

# SCOTTSDALE AQUATIC CLUB

## 2008-2009 SC TIME STANDARDS

WOMEN	Holiday Fest	SOCAL AG Champs Las Vegas		Far Westerns				Long Beach Grand Prix*		Senior Sectionals*		USA Swimming Junior Nationals		USA Swimming Junior BONUS	
	SCY	SCY	LCM	15-16		17-18		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
				SCY	LCM	SCY	LCM								
50 Free	26.89	27.00	31.10	25.99	29.29	26.69	29.49	25.09	28.49	25.10	28.66	24.09	27.59	24.59	27.79
100 Free	57.89	58.40	1:06.50	56.49	1:02.79	57.19	1:03.69	54.09	1:00.69	54.23	1:01.64	52.19	59.29	52.89	1:00.29
200 Free	2:06.39	2:05.00	2:22.00	2:01.99	2:16.69	2:05.69	2:19.99	1:55.79	2:10.09	1:56.84	2:13.07	1:52.09	2:07.59	1:54.19	2:09.09
500 Free	5:44.09	5:30.60	4:55.10	5:21.99	4:51.39	5:34.99	5:02.79	5:08.19	4:37.89	5:12.19	4:39.69	4:57.09	4:26.59	5:03.29	4:30.69
1000 Free	11:48.49	11:44.20	10:28.50	11:09.99	10:03.59	11:39.99	10:25.99	10:33.39	9:30.59	10:46.09	9:42.19	10:14.39	9:09.89	10:21.29	9:15.99
1650 Free	19:46.49	19:31.10	19:54.50	18:39.99	19:14.99	19:19.99	19:19.99	17:43.19	18:05.39	18:09.88	18:44.59	17:00.99	17:38.69	17:24.29	17:46.69
100 Back	1:08.29	1:07.50	1:16.20	1:05.99	1:12.99	1:09.09	1:17.99	1:01.79	1:10.89	1:00.90	1:10.80	57.79	1:06.89	59.09	1:07.89
200 Back	2:26.29	2:26.30	2:44.80	2:20.99	2:37.49	2:31.99	2:44.89	2:12.99	2:31.19	2:11.05	2:30.91	2:04.19	2:23.59	2:06.99	2:25.99
100 Breast	1:16.99	1:16.40	1:26.80	1:13.99	1:22.79	1:17.99	1:25.39	1:10.39	1:19.99	1:09.69	1:20.29	1:05.29	1:15.29	1:06.89	1:16.79
200 Breast	2:45.49	2:45.70	3:08.00	2:38.99	2:58.99	2:46.99	3:07.69	2:30.89	2:51.49	2:30.51	2:53.49	2:21.39	2:42.19	2:24.29	2:44.99
100 Fly	1:06.49	1:06.50	1:15.30	1:02.69	1:10.99	1:03.99	1:12.39	59.89	1:07.89	59.61	1:07.27	57.29	1:04.79	58.49	1:05.79
200 Fly	2:25.79	2:29.50	2:48.80	2:21.49	2:38.59	2:28.99	2:47.89	2:11.89	2:28.29	2:12.77	2:31.16	2:05.69	2:21.99	2:07.39	2:24.19
200 IM	2:25.59	2:22.30	2:41.20	2:17.99	2:35.79	2:23.49	2:38.79	2:11.59	2:30.49	2:12.30	2:31.09	2:06.89	2:24.49	2:09.49	2:27.59
400 IM	5:13.69	5:07.30	5:47.50	4:55.99	5:33.99	5:12.99	5:52.29	4:40.79	5:17.99	4:39.31	5:18.84	4:28.49	5:05.29	4:33.09	5:09.69
200 FR-R	--	1:58.80	2:15.60	1:50.99	2:06.09	SAME (15-18)		--	--	1:44.69	1:59.29	--	--	--	--
400 FR-R	--	4:15.20	4:49.60	3:59.99	4:31.99	SAME (15-18)		3:51.99	4:21.99	3:49.09	4:17.29	3:30.29	3:59.99	--	--
800 FR-R	--	9:05.60	10:18.80	8:29.99	9:35.99	SAME (15-18)		8:14.80	9:14.00	8:14.49	9:21.69	7:42.99	8:36.99	--	--
200 Med-R	--	2:20.60	2:40.00	2:05.99	2:22.59	SAME (15-18)		--	--	1:56.29	2:13.39	--	--	--	--
400 Med-R	--	4:56.30	5:35.10	4:29.99	5:04.99	SAME (15-18)		4:26.90	5:00.10	4:09.49	4:48.39	3:51.89	4:26.19	--	--

