

**Silver State Championships**  
2009 Time Standards

| Women   |         |         | 10&Under          | Men     |         |         |
|---------|---------|---------|-------------------|---------|---------|---------|
| LCM     | SCM     | SCY     | Event             | LCM     | SCM     | SCY     |
| 0:40.19 | 0:39.39 | 0:35.49 | <b>50 Free</b>    | 0:41.99 | 0:41.19 | 0:37.09 |
| 1:30.19 | 1:28.59 | 1:19.89 | <b>100 Free</b>   | 1:34.59 | 1:32.99 | 1:23.79 |
| 3:22.99 | 3:19.79 | 2:59.99 | <b>200 Free</b>   | 3:33.99 | 3:30.79 | 3:09.99 |
| 0:47.19 | 0:46.59 | 0:41.99 | <b>50 Back</b>    | 0:50.49 | 0:49.89 | 0:44.89 |
| 1:43.69 | 1:42.49 | 1:32.39 | <b>100 Back</b>   | 1:50.19 | 1:48.99 | 1:38.19 |
| 0:54.49 | 0:53.49 | 0:48.19 | <b>50 Breast</b>  | 0:57.89 | 0:56.89 | 0:51.19 |
| 1:59.29 | 1:57.29 | 1:45.69 | <b>100 Breast</b> | 2:07.89 | 2:05.89 | 1:53.39 |
| 0:47.59 | 0:46.89 | 0:42.29 | <b>50 Fly</b>     | 0:51.19 | 0:50.49 | 0:45.49 |
| 1:58.99 | 1:57.59 | 1:45.99 | <b>100 Fly</b>    | 2:18.59 | 2:17.19 | 2:03.59 |
|         | 1:40.69 | 1:30.69 | <b>100 IM</b>     |         | 1:48.09 | 1:37.29 |
| 3:47.29 | 3:44.09 | 3:21.89 | <b>200 IM</b>     | 4:03.59 | 4:00.39 | 3:36.59 |

**11-12 & 12&Under**

| LCM     | SCM     | SCY     | Event               | LCM     | SCM     | SCY     |
|---------|---------|---------|---------------------|---------|---------|---------|
| 0:34.89 | 0:34.09 | 0:30.69 | <b>50 Free</b>      | 0:36.89 | 0:36.09 | 0:32.59 |
| 1:16.49 | 1:14.89 | 1:07.49 | <b>100 Free</b>     | 1:22.59 | 1:20.99 | 1:12.99 |
| 2:50.99 | 2:47.79 | 2:31.19 | <b>200 Free</b>     | 3:02.89 | 2:59.69 | 2:41.89 |
| 6:17.89 | 6:11.49 | 7:03.39 | <b>400/500 Free</b> | 6:53.29 | 6:46.89 | 7:43.09 |
| 0:41.29 | 0:40.69 | 0:36.59 | <b>50 Back</b>      | 0:44.19 | 0:43.59 | 0:39.29 |
| 1:29.09 | 1:27.89 | 1:19.19 | <b>100 Back</b>     | 1:36.09 | 1:34.89 | 1:25.49 |
| 0:46.99 | 0:45.99 | 0:41.49 | <b>50 Breast</b>    | 0:50.39 | 0:49.39 | 0:44.49 |
| 1:41.99 | 1:39.99 | 1:30.09 | <b>100 Breast</b>   | 1:51.69 | 1:49.69 | 1:38.89 |
| 0:39.79 | 0:39.09 | 0:35.19 | <b>50 Fly</b>       | 0:42.99 | 0:42.29 | 0:38.09 |
| 1:34.29 | 1:32.89 | 1:23.69 | <b>100 Fly</b>      | 1:46.99 | 1:45.59 | 1:35.09 |
|         | 1:27.39 | 1:18.79 | <b>100 IM</b>       |         | 1:32.99 | 1:23.79 |
| 3:12.09 | 3:08.89 | 2:50.19 | <b>200 IM</b>       | 3:28.39 | 3:25.19 | 3:04.89 |

