	4:57.79	4:48.94	4:18.89
1:59.29	1:56.89	1:44.69	200 FR	1:46.89	1:43.78	1:32.99
4:17.29	4:12.14	3:49.09	400 FR	3:54.59	3:46.85	3:25.49
9:21.69	9:10.46	8:14.49	800 FR	8:43.99	8:26.70	7:38.69
2:13.39	2:10.99	1:56.29	200 MR	1:59.69	1:55.50	1:44.69
4:48.39	4:44.93	4:09.49	400 MR	4:23.39	4:15.75	3:47.49