

<b>SUN KISSED JR-SR YWCA</b>						
<b>CHAMPIONSHIPS</b>						
<b>GROUP</b>	<b>EV#</b>	<b>Q.T.</b>	<b>CHARLOTTE, NC</b>	<b>Q.T.</b>	<b>EV#</b>	<b>GROUP</b>
<b>APRIL 3-4-5-6, 2009</b>						
JR GIRLS	35	29.00	50 YARD FREESTYLE	29.50	36	JR BOYS
JR GIRLS	59	103.00	100 YARD FREESTYLE	104.00	60	JR BOYS
JR GIRLS	17	220.20	200 YARD FREESTYLE	222.20	18	JR BOYS
JR GIRLS	03	625.00	500 YARD FREESTYLE	632.00	04	JR BOYS
JR GIRLS	55	115.40	100 YARD BACKSTROKE	114.50	56	JR BOYS
JR GIRLS	09	234.20	200 YARD BACKSTROKE	238.40	10	JR BOYS
JR GIRLS	13	123.00	100 YARD BREASTSTROKE	124.00	14	JR BOYS
JR GIRLS	47	257.50	200 YARD BREASTSTROKE	253.60	48	JR BOYS
JR GIRLS	21	117.00	100 YARD BUTTERFLY	118.00	22	JR BOYS
JR GIRLS	29	249.50	200 YARD BUTTERFLY	240.00	30	JR BOYS
JR GIRLS	51	113.50	100 YARD INDIVIDUAL MEDLEY	114.50	52	JR BOYS
JR GIRLS	39	238.00	200 YARD INDIVIDUAL MEDLEY	240.00	40	JR BOYS
SR GIRLS	33	27.50	50 YARD FREESTYLE	25.50	34	SR BOYS
SR GIRLS	61	100.00	100 YARD FREESTYLE	55.50	62	SR BOYS
SR GIRLS	15	213.20	200 YARD FREESTYLE	207.50	16	SR BOYS
SR GIRLS	31	559.00	500 YARD FREESTYLE	545.00	32	SR BOYS
SR GIRLS	01	1226.00	1000 YARD FREESTYLE	1159.00	02	SR BOYS
SR GIRLS	53	110.00	100 YARD BACKSTROKE	107.50	54	SR BOYS
SR GIRLS	41	232.00	200 YARD BACKSTROKE	229.00	42	SR BOYS
SR GIRLS	11	120.00	100 YARD BREASTSTROKE	116.00	12	SR BOYS
SR GIRLS	37	255.50	200 YARD BREASTSTROKE	245.50	38	SR BOYS
SR GIRLS	19	108.50	100 YARD BUTTERFLY	105.50	20	SR BOYS
SR GIRLS	57	247.50	200 YARD BUTTERFLY	229.00	58	SR BOYS
SR GIRLS	23	230.00	200 YARD INDIVIDUAL MEDLEY	228.00	24	SR BOYS
SR GIRLS	49	540.00	400 YARD INDIVIDUAL MEDLEY	524.50	50	SR BOYS
			JR SECTION = 10-13 years of age			
			SR SECTION = 14-years & up			
			AGE AS OF 4/3/09			

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**2008 TIME STANDARDS**  
**AGE GROUP CHAMPIONSHIP**  
*Short Course and Long Course Meets*

