



ILLINOIS SWIMMING

SPEEDO CHAMPIONS SERIES TIME STANDARDS

March 6-9, 2008 @ Waukesha South High School – Hosted by WEST



<i>WOMEN</i>			EVENTS	<i>MEN</i>		
LCM	SCM	SCY		SCY	SCM	LCM
28.89	28.49	25.49	<i>50 Freestyle</i>	22.79	25.29	26.09
1:02.49	1:00.59	54.89	<i>100 Freestyle</i>	49.59	54.89	56.59
2:14.99	2:11.99	1:59.49	<i>200 Freestyle</i>	1:48.69	2:00.49	2:03.99
4:45.79	4:37.69	5:21.49	<i>400 / 500 Freestyle</i>	4:56.39	4:16.69	4:24.79
9:49.39	9:33.49	10:58.59	<i>800 / 1000 Freestyle</i>	10:14.09	8:57.39	9:12.09
18:50.69	18:15.09	18:26.99	<i>1500 / 1650 Freestyle</i>	17:12.19	16:53.19	17:41.79
1:11.99	1:08.79	1:02.29	<i>100 Backstroke</i>	56.29	1:02.69	1:05.09
2:34.79	2:29.29	2:14.69	<i>200 Backstroke</i>	2:01.69	2:15.19	2:20.39
1:21.49	1:19.19	1:10.49	<i>100 Breaststroke</i>	1:03.09	1:10.09	1:12.39
2:54.89	2:51.09	2:32.99	<i>200 Breaststroke</i>	2:17.59	2:34.39	2:38.79
1:09.29	1:07.59	1:01.59	<i>100 Butterfly</i>	55.09	1:00.19	1:01.99
2:32.89	2:28.39	2:15.09	<i>200 Butterfly</i>	2:01.79	2:13.39	2:18.49
2:34.49	2:30.29	2:15.49	<i>200 Individual Medley</i>	2:03.29	2:16.29	2:21.69
5:29.29	5:19.29	4:48.49	<i>400 Individual Medley</i>	4:22.99	4:51.19	5:00.99
4:21.89	4:17.39	3:50.09	<i>400 Freestyle Relay</i>	3:24.39	3:47.19	3:55.29
9:25.99	9:16.69	8:17.99	<i>800 Freestyle Relay</i>	7:31.29	8:21.69	8:36.79
4:52.99	4:45.09	4:15.79	<i>400 Medley Relay</i>	3:49.09	4:15.99	4:23.89