

2009-2010 Time Standards

Maine Swimming, Inc. Combined Championships – Yards

Women's Events	10 & U	11-12	13-14	Senior
50 Free	35.99	31.89	30.99	27.99
100 Free	1:21.59	1:13.59	1:07.39	1:00.79
200 Free	3:20.19	2:43.19	2:24.99	2:21.19
500 Free	8:30.49	7:10.79	6:51.79	6:16.29
1000 Free	-----	-----	14:08.89	13:55.19
1650 Free	-----	-----	23:34.19	23:18.79
50 Back	43.49	39.59	-----	-----
100 Back	1:46.69	1:21.09	1:19.89	1:12.09
200 Back	-----	3:01.89	2:51.79	2:47.89
50 Breast	47.79	44.09	-----	-----
100 Breast	1:46.69	1:36.39	1:24.09	1:21.99
200 Breast	-----	3:26.39	3:14.59	3:09.99
50 Fly	42.99	37.79	-----	-----
100 Fly	1:57.49	1:27.19	1:19.09	1:11.79
200 Fly	-----	3:04.99	2:53.39	2:48.59
100 I.M.	1:33.79	1:20.09	-----	-----
200 I.M.	3:42.69	3:03.79	2:42.99	2:39.29
400 I.M.	-----	-----	6:10.79	6:01.49

Men's Events	10 & U	11-12	13-14	Senior
50 Free	38.89	33.39	30.69	25.29
100 Free	1:29.19	1:13.09	1:06.99	55.19
200 Free	3:09.89	2:38.89	2:26.09	2:10.09
500 Free	8:25.79	7:05.49	6:31.09	5:51.29
1000 Free	-----	-----	13:32.49	13:04.19
1650 Free	-----	-----	22:28.29	21:55.89
50 Back	49.19	39.49	-----	-----
100 Back	1:42.89	1:25.79	1:14.89	1:06.19
200 Back	-----	2:58.39	2:41.29	2:23.39
50 Breast	53.59	44.29	-----	-----
100 Breast	1:55.69	1:35.09	1:24.09	1:14.69
200 Breast	-----	3:21.69	3:02.39	2:55.09
50 Fly	47.29	38.19	-----	-----
100 Fly	1:55.19	1:25.79	1:13.29	1:05.09
200 Fly	-----	3:01.19	2:43.69	2:35.59
100 I.M.	1:41.29	1:23.69	-----	-----
200 I.M.	3:40.89	3:03.09	2:43.69	2:26.39
400 I.M.	-----	-----	5:50.59	5:35.79

2009-2010 Time Standards

Maine Swimming, Inc. Combined Championships – SCM

Women's Events	10 & U	11-12	13-14	Senior
50 Free	39.79	32.59	34.29	30.99
100 Free	1:30.19	1:21.29	1:14.39	1:07.09
200 Free	3:41.19	3:00.29	2:40.19	2:35.99
400 Free	7:26.79	6:17.09	6:00.39	5:29.39
800 Free	-----	-----	12:22.89	12:10.89
1500 Free	-----	-----	23:25.99	23:10.59
50 Back	47.99	43.69	-----	-----
100 Back	1:56.79	1:29.59	1:28.29	1:19.69
200 Back	-----	3:20.99	3:09.89	3:05.49
50 Breast	52.79	48.69	-----	-----
100 Breast	1:57.89	1:46.59	1:32.89	1:30.59
200 Breast	-----	3:48.09	3:34.99	3:29.89
50 Fly	47.49	41.79	-----	-----
100 Fly	2:09.79	1:36.29	1:27.39	1:19.39
200 Fly	-----	3:24.39	3:11.59	3:06.19
100 I.M.	1:43.59	1:28.59	-----	-----
200 I.M.	4:06.09	3:23.09	3:00.09	2:55.99
400 I.M.	-----	-----	6:49.69	6:39.49

Men's Events	10 & U	11-12	13-14	Senior
50 Free	42.89	36.89	33.89	27.99
100 Free	1:38.49	1:20.79	1:13.99	1:00.99
200 Free	3:29.79	2:55.59	2:41.49	2:23.69
400 Free	7:22.69	6:12.39	5:42.29	5:07.49
800 Free	-----	-----	11:50.99	11:26.29
1500 Free	-----	-----	22:20.49	21:48.29
50 Back	54.29	43.69	-----	-----
100 Back	1:53.69	1:34.79	1:22.79	1:13.19
200 Back	-----	3:17.09	2:58.19	2:38.39
50 Breast	59.29	48.89	-----	-----
100 Breast	2:07.79	1:44.99	1:32.89	1:22.49
200 Breast	-----	3:42.79	3:21.49	3:13.49
50 Fly	52.19	42.29	-----	-----
100 Fly	2:07.29	1:34.79	1:20.99	1:11.99
200 Fly	-----	3:20.19	3:00.79	2:51.99
100 I.M.	1:51.89	1:32.39	-----	-----
200 I.M.	4:04.09	3:22.29	3:00.79	2:41.79
400 I.M.	-----	-----	6:27.39	6:11.09

2009-2010 Time Standards

Maine Swimming, Inc. Combined Championships – LCM

Women's Events	10 & U	11-12	13-14	Senior
50 Free	40.79	36.39	35.19	31.79
100 Free	1:32.99	1:25.79	1:16.19	1:08.59
200 Free	3:48.59	3:03.89	2:44.39	2:39.49
400 Free	7:37.29	6:27.79	6:09.39	5:34.69
800 Free	-----	-----	12:35.99	12:23.29
1500 Free	-----	-----	24:06.39	23:53.09
50 Back	49.89	45.49	-----	-----
100 Back	2:02.39	1:31.09	1:30.79	1:22.69
200 Back	-----	3:30.29	3:15.29	3:11.69
50 Breast	54.89	49.09	-----	-----
100 Breast	2:02.29	1:49.99	1:36.39	1:33.89
200 Breast	-----	3:57.59	3:43.99	3:36.59
50 Fly	48.59	42.39	-----	-----
100 Fly	2:12.59	1:38.69	1:29.19	1:20.39
200 Fly	-----	3:29.09	3:16.29	3:09.69
100 I.M.	-----	-----	-----	-----
200 I.M.	4:12.99	3:29.69	3:05.69	3:01.19
400 I.M.	-----	-----	7:01.19	6:48.99

Men's Events	10 & U	11-12	13-14	Senior
50 Free	44.29	37.99	35.39	28.79
100 Free	1:41.59	1:23.29	1:16.99	1:03.09
200 Free	3:35.49	3:00.69	2:47.09	2:28.59
400 Free	7:38.49	6:21.69	5:53.29	5:14.39
800 Free	-----	-----	12:14.29	11:42.19
1500 Free	-----	-----	23:14.99	22:25.59
50 Back	56.39	45.69	-----	-----
100 Back	1:58.09	1:39.19	1:26.89	1:16.49
200 Back	-----	3:25.79	3:07.49	2:43.89
50 Breast	1:01.59	51.09	-----	-----
100 Breast	2:09.79	1:49.19	1:34.89	1:26.39
200 Breast	-----	3:54.19	3:32.39	3:23.29
50 Fly	52.89	42.99	-----	-----
100 Fly	2:09.79	1:37.49	1:22.89	1:13.39
200 Fly	-----	3:28.29	3:05.19	2:55.69
100 I.M.	-----	-----	-----	-----
200 I.M.	4:10.69	3:29.59	3:09.49	2:48.89
400 I.M.	-----	-----	6:41.89	6:21.59