<b>10/Under Girls</b>				<b>10/Under Boys</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>EVENT</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
<b>32.24</b>	<b>35.49</b>	36.99	50 Free	32.74	36.24	<b>37.99</b>
<b>1:11.49</b>	<b>1:18.74</b>	1:23.49	100 Free	1:12.49	1:19.99	<b>1:25.49</b>
2:39.49	2:55.49	<b>3:02.49</b>	200 Free	2:40.99	2:56.99	<b>3:07.99</b>
7:07.49	6:16.49	6:11.99	400/500 Free	7:12.49	6:20.74	6:30.99
<b>37.99</b>	<b>41.74</b>	44.99	50 Back	38.74	42.74	45.99
<b>1:22.49</b>	<b>1:30.49</b>	<b>1:36.99</b>	100 Back	1:24.49	1:32.99	<b>1:39.99</b>
<b>43.24</b>	<b>47.74</b>	50.99	50 Breast	44.99	49.49	52.99
<b>1:33.99</b>	<b>1:43.49</b>	<b>1:51.99</b>	100 Breast	1:37.99	1:47.49	<b>1:57.49</b>
36.49	39.99	44.49	50 Fly	37.99	41.99	47.74
1:29.49	1:38.49	1:47.99	100 Fly	1:34.99	1:44.49	1:55.49
<b>1:22.99</b>	<b>1:31.24</b>	-	100 IM	1:23.49	1:32.24	-
<b>3:00.49</b>	<b>3:18.49</b>	3:31.99	200 IM	<b>3:06.49</b>	3:24.49	3:45.99
<b>11-12 Girls</b>				<b>11-12 Boys</b>		
28.49	31.24	<b>32.49</b>	50 Free	<b>28.49</b>	<b>31.24</b>	33.49
1:02.49	1:08.74	1:11.99	100 Free	1:03.24	1:09.49	<b>1:13.49</b>
2:15.74	2:29.24	2:36.49	200 Free	2:18.49	2:32.49	<b>2:38.49</b>
6:01.99	5:18.49	5:32.49	400/500 Free	6:04.99	5:20.99	<b>5:45.99</b>
33.24	36.74	39.49	50 Back	33.74	37.24	40.99
1:10.99	1:17.99	1:23.99	100 Back	1:12.74	1:19.99	1:26.49
2:34.99	2:50.49	2:59.99	200 Back	2:38.99	2:54.99	<b>3:09.99</b>
37.24	40.99	<b>43.99</b>	50 Breast	38.74	42.49	<b>45.49</b>
1:20.99	1:28.99	1:35.49	100 Breast	1:23.99	1:32.49	<b>1:38.99</b>
2:53.99	3:11.49	<b>3:23.49</b>	200 Breast	3:01.99	3:19.99	<b>3:37.49</b>
31.74	34.99	<b>35.99</b>	50 Fly	32.74	35.99	<b>38.49</b>
1:11.74	1:18.74	1:24.99	100 Fly	1:15.49	1:22.99	<b>1:30.49</b>
2:42.99	2:59.49	<b>3:10.99</b>	200 Fly	2:51.49	3:08.99	3:23.99
<b>1:11.74</b>	<b>1:18.74</b>	-	100 IM	<b>1:12.99</b>	<b>1:20.49</b>	-
<b>2:35.49</b>	2:50.49	<b>2:58.99</b>	200 IM	2:37.99	2:53.99	3:04.99

<b>13-14 Girls</b>				<b>13-14 Boys</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
26.74	29.49	30.69	50 Free	25.99	28.49	29.49
<b>57.99</b>	<b>1:03.74</b>	<b>1:07.24</b>	100 Free	<b>56.74</b>	<b>1:02.49</b>	1:04.99
2:05.99	2:18.49	<b>2:25.99</b>	200 Free	2:03.49	2:15.99	2:23.49
5:37.49	4:56.99	<b>5:06.99</b>	400/500 Free	5:35.49	4:55.24	5:05.99
11:39.99	10:15.99	<b>10:42.99</b>	800/1000 Free	11:39.99	10:15.99	10:42.99
19:09.99	19:09.99	<b>20:14.99</b>	1500/1650 Free	18:59.99	18:59.99	20:19.99
<b>1:06.74</b>	<b>1:13.49</b>	1:18.49	100 Back	1:05.99	1:12.74	1:16.99
2:23.99	2:38.49	2:48.49	200 Back	2:24.49	2:39.49	2:48.49
1:14.49	1:21.99	<b>1:28.49</b>	100 Breast	1:13.99	1:21.49	1:28.49
2:41.99	2:58.24	3:09.99	200 Breast	2:42.99	2:59.24	3:10.99
1:05.74	1:12.49	1:17.49	100 Fly	1:04.99	1:11.49	1:16.49
2:31.74	2:46.99	2:55.49	200 Fly	2:35.49	2:51.24	2:56.49
<b>2:23.99</b>	2:37.99	<b>2:46.49</b>	200 IM	2:20.49	2:34.49	2:43.99
<b>5:04.99</b>	<b>5:35.49</b>	<b>5:58.49</b>	400 IM	5:07.49	5:38.24	5:59.99
<b>15-18 Girls</b>				<b>15-18 Boys</b>		
26.09	28.74	29.74	50 Free	24.49	26.99	<b>26.99</b>
<b>56.74</b>	1:01.99	1:05.49	100 Free	53.24	58.74	<b>59.99</b>
2:02.24	2:14.49	2:21.99	200 Free	1:57.99	2:09.74	<b>2:13.99</b>
5:29.99	4:50.99	<b>5:00.99</b>	400/500 Free	5:17.49	4:39.49	<b>4:47.99</b>
11:09.99	9:49.49	<b>10:27.99</b>	800/1000 Free	10:49.99	9:31.99	10:12.99
<b>18:49.99</b>	<b>18:49.99</b>	<b>19:49.99</b>	1500/1650 Free	18:24.99	18:24.99	19:29.99
<b>1:04.99</b>	<b>1:11.49</b>	<b>1:16.99</b>	100 Back	1:03.99	1:10.49	<b>1:11.99</b>
2:19.99	2:33.99	<b>2:44.99</b>	200 Back	<b>2:20.99</b>	<b>2:35.49</b>	<b>2:38.99</b>
1:13.24	1:20.49	1:25.49	100 Breast	1:12.49	1:19.74	<b>1:22.99</b>
<b>2:39.99</b>	<b>2:56.24</b>	<b>3:05.49</b>	200 Breast	2:36.49	2:51.99	3:02.99
1:02.49	1:08.74	1:13.99	100 Fly	59.99	1:05.99	<b>1:08.99</b>
<b>2:24.49</b>	<b>2:38.99</b>	2:52.49	200 Fly	2:26.49	2:40.99	2:47.99
<b>2:19.49</b>	<b>2:35.49</b>	2:42.99	200 IM	<b>2:15.49</b>	<b>2:29.24</b>	<b>2:32.99</b>
<b>4:56.99</b>	<b>5:26.99</b>	5:52.99	400 IM	4:57.49	5:27.24	<b>5:38.99</b>

