

## 2008 SHORT COURSE YARD TIMES FOR SENIOR SWIMMERS

					EVENT					
					MEN					
Summer US Open	Juniors	USA SC Nats	Y Nats	Sections		Sections	Y Nats	USA SC Nats	Juniors	Summer US Open
22.99	23.69	23.89	25.29	25.10	50 Freestyle	22.49	22.59	20.99	21.19	20.29
50.19	51.29	51.89	54.79	54.23	100 Freestyle	49.05	49.19	45.99	46.29	44.49
1:48.29	1:50.39	1:51.69	1:57.49	1:56.84	200 Freestyle	1:47.20	1:47.39	1:40.69	1:41.39	1:38.09
4:47.79	4:53.19	4:55.89	5:14.09	5:12.19	500 Freestyle	4:51.69	4:50.29	4:32.29	4:33.79	4:25.29
9:58.89	10:05.99	10:07.99	10:40.99	10:46.09	1000 Freestyle	10:14.69	10:07.99	9:27.39	9:29.39	9:16.89
16:30.59	16:48.49	16:58.29	17:56.99	18:09.88	1650 Freestyle	17:15.12	16:48.79	15:47.79	15:51.49	15:30.69
55.79	56.89	57.69	1:01.49	1:00.90	100 Backstroke	56.09	56.09	51.29	51.59	49.59
2:00.09	2:02.39	2:03.59	2:12.09	2:11.05	200 Backstroke	2:01.79	2:01.59	1:50.99	1:51.79	1:47.89
1:03.19	1:04.39	1:05.19	1:09.79	1:09.72	100 Breaststroke	1:02.19	1:02.89	57.59	57.99	55.89
2:16.69	2:18.79	2:20.69	2:30.29	2:30.51	200 Breaststroke	2:18.49	2:17.39	2:04.99	2:06.29	2:01.69
54.99	55.99	57.09	1:00.59	59.61	100 Butterfly	54.09	54.39	50.49	50.69	48.59
2:00.69	2:03.09	2:05.09	2:14.19	2:12.77	200 Butterfly	2:01.79	2:02.59	1:51.79	1:52.29	1:48.59
2:01.79	2:04.09	2:06.09	2:13.19	2:12.30	200 Ind. Medley	2:00.69	2:01.89	1:52.99	1:52.99	1:49.69
4:19.79	4:22.39	4:27.79	4:44.29	4:39.31	400 Ind. Medley	4:18.89	4:22.39	4:00.99	4:04.59	4:00.49
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3:28.39	3:30.29	3:33.49	3:42.79	3:49.09	400 Free Relay	3:25.49	3:19.89	3:09.39	3:08.89	3:02.19
7:25.49	7:42.99	7:43.39	8:01.09	8:14.49	800 Free Relay	7:38.69	7:20.29	7:00.49	6:53.79	6:46.99
----	----	----	1:54.99	----	200 Medley Relay	----	1:42.89	----	----	----
3:50.39	3:51.89	3:58.19	4:09.09	4:09.49	400 Medley Relay	3:47.49	3:43.99	3:31.09	3:29.59	3:24.09

Winter Section Meet - December 7-9 Gresham, OR (Mt. Hood) (The March Meet is LCM)

YMCA Nationals - April 1-4, 2008 Ft. Lauderdale Florida

USA Swimming Short Course Nationals - Nov. 29-Dec 1, 2007 Atlanta, GA

Juniors - August 4-8, 2008 Minneapolis, MN

Summer US Open - July 29 - Aug 2, 2008 Minneapolis, MN

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