



## 2010 Florida Swimming

### Spring and Summer Senior Championship

#### Time Standards

WOMEN					MEN				
15&16 SCY	15&16 LCM	SENIOR SCY	SENIOR LCM	EVENTS	15&16 SCY	15&16 LCM	SENIOR SCY	SENIOR LCM	
27.19	30.99	26.79	30.79	<b>50 Free</b>	24.49	28.19	23.39	27.39	
59.09	1:07.39	56.89	1:05.29	<b>100 Free</b>	53.09	1:01.49	51.09	58.19	
2:06.99	2:23.19	2:01.49	2:19.99	<b>200 Free</b>	1:55.79	2:13.49	1:50.19	2:05.59	
5:35.39	4:59.99	5:20.79	4:53.19	<b>400 Free</b>	5:11.69	4:41.09	5:00.79	4:32.19	
11:26.09	10:41.89	11:26.09	10:29.79	<b>800 Free</b>	10:44.19	10:04.59	10:44.19	9:33.89	
19:44.59	20:28.49	19:08.99	20:14.59	<b>1,650 Free</b>	18:30.79	19:22.99	18:00.99	19:00.79	
1:09.09	1:19.19	1:07.79	1:18.09	<b>100 Back</b>	1:01.49	1:12.79	1:01.49	1:09.39	
2:27.79	2:48.59	2:26.79	2:47.59	<b>200 Back</b>	2:14.89	2:34.89	2:13.59	2:33.89	
1:17.79	1:28.99	1:15.19	1:28.69	<b>100 Breast</b>	1:08.19	1:20.59	1:07.79	1:16.99	
2:47.19	3:12.29	2:41.89	3:11.09	<b>200 Breast</b>	2:28.79	2:54.39	2:27.99	2:50.29	
1:04.79	1:16.19	1:04.79	1:13.09	<b>100 Fly</b>	58.39	1:09.39	57.19	1:05.29	
2:26.79	2:45.39	2:21.19	2:45.39	<b>200 Fly</b>	2:14.99	2:33.69	2:13.69	2:33.69	
2:24.39	2:49.99	2:21.39	2:42.89	<b>200 IM</b>	2:11.29	2:37.69	2:08.39	2:26.89	
5:09.29	6:00.59	4:53.09	5:58.29	<b>400 IM</b>	4:50.89	5:34.99	4:34.09	5:27.99	