MEN	Holiday Fest	SOCAL AG Champs Las Vegas		Far Westerns				Long Beach Grand Prix*		Senior Sectionals*		USA Swimming Junior Nationals		USA Swimming BONUS	
	SCY	SCY	LCM	15-16		17-18		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
				SCY	LCM	SCY	LCM								
50 Free	24.09	24.30	27.80	23.19	26.49	23.19	25.99	22.89	25.89	22.49	25.79	21.59	24.79	21.69	24.79
100 Free	52.69	53.00	1:00.50	50.89	57.39	50.29	57.29	49.09	55.19	49.05	56.27	46.89	53.99	47.09	53.99
200 Free	1:56.19	1:54.80	2:10.70	1:50.99	2:05.09	1:50.99	2:04.19	1:46.29	2:01.49	1:47.20	2:02.79	1:42.49	1:58.09	1:43.09	1:58.09
500 Free	5:21.89	5:13.10	4:39.50	5:06.19	4:27.79	5:06.19	4:28.99	4:48.99	4:20.19	4:51.69	4:22.79	4:36.59	4:09.79	4:39.59	4:09.79
1000 Free	11:05.19	11:16.80	10:04.10	10:39.99	9:39.19	10:39.99	9:39.19	9:53.99	8:56.29	10:14.69	9:12.79	9:36.29	8:23.99	9:39.29	8:40.79
1650 Free	18:36.29	18:50.50	19:13.20	17:59.99	18:15.99	17:59.99	18:15.99	16:34.99	17:06.79	17:15.12	17:36.59	16:03.49	16:37.59	16:13.69	16:41.69
100 Back	1:01.89	1:00.90	1:08.80	59.99	1:07.19	1:00.39	1:08.49	56.99	1:04.89	56.09	1:05.69	52.19	1:00.99	53.09	1:01.39
200 Back	2:13.49	2:18.50	2:36.20	2:09.99	2:23.79	2:17.59	2:35.39	2:01.89	2:19.79	2:01.79	2:21.19	1:53.09	2:12.29	1:54.79	2:12.39
100 Breast	1:09.19	1:12.30	1:22.30	1:05.99	1:14.99	1:06.99	1:15.69	1:03.29	1:12.39	1:02.19	1:13.19	58.69	1:08.79	59.49	1:10.09
200 Breast	2:30.79	2:35.60	2:56.80	2:26.99	2:45.69	2:29.99	2:48.99	2:19.39	2:38.49	2:18.49	2:40.79	2:07.99	2:29.39	2:09.79	2:29.79
100 Fly	59.49	59.00	1:06.90	56.39	1:03.69	56.99	1:04.19	53.79	1:00.99	54.09	1:01.53	51.19	58.59	51.89	58.89
200 Fly	2:13.59	2:15.10	2:32.80	2:10.99	2:26.99	2:13.99	2:31.39	2:01.89	2:18.49	2:01.79	2:20.39	1:53.99	2:10.59	1:54.89	2:10.59
200 IM	2:14.69	2:11.90	2:29.70	2:06.59	2:23.29	2:06.99	2:23.69	2:00.59	2:17.19	2:00.69	2:18.69	1:54.59	2:13.19	1:56.29	2:13.59
400 IM	4:49.69	4:50.40	5:28.80	4:38.99	5:08.19	4:43.99	5:20.39	4:21.49	4:58.39	4:18.89	4:57.79	4:04.09	4:43.19	4:08.09	4:43.89
200 FR-R	--	1:46.00	2:00.80	1:36.99	1:50.69	SAME (15-18)		--	--	1:32.99	1:46.89	--	--	--	--
400 FR-R	--	3:49.60	4:21.60	3:37.69	4:07.49	SAME (15-18)		3:28.80	3:54.40	3:25.49	3:54.59	3:08.89	3:38.29	--	--
800 FR-R	--	8:26.80	9:27.20	7:36.89	8:38.49	SAME (15-18)		7:34.00	8:35.60	7:38.69	8:43.99	6:53.79	7:54.99	--	--
200 Med-R	--	2:07.20	2:25.10	1:49.59	2:04.59	SAME (15-18)		--	--	1:44.69	1:59.69	--	--	--	--
400 Med-R	--	4:29.40	5:05.30	4:03.99	4:36.39	SAME (15-18)		4:03.90	4:35.90	3:47.49	4:23.39	3:29.59	4:01.99	--	--

\*Based on 2008 Standards; may be amended slightly when info published