13-14

| LCM     | SCM     | SCY     | Event               | LCM     | SCM     | SCY     |
|---------|---------|---------|---------------------|---------|---------|---------|
| 0:33.39 | 0:32.59 | 0:29.39 | <b>50 Free</b>      | 0:32.89 | 0:32.09 | 0:28.99 |
| 1:12.49 | 1:10.89 | 1:03.89 | <b>100 Free</b>     | 1:11.99 | 1:10.39 | 1:03.49 |
| 2:39.69 | 2:36.49 | 2:20.99 | <b>200 Free</b>     | 2:41.29 | 2:38.09 | 2:22.39 |
| 5:42.99 | 5:36.59 | 6:24.39 | <b>400/500 Free</b> | 5:56.79 | 5:50.39 | 6:39.79 |
| 1:23.59 | 1:22.39 | 1:14.19 | <b>100 Back</b>     | 1:24.39 | 1:23.19 | 1:14.99 |
| 3:01.59 | 2:59.19 | 2:41.39 | <b>200 Back</b>     | 3:03.69 | 3:01.29 | 2:43.29 |
| 1:35.79 | 1:33.79 | 1:24.49 | <b>100 Breast</b>   | 1:37.89 | 1:35.89 | 1:26.39 |
| 3:28.39 | 3:24.39 | 3:04.09 | <b>200 Breast</b>   | 3:35.99 | 3:31.99 | 3:10.99 |
| 1:25.49 | 1:24.09 | 1:15.79 | <b>100 Fly</b>      | 1:25.69 | 1:24.29 | 1:15.99 |
| 3:33.09 | 3:30.29 | 3:09.49 | <b>200 Fly</b>      | 3:44.29 | 3:41.49 | 3:19.49 |
| 2:58.89 | 2:55.69 | 2:38.29 | <b>200 IM</b>       | 3:01.59 | 2:58.39 | 2:40.79 |
| 6:48.49 | 6:42.09 | 6:02.29 | <b>400 IM</b>       | 7:20.99 | 7:14.59 | 6:31.49 |

15-18

| LCM     | SCM     | SCY     | Event               | LCM     | SCM     | SCY     |
|---------|---------|---------|---------------------|---------|---------|---------|
| 0:33.69 | 0:32.89 | 0:29.69 | <b>50 Free</b>      | 0:29.79 | 0:28.99 | 0:26.19 |
| 1:11.49 | 1:09.89 | 1:02.99 | <b>100 Free</b>     | 1:05.69 | 1:04.09 | 0:57.79 |
| 2:36.49 | 2:33.29 | 2:18.09 | <b>200 Free</b>     | 2:26.59 | 2:23.39 | 2:09.19 |
| 5:39.09 | 5:32.69 | 6:19.89 | <b>400/500 Free</b> | 5:28.59 | 5:22.19 | 6:08.19 |
| 1:22.29 | 1:21.09 | 1:13.09 | <b>100 Back</b>     | 1:15.59 | 1:14.39 | 1:07.09 |
| 2:59.39 | 2:56.99 | 2:39.49 | <b>200 Back</b>     | 2:52.59 | 2:50.19 | 2:33.39 |
| 1:33.99 | 1:31.99 | 1:22.89 | <b>100 Breast</b>   | 1:27.49 | 1:25.49 | 1:16.99 |
| 3:26.49 | 3:22.49 | 3:02.49 | <b>200 Breast</b>   | 3:24.09 | 3:20.09 | 3:00.29 |
| 1:21.59 | 1:20.19 | 1:12.29 | <b>100 Fly</b>      | 1:13.49 | 1:12.09 | 1:04.99 |
| 3:29.59 | 3:26.79 | 3:06.29 | <b>200 Fly</b>      | 3:18.99 | 3:16.19 | 2:56.69 |
| 2:55.99 | 2:52.79 | 2:35.69 | <b>200 IM</b>       | 2:46.79 | 2:43.59 | 2:27.39 |
| 6:34.19 | 6:27.79 | 5:49.39 | <b>400 IM</b>       | 6:41.39 | 6:34.99 | 5:55.89 |