

2010 North Carolina Swimming SCY Senior Championship Time Standards

Location- Huntersville Family Fitness Center

Date- January 28-31, 2010

Hosted by:



		Women	Men
sc	50 Fr	26.39	23.29
lc		29.89	27.19
sc	100 Fr	56.89	51.19
lc		1:04.59	59.49
sc	200 Fr	2:00.29	1:52.69
lc		2:19.29	2:08.29
sc	4-500 Fr	5:25.19	5:04.29
lc		4:51.79	4:32.39
sc	8-1000 Fr	11:15.19	10:38.89
lc		10:02.39	9:26.59
sc	15-1650 Fr	18:50.49	17:44.79
lc		19:03.09	18:05.69
sc	100 Bk	1:04.29	57.59
lc		1:13.59	1:06.59
sc	200 Bk	2:18.49	2:04.89
lc		2:37.99	2:24.29
sc	100 BR	1:12.79	1:04.99
lc		1:22.79	1:14.49
sc	200 BR	2:37.39	2:21.59
lc		2:58.49	2:41.99
sc	100 FI	1:03.49	56.59
lc		1:11.29	1:03.79
sc	200 FI	2:19.09	2:06.19
lc		2:34.99	2:21.89
sc	200 IM	2:18.89	2:04.89
lc		2:37.89	2:25.39
sc	400 IM	4:55.09	4:29.49
lc		5:34.39	5:09.59