

PVS 2009 Senior Long Course Championships Time Standards
University of Maryland: July 16-19, 2009

Women		EVENTS			Men	
SCY	LCM			SCY	LCM	
26.39	29.89	50 Free	23.69	26.79		
56.99	1:04.49	100 Free	51.89	58.79		
2:01.79	2:17.89	200 Free	1:52.69	2:07.59		
5:23.39	4:48.59	400/500 Free	5:04.19	4:31.49		
11:09.99	9:57.99	800/1000 Free	10:35.69	9:27.39		
18:30.99	18:59.99	1500/1650 Free	17:48.19	18:16.09		
1:04.19	1:12.69	100 Back	59.19	1:06.99		
2:17.49	2:35.69	200 Back	2:06.89	2:23.69		
1:12.89	1:22.59	100 Breast	1:07.39	1:16.29		
2:36.69	2:57.39	200 Breast	2:27.39	2:46.89		
1:02.79	1:11.09	100 Fly	56.49	1:03.99		
2:17.19	2:35.29	200 Fly	2:06.89	2:23.69		
2:17.99	2:36.29	200 IM	2:07.29	2:24.09		
4:51.99	5:30.59	400 IM	4:33.19	5:09.29		
3:56.89	4:28.19	400 Free Relay	3:35.99	4:04.59		
8:26.49	9:33.49	800 Free Relay	7:49.39	8:51.49		
4:27.09	5:02.39	400 Medley Relay	4:04.49	4:36.79		
1:47.89	2:04.89	200 Free Relay	1:37.89	1:53.19		
2:14.19	2:34.89	200 Medley Relay	2:01.89	2:13.99		
Times are unchanged from 2008 Times must be achieved since July 1, 2007						