

2008 North Carolina Swimming Senior Championship Time Standards

		Women		Men	
		Spring	Summer	Spring	Summer
sc lc	50 Fr	26.39	26.59	24.29	23.99
		29.99	30.49	27.99	27.69
sc lc	100 Fr	56.99	57.99	52.29	51.99
		1:04.79	1:05.99	1:00.19	1:00.29
sc lc	200 Fr	2:03.29	2:05.19	1:54.29	1:54.09
		2:19.39	2:21.79	2:10.69	2:10.99
sc lc	4-500 Fr	5:26.99	5:32.99	5:07.59	5:10.59
		4:51.99	4:58.39	4:32.39	4:39.99
sc lc	8-1000 Fr	11:37.29	11:25.99	11:14.49	10:44.19
		---	10:15.19	---	9:39.39
sc lc	15-1650 Fr	19:21.69	19:08.99	18:50.29	18:00.99
		20:15.69	19:37.19	19:32.19	18:34.49
sc lc	100 Bk	1:05.09	1:04.89	1:01.09	58.79
		1:13.59	1:14.99	1:10.29	1:08.69
sc lc	200 Bk	2:21.39	2:19.79	2:13.69	2:07.09
		2:39.79	2:40.29	2:33.69	2:27.89
sc lc	100 BR	1:14.79	1:13.19	1:09.29	1:06.29
		1:25.99	1:24.09	1:20.19	1:17.19
sc lc	200 BR	2:40.99	2:37.79	2:29.79	2:23.89
		3:02.99	3:00.59	2:52.99	2:46.99
sc lc	100 FI	1:05.39	1:04.09	1:01.39	57.99
		1:13.49	1:12.69	1:09.39	1:06.19
sc lc	200 FI	2:22.39	2:20.49	2:16.39	2:08.79
		2:39.99	2:37.79	2:36.79	2:25.89
sc lc	200 IM	2:18.89	2:21.59	2:09.49	2:08.29
		2:37.89	2:40.49	2:29.69	2:28.69
sc lc	400 IM	4:55.89	5:00.99	4:46.39	4:37.09
		5:34.39	5:41.69	5:29.19	5:16.19