



**ISI SENIOR STATE CHAMPIONSHIP TIME STANDARDS**  
**March 5-8, 2009 @ UIC – Hosted by LFSC**  
**July 16-19, 2009 @ University of Chicago – Hosted by MDWY**



<i><b>WOMEN</b></i>			<b>EVENTS</b>	<i><b>MEN</b></i>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
29.29	28.29	25.49	<i>50 Freestyle</i>	22.89	25.39	<b>26.69</b>
<b>1:03.89</b>	<b>1:01.19</b>	<b>55.09</b>	<i>100 Freestyle</i>	<b>50.19</b>	55.39	57.59
2:17.99	2:13.49	2:00.49	<i>200 Freestyle</i>	1:51.39	2:03.19	<b>2:08.79</b>
4:52.29	4:42.29	<b>5:23.59</b>	<i>400 / 500 Freestyle</i>	5:04.09	4:26.09	4:33.89
<b>10:08.09</b>	<b>9:50.29</b>	<b>11:14.59</b>	<i>800 / 1000 Freestyle</i>	<b>10:39.99</b>	<b>9:10.59</b>	<b>9:26.79</b>
<b>19:16.99</b>	<b>18:43.79</b>	<b>18:51.99</b>	<i>1500 / 1650 Freestyle</i>	<b>17:51.99</b>	<b>17:43.99</b>	<b>18:15.99</b>
1:13.19	1:09.79	1:02.89	<i>100 Backstroke</i>	58.29	1:04.69	1:08.59
<b>2:39.69</b>	2:31.79	2:16.79	<i>200 Backstroke</i>	2:06.79	2:20.69	<b>2:31.09</b>
1:23.49	<b>1:19.19</b>	<b>1:11.29</b>	<i>100 Breaststroke</i>	1:05.49	1:12.69	1:16.59
<b>3:02.29</b>	<b>2:53.09</b>	<b>2:35.89</b>	<i>200 Breaststroke</i>	2:25.39	2:41.39	2:50.09
1:11.49	<b>1:08.99</b>	<b>1:02.19</b>	<i>100 Butterfly</i>	<b>56.39</b>	<b>1:02.59</b>	1:04.89
2:39.99	2:34.99	2:20.29	<i>200 Butterfly</i>	2:11.19	2:25.59	2:33.89
2:38.09	2:31.49	<b>2:16.59</b>	<i>200 Individual Medley</i>	<b>2:06.39</b>	<b>2:20.29</b>	<b>2:27.69</b>
5:38.79	<b>5:24.39</b>	<b>4:52.19</b>	<i>400 Individual Medley</i>	4:37.19	5:07.69	<b>5:16.19</b>
4:24.39	<b>4:12.79</b>	<b>3:47.69</b>	<i>400 Freestyle Relay</i>	3:29.29	3:52.29	3:58.59
9:29.99	9:15.09	8:20.09	<i>800 Freestyle Relay</i>	7:42.59	8:33.49	8:54.79
4:58.39	<b>4:38.99</b>	<b>4:11.29</b>	<i>400 Medley Relay</i>	<b>3:52.99</b>	<b>4:18.69</b>	4:33.89