

2009-2010 FEMALE AGE GROUP NATIONAL STANDARDS										
12& u	13	14	15	16-18	EVENT	16-18	15	14	13	12& u
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
		28.50	28.30	28.00	50 fr	27.30	27.70	28.00		
	1:03.70	1:02.50	1:01.80	1:00.80	100 fr	59.30	1:00.30	1:01.00	1:02.10	
2:21.10	2:15.80	2:13.40	2:12.40	2:11.40	200 fr	2:08.20	2:09.80	2:10.10	2:12.40	2:17.60
4:59.00	4:49.10	4:42.40	4:38.40	4:37.70	400 fr	4:30.80	4:33.00	4:36.90	4:43.40	4:53.10
10:20.50	9:59.10	9:44.30	9:39.70	9:34.10	800 fr	9:19.80	9:25.30	9:32.90	9:47.40	10:08.30
20:18.00	19:36.00	19:07.00	18:57.50	18:48.00	1500 fr	18:17.30	18:29.10	18:44.00	19:12.50	19:53.60
		33.80	33.30	33.00	50 bk	32.20	32.50	33.00		
	1:13.10	1:11.50	1:10.10	1:09.20	100 bk	1:07.50	1:08.40	1:09.80	1:10.30	
2:39.50	2:36.20	2:32.30	2:31.20	2:30.00	200 bk	2:26.30	2:27.50	2:28.50	2:32.30	2:35.60
		37.10	36.90	36.30	50 brst	35.40	36.20	36.40		
	1:21.90	1:21.20	1:20.00	1:19.10	100 brst	1:17.20	1:18.00	1:19.20	1:19.90	
3:00.50	2:55.70	2:54.00	2:51.80	2:49.80	200 brst	2:45.60	2:47.60	2:49.70	2:52.20	2:57.00
		31.50	31.40	30.40	50 fly	29.70	30.70	30.80		
	1:10.10	1:07.80	1:06.70	1:06.00	100 fly	1:04.40	1:05.10	1:06.40	1:08.70	
2:45.50	2:36.70	2:31.90	2:28.90	2:27.80	200 fly	2:24.20	2:26.00	2:28.90	2:33.70	2:42.30
2:40.20	2:36.00	2:33.50	2:31.70	2:31.20	200 IM	2:27.40	2:28.60	2:29.70	2:33.00	2:37.10
5:40.50	5:31.50	5:25.80	5:23.50	5:21.30	400 IM	5:13.30	5:15.50	5:17.70	5:25.00	5:33.80

2009-2010 MALE AGE GROUP NATIONAL STANDARDS										
13& u	14	15	16	17-18	EVENT	17-18	16	15	14	13
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
		26.70	26.20	25.60	50 fr	25.00	25.60	26.10		
	59.20	57.80	56.80	55.80	100 fr	54.40	55.30	56.30	57.70	
2:15.60	2:10.40	2:06.60	2:04.10	2:02.40	200 fr	1:59.40	2:01.00	2:03.40	2:07.20	2:12.30
4:47.10	4:36.40	4:30.50	4:25.70	4:22.90	400 fr	4:16.30	4:19.10	4:23.80	4:29.50	4:40.00
10:03.70	9:35.90	9:22.00	9:17.00	9:12.00	800 fr	8:58.20	9:03.10	9:11.00	9:21.50	9:48.70
19:09.00	18:50.50	18:23.20	18:03.60	17:37.30	1500 fr	17:10.90	17:36.50	17:55.70	18:22.30	18:40.30
		31.20	30.50	30.10	50 bk	29.40	29.70	30.50		
	1:08.30	1:06.50	1:04.90	1:04.00	100 bk	1:02.40	1:03.30	1:04.90	1:06.60	
2:34.00	2:26.00	2:21.40	2:19.90	2:18.40	200 bk	2:15.00	2:16.20	2:18.60	2:22.40	2:30.20
		34.40	34.10	33.80	50 brst	33.00	33.30	33.60		
	1:18.10	1:15.60	1:14.30	1:12.60	100 brst	1:10.80	1:12.50	1:13.80	1:16.20	
2:57.50	2:48.30	2:44.70	2:40.80	2:38.60	200 brst	2:34.70	2:36.80	2:40.60	2:44.10	2:53.10
		28.90	28.40	27.90	50 fly	27.20	27.70	28.20		
	1:05.20	1:03.50	1:02.30	1:01.40	100 fly	59.90	1:00.80	1:02.30	1:03.60	
2:40.00	2:29.70	2:24.90	2:23.20	2:21.50	200 fly	2:18.00	2:18.90	2:22.10	2:26.00	2:36.00
2:34.00	2:28.30	2:25.10	2:21.60	2:19.00	200 IM	2:15.60	2:18.10	2:21.50	2:24.60	2:30.20
5:31.40	5:14.60	5:07.90	5:02.60	4:58.20	400 IM	4:50.80	4:55.10	5:00.30	5:06.80	5:23.20

* The **Qualifying Period** for all SNC meets in 2009-2010 shall be from September 1, 2008 to the published entry deadline for the competition.

* The **Entry Age** for all SNC meets shall be the swimmer's age as of the first day of the meet.