

Time Standards

2008 SPEEDO JUNIOR NATIONAL TIME STANDARDS

Women		EVENT	Men	
LCM	SCY		LCM	SCY
27.29	23.69	50 Freestyle	24.59	21.19
58.79	51.29	100 Freestyle	53.49	46.29
2:06.49	1:50.39	200 Freestyle	1:56.59	1:41.39
4:24.89	4:53.19	400 Freestyle	4:07.19	4:33.79
9:03.49	10:05.99	800 Freestyle	8:32.29	9:29.39
17:20.49	16:48.49	1500 Freestyle	16:15.49	15:51.49
1:06.39	56.89	100 Backstroke	1:00.29	51.59
2:22.19	2:02.39	200 Backstroke	2:09.99	1:51.79
1:14.39	1:04.39	100 Breaststroke	1:07.89	57.99
2:40.79	2:18.79	200 Breaststroke	2:27.59	2:06.29
1:03.99	55.99	100 Butterfly	57.79	50.69
2:20.29	2:03.09	200 Butterfly	2:08.69	1:52.29
2:23.69	2:04.09	200 Individual Medley	2:11.59	1:52.99
5:03.69	4:22.39	400 Individual Medley	4:40.19	4:01.09
3:59.99	3:30.29	400 Freestyle Relay	3:38.29	3:08.89
8:36.99	7:42.99	800 Freestyle Relay	7:54.99	6:53.79
4:26.19	3:51.89	400 Medley Relay	4:01.99	3:29.59

2008 SPEEDO JUNIOR NATIONAL BONUS EVENT STANDARDS

Women		BONUS EVENT	Men	
Bonus LCM	Bonus SCY		Bonus LCM	Bonus SCY
27.79	24.59	50 Freestyle	24.79	21.69
1:00.19	52.89	100 Freestyle	53.99	47.09
2:09.09	1:54.19	200 Freestyle	1:58.09	1:43.09
4:30.69	5:03.29	400 Freestyle	4:09.79	4:39.59
9:15.99	10:21.29	800 Freestyle	8:40.79	9:39.29
17:46.69	17:24.29	1500 Freestyle	16:41.69	16:13.69
1:07.89	59.09	100 Backstroke	1:01.39	53.09
2:25.99	2:06.99	200 Backstroke	2:12.39	1:54.79
1:16.79	1:06.89	100 Breaststroke	1:10.09	59.49
2:44.99	2:24.29	200 Breaststroke	2:29.79	2:09.79
1:05.79	58.49	100 Butterfly	58.89	51.89
2:24.19	2:07.39	200 Butterfly	2:10.59	1:54.89
2:27.59	2:09.49	200 Individual Medley	2:13.59	1:56.29
5:09.69	4:33.09	400 Individual Medley	4:43.89	4:08.09