

## 2011 Winter National Championships

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.79	26.29	23.39	50 Fr	20.69	22.99	23.69
57.89	56.49	51.09	100 Fr	45.39	50.19	51.99
2:04.99	2:01.89	1:50.09	200 Fr	1:39.49	1:50.29	1:53.69
4:21.59	4:13.09	4:52.99	400/500 Fr	4:29.89	3:53.29	4:01.89
8:56.09	8:44.59	10:03.19	800/1000 Fr	9:22.59	8:11.69	8:23.09
17:06.69	16:37.79	16:48.49	1500/1650 Fr	15:38.19	15:20.79	16:02.99
1:05.69	1:02.79	56.69	100 Bk	50.69	56.09	58.79
2:20.29	2:15.79	2:01.59	200 Bk	1:49.79	2:01.99	2:07.09
1:13.99	1:12.19	1:04.29	100 Br	56.99	1:03.39	1:05.79
2:39.59	2:35.29	2:18.69	200 Br	2:03.79	2:18.19	2:23.29
1:03.39	1:02.19	56.09	100 Fl	49.89	54.69	56.19
2:18.29	2:16.29	2:03.09	200 Fl	1:50.59	2:01.09	2:04.99
2:22.29	2:17.99	2:04.09	200 IM	1:51.79	2:03.59	2:08.59
4:59.39	4:52.89	4:23.79	400 IM	3:58.59	4:24.39	4:33.39
3:59.99	3:57.19	3:30.29	4X100 Fr-R	3:08.89	3:31.09	3:38.29
8:36.99	8:38.19	7:42.99	4x200 Fr-R	6:53.79	7:40.99	7:54.99
4:26.19	4:18.89	3:51.89	4x100 Med-R	3:29.59	3:55.79	4:01.99

\* Qualifying period is November 1, 2010 through the entry deadline.

\* Qualification for the 4x50 relays will be the corresponding 4x100 relay time standards.