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## 2009 TIME STANDARDS CT SENIOR SHORT COURSE CHAMPIONSHIP

Meet Qualifying Time Standards for the Short Course Championship only.  
Changes are **bold**.

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
<b>29.74</b>	28.49	25.99	50 Free	24.49	26.99	<b>26.74</b>
1:04.49	<b>1:01.74</b>	56.49	100Y Freestyle	52.99	58.49	<b>59.49</b>
2:20.49	<b>2:14.24</b>	<b>2:01.99</b>	200Y Freestyle	1:56.99	2:08.49	2:11.49
4:54.99	4:47.49	5:26.49	400M/500Y Freestyle	<b>5:17.49</b>	<b>4:39.49</b>	<b>4:42.49</b>
10:10.99	9:42.99	10:59.99	800/1000 Free	10:47.49	9:31.99	9:36.99
19:31.99	18:29.99	18:29.99	1500M/1650Y Free	18:14.99	18:14.99	18:49.99
1:15.49	1:09.99	1:04.49	100Y Backstroke	1:03.49	1:09.49	<b>1:11.99</b>
2:44.49	<b>2:33.49</b>	<b>2:19.49</b>	200Y Backstroke	2:14.99	2:28.99	<b>2:36.49</b>
1:25.49	1:19.49	<b>1:12.99</b>	100Y Breaststroke	1:10.99	1:17.99	1:21.99
3:03.99	2:51.49	<b>2:37.49</b>	200Y Breaststroke	2:33.49	2:48.99	<b>2:59.99</b>
1:12.49	<b>1:08.74</b>	<b>1:02.49</b>	100Y Butterfly	59.99	1:05.99	<b>1:08.49</b>
2:46.49	2:34.99	2:23.49	200Y Butterfly	2:16.99	2:30.49	2:39.99
2:38.99	2:32.99	<b>2:18.49</b>	200Y IM	2:14.99	2:28.49	<b>2:29.99</b>
5:42.99	5:23.99	<b>4:55.99</b>	400Y IM	4:52.99	5:22.49	<b>5:33.99</b>
			200 Free Relay			
			400 Free Relay			
			800 Free Relay			
			200 Medley Relay			
			400 Medley Relay			

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## 2008 TIME STANDARDS SHORT COURSE REGIONAL CHAMPIONSHIPS MINIMUM TIME STANDARDS

