

Time Standards for 2008 Summer Junior Nationals  
(8/4/2008 - 8/8/2008)

Men	08 Juniors	08 Juniors		
	LCM	SCY	jun bonus-lcm	jun bonus-scy
50 Fr	24.59	21.19	24.79	21.69
100 Fr	53.49	46.29	53.99	47.09
200 Fr	1:56.59	1:41.39	1:58.09	1:43.09
400 Fr	4:07.19	4:33.79	4:09.79	4:39.59
800 Fr	8:32.29	9:29.39	8:40.79	9:39.29
1500 Fr	16:15.49	15:51.49	16:41.69	16:13.69
100 Bk	1:00.29	51.59	1:01.39	53.09
200 Bk	2:09.99	1:51.79	2:12.39	1:54.79
100 Br	1:07.89	57.99	1:10.09	59.49
200 Br	2:27.59	2:06.29	2:29.79	2:09.79
100 Fl	57.79	50.69	58.89	51.89
200 Fl	2:08.69	1:52.29	2:10.59	1:54.89
200 IM	2:11.59	1:52.99	2:13.59	1:56.29
400 IM	4:40.19	4:01.09	4:43.89	4:08.09
400 FR-R	3:38.29	3:08.89		
800 FR-R	7:54.99	6:53.79		
400 Med-R	4:01.99	3:29.59		

Women	08 Juniors	08 Juniors		
	LCM	SCY	jun bonus-lcm	jun bonus-scy
50 Fr	27.29	23.69	27.79	24.59
100 Fr	58.79	51.29	1:00.19	52.89
200 Fr	2:06.49	1:50.39	2:09.09	1:54.19
400 Fr	4:24.89	4:53.19	4:30.69	5:03.29
800 Fr	9:03.49	10:05.99	9:15.99	10:21.29
1500 Fr	17:20.49	16:48.49	17:46.69	17:24.29
100 Bk	1:06.39	56.89	1:07.89	59.09
200 Bk	2:22.19	2:02.39	2:25.99	2:06.99
100 Br	1:14.39	1:04.39	1:16.79	1:06.89
200 Br	2:40.79	2:18.79	2:44.99	2:24.29
100 Fl	1:03.99	55.99	1:05.79	58.49
200 Fl	2:20.29	2:03.09	2:24.19	2:07.39
200 IM	2:23.69	2:04.09	2:27.59	2:09.49
400 IM	5:03.69	4:22.39	5:09.69	4:33.09
400 FR-R	3:59.99	3:30.29		
800 FR-R	8:36.99	7:42.99		
400 Med-R	4:26.19	3:51.89		

Entry period=July 1,2007 to entry deadline

The 2009 World Champ Trials standards will be published after the April steering meeting

The 2009 Short Course National Championships standards will be published after the April steering meeting