

2007 LONG COURSE METER SOUTHEASTERN CHAMPIONSHIP TIME STANDARDS
 (changes in bold)

					2007 LCM Time Standards					
BOYS						GIRLS				
10 & u	11-12	13-14	15-16	Senior	Event	Senior	15-16	13-14	11-12	10 & u
:37.09	:32.59	:29.49	:27.49	:26.89	50 FREE	:29.99	:30.19	:30.79	:32.19	:36.89
1:23.49	1:11.69	1:04.49	1:00.49	:59.19	100 FREE	1:05.09	1:05.89	1:06.79	1:09.89	1:23.29
2:58.69	2:38.59	2:21.09	2:12.69	2:10.09	200 FREE	2:18.19	2:18.39	2:24.49	2:33.19	3:00.99
6:52.69	5:35.49	4:57.79	4:45.09	4:40.39	400 FREE	4:55.39	4:57.99	5:03.89	5:19.09	6:41.49
	5:35.49	9:59.59	9:31.19	9:31.19	800 FREE	9:46.39	9:57.49	10:07.79	5:19.09	
		18:59.29	18:31.29	18:31.29	1500 FREE	18:53.29	18:53.29	19:53.19		
:44.99	:39.19				50 BACK				:38.59	:44.39
1:36.09	1:23.89	1:16.79	1:10.89	1:09.59	100 BACK	1:16.59	1:16.59	1:18.19	1:23.29	1:37.19
		2:44.19	2:32.49	2:29.29	200 BACK	2:42.59	2:42.59	2:45.39		
:52.29	:45.49				50 BREAST				:43.69	:50.59
1:51.19	1:37.99	1:26.09	1:21.89	1:19.69	100 BREAST	1:28.69	1:28.69	1:29.79	1:34.99	1:48.39
		3:07.29	3:01.29	2:57.39	200 BREAST	3:11.59	3:11.59	3:11.49		
:43.69	:36.99				50 FLY				:35.49	:42.69
1:38.79	1:26.19	1:13.39	1:07.49	1:05.79	100 FLY	1:12.49	1:12.89	1:16.09	1:22.59	1:44.19
		2:44.99	2:40.59	2:37.89	200 FLY	2:50.19	2:50.19	2:50.89		
3:27.79	2:59.79	2:38.39	2:30.79	2:27.99	200 IM	2:40.59	2:40.59	2:43.69	2:53.99	3:25.29
		5:46.19	5:20.99	5:16.69	400 IM	5:43.79	5:43.79	5:52.59		