

2008-2009 FEMALE AGE GROUP NATIONAL STANDARDS										
12& u	13	14	15	16-18	EVENT	16-18	15	14	13	12& u
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
		28.50	28.30	28.00	50 fr	27.30	27.70	28.00		
	1:03.70	1:02.50	1:01.80	1:00.80	100 fr	59.30	1:00.30	1:01.00	1:02.10	
2:21.10	2:15.80	2:13.40	2:12.40	2:11.40	200 fr	2:08.20	2:09.80	2:10.10	2:12.40	2:17.60
4:59.00	4:49.10	4:42.40	4:38.40	4:37.70	400 fr	4:30.80	4:33.00	4:36.90	4:43.40	4:53.10
10:20.50	9:59.10	9:44.30	9:39.70	9:34.10	800 fr	9:19.80	9:25.30	9:32.90	9:47.40	10:08.30
20:18.00	19:36.00	19:07.00	18:57.50	18:48.00	1500 fr	18:17.30	18:29.10	18:44.00	19:12.50	19:53.60
		33.80	33.30	33.00	50 bk	32.20	32.50	33.00		
	1:13.10	1:11.50	1:10.10	1:09.20	100 bk	1:07.50	1:08.40	1:09.80	1:10.30	
2:39.50	2:36.20	2:32.30	2:31.20	2:30.00	200 bk	2:26.30	2:27.50	2:28.50	2:32.30	2:35.60
		37.10	36.90	36.30	50 brst	35.40	36.20	36.40		
	1:21.90	1:21.20	1:20.00	1:19.10	100 brst	1:17.20	1:18.00	1:19.20	1:19.90	
3:00.50	2:55.70	2:54.00	2:51.80	2:49.80	200 brst	2:45.60	2:47.60	2:49.70	2:52.20	2:57.00
		31.50	31.40	30.40	50 fly	29.70	30.70	30.80		
	1:10.10	1:07.80	1:06.70	1:06.00	100 fly	1:04.40	1:05.10	1:06.40	1:08.70	
2:45.50	2:36.70	2:31.90	2:28.90	2:27.80	200 fly	2:24.20	2:26.00	2:28.90	2:33.70	2:42.30
					200 IM	2:27.40	2:28.60	2:29.70	2:33.00	2:37.10
5:40.50	5:31.50	5:25.80	5:23.50	5:21.30	400 IM	5:13.30	5:15.50	5:17.70	5:25.00	5:33.80

2008-2009 MALE AGE GROUP NATIONAL STANDARDS										
13& u	14	15	16	17-18	EVENT	17-18	16	15	14	13
LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM
		26.70	26.20	25.60	50 fr	25.00	25.60	26.10		
	59.20	57.80	56.80	55.80	100 fr	54.40	55.30	56.30	57.70	
2:15.60	2:10.40	2:06.60	2:04.10	2:02.40	200 fr	1:59.40	2:01.00	2:03.40	2:07.20	2:12.30
4:47.10	4:36.40	4:30.50	4:25.70	4:22.90	400 fr	4:16.30	4:19.10	4:23.80	4:29.50	4:40.00
10:03.70	9:35.90	9:22.00	9:17.00	9:12.00	800 fr	8:58.20	9:03.10	9:11.00	9:21.50	9:48.70
19:09.00	18:50.50	18:23.20	18:03.60	17:37.30	1500 fr	17:10.90	17:36.50	17:55.70	18:22.30	18:40.30
		31.20	30.50	30.10	50 bk	29.40	29.70	30.50		
	1:08.30	1:06.50	1:04.90	1:04.00	100 bk	1:02.40	1:03.30	1:04.90	1:06.60	
2:34.00	2:26.00	2:21.40	2:19.90	2:18.40	200 bk	2:15.00	2:16.20	2:18.60	2:22.40	2:30.20
		34.40	34.10	33.80	50 brst	33.00	33.30	33.60		
	1:18.10	1:15.60	1:14.30	1:12.60	100 brst	1:10.80	1:12.50	1:13.80	1:16.20	
2:57.50	2:48.30	2:44.70	2:40.80	2:38.60	200 brst	2:34.70	2:36.80	2:40.60	2:44.10	2:53.10
		28.90	28.40	27.90	50 fly	27.20	27.70	28.20		
	1:05.20	1:03.50	1:02.30	1:01.40	100 fly	59.90	1:00.80	1:02.30	1:03.60	
2:40.00	2:29.70	2:24.90	2:23.20	2:21.50	200 fly	2:18.00	2:18.90	2:22.10	2:26.00	2:36.00
					200 IM	2:15.60	2:18.10	2:21.50	2:24.60	2:30.20
5:31.40	5:14.60	5:07.90	5:02.60	4:58.20	400 IM	4:50.80	4:55.10	5:00.30	5:06.80	5:23.20

* The **Qualifying Period** for all SNC meets in 2008-2009 shall be from September 1, 2007 to the published entry deadline for the competition.

* The **Entry Age** for all SNC meets shall be the swimmer's age as of the first day of the meet.

PLEASE NOTE: THE 800 METRE AND 1500 METRE EVENTS WILL NOT BE AVAILABLE AS FREE SWIM ELECTIVES AT THE 2009 AGE GROUP NATIONALS. THE STANDARD MUST BE MET AND PROVEN IN ORDER TO SWIM