

Time Standards



**2009 ConocoPhillips National Championships
& World Championship Trials**

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.39	25.59	22.89	50 Freestyle	19.99	22.49	23.29
56.99	55.39	49.69	100 Freestyle	43.89	49.29	50.89
2:03.09	1:59.89	1:47.19	200 Freestyle	1:36.49	1:49.69	1:52.89
4:19.39	4:12.99	4:45.49	400/500 Freestyle	4:22.69	3:53.59	3:59.99
8:50.49	8:44.09	9:59.39	800/1000 Freestyle	9:17.29	8:14.09	8:19.29
17:04.09	17:13.99	16:28.79	1500/1650 Freestyle	15:24.49	15:29.59	15:53.59
1:03.89	1:02.69	54.79	100 Backstroke	48.59	56.49	57.69
2:17.49	2:15.09	1:58.29	200 Backstroke	1:45.89	2:02.59	2:04.99
1:12.29	1:10.29	1:02.39	100 Breaststroke	54.89	1:02.69	1:04.69
2:35.99	2:31.99	2:14.99	200 Breaststroke	1:59.89	2:16.79	2:20.79
1:01.59	1:00.19	53.89	100 Butterfly	47.89	53.59	54.99
2:16.69	2:13.89	1:59.29	200 Butterfly	1:46.79	2:01.09	2:03.89
2:19.59	2:16.39	2:00.29	200 I.M.	1:47.59	2:03.99	2:07.19
4:55.89	4:49.49	4:16.29	400 I.M.	3:53.29	4:24.09	4:30.49
3:51.09	3:44.69	3:25.99	400 Free Relay	3:00.49	3:20.29	3:26.69
8:21.59	8:08.79	7:20.39	800 Free Relay	6:38.29	7:22.19	7:42.49
4:16.19	4:09.79	3:45.09	400 Medley Relay	3:21.79	3:43.89	3:50.29

Qualifying period: Nov. 29, 2007 to 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.