

2010 SHORT COURSE YARD TIMES FOR SENIOR SWIMMERS

WOMEN						EVENT	MEN					
USA LCM Nats	USA LCM Juniors	USA SCY Juniors	USA SC Nats	Y Nats	Sections		Sections	Y Nats	USA SC Nats	USA SCY Juniors	USA LCM Juniors	USA LCM Nats
22.99	23.39	24.09	23.89	25.19	25.01	50 Freestyle	22.49	22.49	20.99	21.59	20.89	20.29
50.19	51.09	52.19	51.89	54.59	54.04	100 Freestyle	48.89	49.19	45.99	46.89	45.89	44.49
1:48.29	1:50.09	1:52.09	1:51.69	1:57.29	156.74	200 Freestyle	1:47.08	1:46.69	1:40.69	1:42.49	1:40.69	1:38.09
4:47.79	4:52.99	4:57.09	4:55.89	5:11.79	5:11.76	500 Freestyle	4:51.69	4:50.29	4:32.29	4:36.59	4:33.69	4:25.29
9:58.89	10:05.99	10:14.39	10:07.99	10:35.59	10:46.09	1000 Freestyle	10:14.69	9:59.29	9:27.39	9:36.29	9:26.09	9:16.89
16:30.59	16:48.49	17:00.99	16:58.29	17:41.79	18:09.88	1650 Freestyle	17:11.26	16:35.19	15:47.79	16:03.49	15:51.49	15:30.69
55.79	56.19	57.79	57.69	1:01.19	1:00.41	100 Backstroke	55.83	55.89	51.29	52.19	51.39	49.59
2:00.09	2:01.19	2:04.19	2:03.59	2:11.89	2:09.93	200 Backstroke	2:01.79	2:00.29	1:50.99	1:53.09	1:51.39	1:47.89
1:03.19	1:04.29	1:05.29	1:05.19	1:09.59	1:09.51	100 Breaststroke	1:02.19	1:02.79	57.59	58.69	57.89	55.89
2:16.69	2:17.99	2:21.39	2:20.69	2:30.19	2:30.51	200 Breaststroke	2:18.49	2:17.29	2:04.99	2:07.99	2:06.29	2:01.69
54.99	55.59	57.29	57.09	1:00.29	59.34	100 Butterfly	54.04	54.19	50.49	51.19	50.29	48.59
2:00.69	2:02.49	2:05.69	2:05.09	2:13.99	2:12.40	200 Butterfly	2:01.79	2:01.99	1:51.79	1:53.99	1:51.99	1:48.59
2:01.79	2:03.49	2:06.89	2:06.09	2:12.99	2:12.16	200 Ind. Medley	2:00.69	1:59.69	1:52.99	1:54.59	1:52.79	1:49.69
4:19.79	4:20.79	4:28.49	4:27.79	4:42.59	4:38.70	400 Ind. Medley	4:18.89	4:21.29	4:00.99	4:04.09	3:59.89	3:58.29
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3:28.39	----	3:30.29	3:30.29	3:40.39	3:49.09	400 Free Relay	3:25.49	3:18.79	3:08.89	3:08.89	----	3:02.19
7:25.49	----	7:42.99	7:42.99	7:57.19	8:14.49	800 Free Relay	7:38.69	7:13.59	6:53.79	6:53.79	----	6:46.99
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3:50.39	----	3:51.89	3:51.89	4:05.49	4:09.49	400 Medley Relay	3:47.49	3:41.89	3:29.59	3:29.59	----	3:24.09

Senior Section SCY Meet - March 10-14, 2010 Federal Way, WA
 YMCA Nationals - April 7-10, 2010 Ft. Lauderdale, Florida
 USA Swimming Short Course Nationals - December 3-6, 2009 Federal Way
 USA Swimming Short Course Juniors - December 10-12, 2009 Columbus, OH
 Senior Section LCM Meet - July 20-24, 2010 Mt. Hood, OR
 USA Swimming Long Course Nationals - August 3-7, 2010 Irvine, CA
 USA Swimming Long Course Juniors - August 9-13, 2010 Irvine, CA