

2010 Speedo Western Region Sectional Championship Series Time Standards

Women

Men

Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
25.01	27.82	28.49	50 Fr	22.49	25.71	25.79
54.04	59.47	1:01.34	100 Fr	48.89	53.92	56.02
1:56.74	2:08.61	2:12.69	200 Fr	1:47.08	1:58.54	2:02.79
5:11.76	4:29.17	4:39.69	4/500 Fr	4:51.69	4:12.49	4:22.79
10:46.09	9:22.55	9:42.19	8/1000 Fr	10:14.69	8:57.79	9:12.79
18:09.88	17:58.11	18:44.59	1500/1650	17:11.26	16:52.78	17:36.59
59.34	1:05.19	1:06.95	100 Fly	54.04	59.37	1:01.24
2:12.40	2:25.48	2:31.16	200 Fly	2:01.79	2:13.25	2:20.39
1:00.41	1:06.31	1:10.61	100 Bk	55.83	1:01.28	1:05.69
2:09.93	2:23.98	2:30.55	200 Bk	2:01.79	2:15.25	2:21.19
1:09.51	1:17.57	1:20.29	100 Br	1:02.19	1:09.06	1:13.19
2:30.51	2:48.32	2:53.49	200 Br	2:18.49	2:35.26	2:40.79
2:12.16	2:25.76	2:31.09	200 IM	2:00.69	2:13.35	2:18.69
4:38.70	5:07.29	5:18.84	400 IM	4:18.89	4:46.49	4:57.79
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39