10/UNDER GIRLS			-	10/UNDER BOYS		
SCY	SCM	LCM	Event	SCY	SCM	LCM
1:23.49	1:33.18	1:35.53	100 Free	1:28.99	1:39.32	1:43.12
3:06.99	3:28.69	3:33.95	200 Free	3:14.99	3:37.62	3:45.42
7:32.49	6:35.88	6:46.92	500/400 Free	7:44.99	6:46.82	7:00.81
1:39.99	1:51.60	1:57.22	100 Back	1:44.99	1:57.18	2:05.74
1:52.49	2:05.55	2:09.30	100 Breast	2:02.49	2:16.71	2:23.10
1:57.99	2:11.69	2:14.54	100 Fly	2:03.99	2:18.38	2:22.85
1:37.99	1:45.99	-	100 IM	1:41.99	1:50.49	-
3:34.99	3:59.94	4:07.97	200 IM	3:39.99	4:05.52	4:16.70
11/12 GIRLS			-	11/12 BOYS		
SCY	SCM	LCM	Event	SCY	SCM	LCM
1:11.99	1:20.35	1:22.37	100 Free	1:15.99	1:24.81	1:28.05
2:37.99	2:56.33	3:00.77	200 Free	2:42.99	3:01.91	3:08.43
6:39.99	5:49.95	5:59.70	500/400 Free	6:44.99	5:54.32	6:06.51
23:59.99	23:55.68	24:36.91	1650/1500 Free	24:59.99	24:55.50	25:54.39
1:23.99	1:32.49	1:32.49	100 Back	1:29.99	1:40.44	1:47.77
3:07.99	3:29.81	3:39.36	200 Back	3:19.99	3:43.20	3:55.56
1:37.49	1:48.81	1:52.06	100 Breast	1:42.49	1:54.39	1:59.73
3:29.99	3:54.36	3:59.17	200 Breast	3:39.99	4:05.52	4:16.40
1:28.49	1:38.76	1:40.90	100 Fly	1:39.99	1:51.60	1:55.20
3:22.99	3:50.41	3:50.41	200 Fly	3:29.99	3:54.36	4:02.48
1:23.99	1:32.49	-	100 IM	1:30.99	1:37.99	-
2:59.99	3:20.88	3:27.60	200 IM	3:07.99	3:29.81	3:39.36
6:09.99	6:52.94	7:02.36	400 IM	6:19.99	7:04.10	7:19.29
13/14/ GIRLS			-	13/14 BOYS		
SCY	SCM	LCM	Event	SCY	SCM	LCM
2:23.49	2:37.99	2:40.09	200 Free	2:24.99	2:41.82	2:47.62

<b>6:04.49</b>	<b>5:18.89</b>	<b>5:27.78</b>	500/400 Free	<b>6:09.99</b>	<b>5:23.70</b>	<b>5:34.83</b>
<b>21:29.99</b>	<b>21:26.13</b>	<b>22:03.07</b>	1650/1500 Free	<b>21:44.99</b>	<b>21:41.09</b>	<b>22:32.32</b>
<b>2:43.49</b>	<b>3:02.47</b>	<b>3:10.77</b>	200 Back	<b>2:54.99</b>	<b>3:15.30</b>	<b>3:26.11</b>
<b>3:04.99</b>	<b>3:26.46</b>	<b>3:30.69</b>	200 Breast	<b>3:14.99</b>	<b>3:37.62</b>	<b>3:47.26</b>
<b>2:59.99</b>	<b>3:20.88</b>	<b>3:24.30</b>	200 Fly	<b>3:02.99</b>	<b>3:24.23</b>	<b>3:31.30</b>
<b>2:40.99</b>	<b>2:59.68</b>	<b>3:05.69</b>	200 IM	<b>2:42.49</b>	<b>3:01.35</b>	<b>3:09.60</b>
<b>5:34.99</b>	<b>6:13.87</b>	<b>6:22.41</b>	400 IM	<b>5:42.99</b>	<b>6:22.80</b>	<b>6:36.52</b>
<b>15/18 GIRLS</b>			-	<b>15/18 BOYS</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>Event</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
<b>2:20.49</b>	<b>2:36.80</b>	<b>2:40.74</b>	200 Free	<b>2:15.99</b>	<b>2:31.77</b>	<b>2:37.21</b>
<b>5:57.49</b>	<b>5:12.76</b>	<b>5:21.48</b>	500/400 Free	<b>5:39.99</b>	<b>4:57.45</b>	<b>5:07.68</b>
<b>20:52.49</b>	<b>20:48.74</b>	<b>21:24.61</b>	1650/1500 Free	<b>20:54.99</b>	<b>20:51.24</b>	<b>21:40.51</b>
<b>2:42.49</b>	<b>3:01.35</b>	<b>3:09.60</b>	200 Back	<b>2:40.99</b>	<b>2:59.68</b>	<b>3:09.62</b>
<b>3:04.99</b>	<b>3:26.46</b>	<b>3:30.69</b>	200 Breast	<b>2:55.99</b>	<b>3:16.42</b>	<b>3:25.12</b>
<b>2:49.99</b>	<b>3:09.72</b>	<b>3:12.95</b>	200 Fly	<b>2:44.99</b>	<b>3:04.14</b>	<b>3:10.52</b>
<b>2:39.99</b>	<b>2:58.56</b>	<b>3:04.53</b>	200 IM	<b>2:34.99</b>	<b>2:52.98</b>	<b>3:00.85</b>
<b>5:29.99</b>	<b>6:08.29</b>	<b>6:16.70</b>	400 IM	<b>5:20.99</b>	<b>5:58.24</b>	<b>6:11.09</b>

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