

# Time Standards



## ConocoPhillips National Championships August 3-7, 2010 Irvine, CA

Women			Automatic Qualifying Time Standards	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.59	26.09	22.99	50 Freestyle	20.29	23.19	23.59
57.29	56.19	50.19	100 Freestyle	44.49	50.79	51.79
2:03.69	2:01.29	1:48.29	200 Freestyle	1:38.09	1:51.19	1:53.39
4:19.49	4:14.49	4:47.79	400 Freestyle	4:25.29	3:56.59	4:01.29
8:55.19	8:44.79	9:58.89	800 Freestyle	9:16.89	8:13.29	8:23.09
17:06.69	16:46.59	16:30.59	1500 Freestyle	15:30.69	15:43.69	16:02.49
1:04.69	1:03.49	55.79	100 Backstroke	49.59	57.19	58.29
2:19.09	2:16.39	2:00.09	200 Backstroke	1:47.89	2:03.89	2:06.29
1:12.79	1:11.39	1:03.19	100 Breaststroke	55.89	1:04.09	1:05.29
2:37.19	2:34.19	2:16.69	200 Breaststroke	2:01.69	2:19.39	2:22.09
1:02.49	1:01.29	54.99	100 Butterfly	48.59	54.69	55.69
2:16.89	2:14.29	2:00.69	200 Butterfly	1:48.59	2:01.69	2:04.09
2:20.69	2:17.99	2:01.79	200 Individual Medley	1:49.69	2:05.49	2:07.99
4:56.99	4:51.19	4:19.79	400 Individual Medley	3:58.29	4:27.79	4:33.09
3:54.79	3:50.19	3:28.39	4x100 Free Relay	3:02.19	3:25.79	3:29.89
8:25.89	8:15.99	7:25.49	4x200 Free Relay	6:46.99	7:35.89	7:44.99
4:19.39	4:14.39	3:50.39	4x100 Medley Relay	3:24.09	3:47.99	3:52.49

Women			18 & Under Bonus Standards	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.99	26.49	23.39	50 Freestyle	20.89	23.89	24.29
58.59	57.49	51.09	100 Freestyle	45.89	52.09	53.09
2:06.19	2:03.79	1:50.09	200 Freestyle	1:40.69	1:53.69	1:55.89
4:24.69	4:19.59	4:52.99	400 Freestyle	4:33.69	4:02.29	4:07.09
9:03.49	8:52.89	10:05.99	800 Freestyle	9:26.09	8:25.49	8:35.59
17:20.49	17:00.09	16:48.49	1500 Freestyle	15:51.49	15:56.39	16:15.49
1:05.69	1:04.49	56.19	100 Backstroke	51.39	58.99	1:00.09
2:20.99	2:18.29	2:01.19	200 Backstroke	1:51.39	2:07.09	2:09.59
1:14.29	1:12.89	1:04.29	100 Breaststroke	57.89	1:06.49	1:07.79
2:39.99	2:36.89	2:17.99	200 Breaststroke	2:06.29	2:24.79	2:27.59
1:03.59	1:02.39	55.59	100 Butterfly	50.29	56.29	57.39
2:19.69	2:16.99	2:02.49	200 Butterfly	1:51.99	2:05.89	2:08.39
2:23.09	2:20.29	2:03.49	200 Individual Medley	1:52.79	2:08.89	2:11.39
5:02.09	4:56.19	4:20.79	400 Individual Medley	3:59.89	4:33.59	4:38.99

Qualify Period: July 1, 2009 through the entry deadline

Women may qualify for the 800m Freestyle using the 800/1000 time standards or the 1500/1650 time standards. Men may qualify for the 1500m Freestyle using the 1500/1650 time standard or the 800/1000 time standard.

Athletes who are 18 and under, who have qualified in one or more individual events, may enter and swim in up to two bonus events, provided they have achieved the published "Bonus Time Standards". There will be no bonus events for athletes over the age of 18.