



2009 North Carolina Swimming SCY Senior Championship Time Standards

Host- New South Swimming

Location- Mecklenburg County Aquatic Center

Date- July 23-26, 2009

		Women	Men
sc	50 Fr	26.19	23.09
lc		29.69	26.89
sc	100 Fr	56.39	50.79
lc		1:03.99	58.99
sc	200 Fr	2:01.19	1:51.09
lc		2:17.69	2:06.59
sc	4-500 Fr	5:21.99	5:00.19
lc		4:48.79	4:30.29
sc	8-1000 Fr	11:08.59	10:30.19
lc		9:56.49	9:20.99
sc	15-1650 Fr	18:39.79	17:30.19
lc		19:01.59	17:54.89
sc	100 Bk	1:03.49	56.69
lc		1:12.89	1:05.99
sc	200 Bk	2:16.79	2:03.39
lc		2:36.49	2:22.89
sc	100 BR	1:12.79	1:03.89
lc		1:21.99	2:13.69
sc	200 BR	2:35.39	2:18.99
lc		2:56.69	2:40.39
sc	100 FI	1:02.89	55.79
lc		1:10.69	1:02.49
sc	200 FI	2:17.69	2:04.39
lc		2:33.49	2:20.49
sc	200 IM	2:17.39	2:04.09
lc		2:37.39	2:23.99
sc	400 IM	4:52.19	4:25.79
lc		5:31.19	5:06.79