



ILLINOIS
SWIMMING

ISI SENIOR STATE CHAMPIONSHIP TIME STANDARDS
February 28 - March 2, 2008 @ UIC – Hosted by SCST
July 24-27, 2008 @ Northwestern University – Hosted by NASA



ILLINOIS
SWIMMING

<i>WOMEN</i>			<i>EVENTS</i>	<i>MEN</i>		
LCM	SCM	SCY		SCY	SCM	LCM
29.29	28.29	25.49	<i>50 Freestyle</i>	22.89	25.39	26.99
1:04.09	1:01.39	55.39	<i>100 Freestyle</i>	50.79	55.39	57.59
2:17.99	2:13.49	2:00.49	<i>200 Freestyle</i>	1:51.39	2:03.19	2:09.19
4:52.29	4:42.29	5:26.69	<i>400 / 500 Freestyle</i>	5:04.09	4:26.09	4:33.89
10:17.19	9:55.39	11:21.99	<i>800 / 1000 Freestyle</i>	10:55.99	9:32.19	9:44.99
19:49.69	19:25.69	19:10.79	<i>1500 / 1650 Freestyle</i>	18:19.79	18:25.09	18:49.09
1:13.19	1:09.79	1:02.89	<i>100 Backstroke</i>	58.29	1:04.69	1:08.59
2:39.89	2:31.79	2:16.79	<i>200 Backstroke</i>	2:06.79	2:20.69	2:31.59
1:23.49	1:19.79	1:11.89	<i>100 Breaststroke</i>	1:05.49	1:12.69	1:16.59
3:03.29	2:53.89	2:36.69	<i>200 Breaststroke</i>	2:25.39	2:41.39	2:50.09
1:11.49	1:09.09	1:02.29	<i>100 Butterfly</i>	56.49	1:02.69	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	2:18.19	<i>200 Individual Medley</i>	2:07.29	2:21.29	2:28.29
5:38.79	5:28.79	4:56.19	<i>400 Individual Medley</i>	4:37.19	5:07.69	5:23.29
4:24.39	4:14.09	3:48.89	<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	4:43.49	4:15.39	<i>400 Medley Relay</i>	3:53.69	4:19.39	4:33.89

Time standards that are bold and italicized are changed from the previous year

10/06/07