

**2005 ConocoPhillips National Championships Time Standards
August 3-7
Irvine, CA**

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
23.29	25.99	26.79	50 FREESTYLE	20.49	22.69	23.79
50.59	55.69	57.69	100 FREESTYLE	44.89	49.59	52.19
1:49.09	2:00.19	2:04.49	200 FREESTYLE	1:38.89	1:49.49	1:54.09
4:49.49	4:09.99	4:20.89	400/500 FREESTYLE	4:27.19	3:51.29	4:02.99
10:01.09	8:43.39	8:56.29	800 FREESTYLE	9:20.99	8:10.89	8:24.29
16:46.89	16:35.19	17:06.69	1500 FREESTYLE	15:34.99	15:17.79	16:06.49
56.09	1:01.59	1:05.39	100 BACKSTROKE	49.99	55.69	58.69
2:00.99	2:14.09	2:19.99	200 BACKSTROKE	1:48.79	2:00.89	2:07.19
1:03.59	1:10.99	1:13.29	100 BREASTSTROKE	56.29	1:02.59	1:05.59
2:17.49	2:33.79	2:38.09	200 BREASTSTROKE	2:02.59	2:17.49	2:22.79
55.39	1:00.89	1:03.09	100 BUTTERFLY	49.19	53.89	56.19
2:01.49	2:13.49	2:17.29	200 BUTTERFLY	1:49.69	2:00.09	2:05.09
2:02.89	2:15.59	2:21.49	200 IM	1:50.49	2:02.09	2:08.79
4:21.39	4:48.29	4:57.79	400 IM	3:56.59	4:21.99	4:34.29
3:31.99	3:57.19	3:58.39	400 FREE RELAY	3:05.89	3:26.59	3:33.59
7:33.69	8:27.05	8:34.09	800 FREE RELAY	6:53.59	7:39.89	7:51.59
3:56.49	4:24.39	4:25.49	400 MEDLEY RELAY	3:27.29	3:51.59	3:55.69

Qualifying period is July 1, 2004 through the entry deadline