

									
	Eastern Zone Sectionals	Dolphin Jr. Nat.	NCSA Jr. Nats	Futures	Winter Jr. Nationals	Summer Jr. Nationals	Winter Nationals	U.S. Open	Olympic Trials
Women	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	LCM
50 Freestyle	24.99 28.49	24.69 28.01	24.39 27.59	24.39 27.49	23.49 26.99	22.89 26.69	22.89 26.69	22.49 26.19	26.19
100 Freestyle	53.19 1:00.69	53.49 1:00.79	52.39 59.89	52.19 59.59	50.99 58.39	49.89 57.79	49.89 57.69	49.09 56.59	56.49
200 Freestyle	1:55.19 2:11.09	1:55.29 2:10.39	1:53.19 2:08.09	1:52.99 2:08.19	1:49.79 2:05.39	1:47.79 2:04.69	1:47.79 2:04.59	1:46.49 2:02.39	2:02.39
400/500 Freestyle	5:08.79 4:37.69	5:03.99 4:30.99	4:59.99 4:27.89	5:03.49 4:28.79	4:52.09 4:23.79	4:49.09 4:22.19	4:49.09 4:20.79	4:44.99 4:17.99	4:17.99
800/1000 Freestyle	10:39.79 9:34.99	10:19.99 9:08.69	10:15.99 9:08.99	10:20.49 9:13.79	10:03.59 9:03.49	9:58.79 9:00.29	9:58.79 8:54.49	9:49.99 8:49.99	8:49.99
1500/1650 Freestyle	17:54.39 18:16.79	17:19.99 17:35.89	17:12.89 17:34.59	17:14.39 17:40.19	16:46.19 17:20.49	16:35.89 17:14.29	16:35.89 17:06.69	16:21.89 16:52.99	X
100 Backstroke	59.49 1:07.89	59.59 1:08.29	57.99 1:07.19	58.49 1:07.29	56.59 1:05.59	54.69 1:04.59	54.69 1:04.59	53.69 1:03.39	1:03.39
200 Backstroke	2:09.49 2:26.99	2:07.29 2:25.09	2:05.99 2:24.29	2:05.79 2:24.79	2:01.29 2:20.69	1:58.09 2:18.69	1:58.09 2:18.69	1:56.39 2:16.59	2:16.59
100 Breaststroke	1:08.59 1:18.29	1:07.89 1:17.09	1:06.39 1:16.29	1:06.29 1:16.19	1:04.29 1:14.29	1:03.09 1:13.49	1:03.09 1:13.49	1:01.29 1:11.59	1:11.49
200 Breaststroke	2:29.39 2:49.39	2:25.89 2:44.79	2:23.29 2:41.89	2:23.09 2:43.79	2:19.79 2:40.09	2:15.89 2:38.69	2:15.89 2:38.69	2:12.89 2:34.99	2:34.99
100 Butterfly	58.79 1:06.69	58.99 1:06.89	57.79 1:05.29	57.89 1:05.19	55.99 1:03.39	54.19 1:02.59	54.19 1:02.59	53.29 1:01.19	1:01.19
200 Butterfly	2:12.49 2:29.49	2:08.69 2:24.49	2:06.39 2:23.19	2:06.19 2:21.89	2:03.29 2:19.59	1:59.59 2:17.39	1:59.59 2:17.39	1:58.49 2:15.29	2:14.99
200 Individual Medley	2:11.29 2:28.99	2:10.79 2:28.89	2:08.49 2:26.59	2:08.29 2:26.39	2:03.79 2:22.49	2:00.99 2:21.39	2:00.99 2:21.39	1:58.99 2:18.69	2:18.69
400 Individual Medley	4:38.39 5:20.49	4:30.89 5:09.29	4:29.99 5:05.99	4:30.69 5:07.29	4:23.69 5:01.89	4:15.59 4:58.09	4:15.59 4:58.09	4:13.89 4:54.99	4:54.99
4X100 Freestyle Relay	3:45.79 4:14.99	3:35.89 4:02.19	3:32.09 4:00.99	3:34.09 4:04.29	3:29.49 3:59.19	X 3:56.49	X 3:56.49	X 3:52.69	
4X200 Freestyle Relay	8:05.39 9:06.29	7:44.79 8:39.19	7:40.79 8:44.89	7:36.39 8:40.89	7:41.39 8:35.39	X 8:29.99	X 8:29.99	X 8:22.19	
4X100 Medley Relay	4:12.29 4:44.09	4:03.89 4:38.39	3:55.09 4:30.99	3:57.09 4:33.79	3:51.09 4:25.79	X 4:22.69	X 4:22.69	X 4:18.29	
Men	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	SCY LCM	LCM
50 Freestyle	22.49 25.59	21.99 25.29	21.69 24.79	21.49 24.89	20.99 24.39	20.59 24.09	20.59 23.59	19.89 23.29	23.29
100 Freestyle	48.69 55.69	48.59 55.69	47.09 53.99	46.69 53.79	45.79 52.89	44.59 52.19	44.59 51.79	43.39 50.79	50.69
200 Freestyle	1:46.49 2:01.49	1:44.89 1:59.99	1:43.09 1:58.09	1:42.09 1:58.09	1:40.29 1:56.29	1:38.79 1:54.69	1:38.79 1:53.29	1:36.09 1:51.89	1:51.89
400/500 Freestyle	4:48.39 4:18.59	4:41.49 4:12.49	4:39.59 4:09.79	4:37.09 4:09.99	4:32.69 4:06.29	4:29.29 4:03.59	4:28.89 4:01.09	4:20.29 3:58.69	3:58.69
800/1000 Freestyle	10:02.49 9:06.39	9:43.69 8:43.49	9:39.79 8:40.79	9:34.29 8:40.69	9:25.49 8:33.79	9:15.19 8:24.69	9:15.19 8:21.49	9:07.49 8:15.49	x
1500/1650 Freestyle	16:43.99 17:21.99	16:19.69 16:44.79	16:13.69 16:41.69	16:05.49 16:38.99	15:46.99 16:14.99	15:37.49 16:08.09	15:34.89 15:59.99	15:15.59 15:49.99	15:49.99
100 Backstroke	54.89 1:01.99	53.69 1:02.79	53.09 1:01.39	52.49 1:00.79	50.99 59.69	49.89 58.99	49.89 58.59	47.19 57.19	57.19
200 Backstroke	1:59.39 2:15.39	1:55.29 2:12.69	1:54.79 2:12.39	1:53.59 2:11.89	1:50.69 2:09.59	1:48.39 2:07.39	1:48.39 2:06.69	1:45.49 2:03.99	2:03.79
100 Breaststroke	1:02.19 1:10.39	1:00.99 1:10.29	59.49 1:08.29	58.89 1:08.69	57.69 1:07.59	55.99 1:06.29	55.99 1:05.59	53.89 1:03.89	1:03.69
200 Breaststroke	2:15.39 2:32.99	2:10.69 2:30.59	2:09.79 2:29.79	2:08.59 2:29.09	2:05.89 2:27.19	2:01.59 2:23.69	2:01.59 2:22.89	1:59.19 2:18.99	2:18.39
100 Butterfly	53.79 1:00.89	53.29 1:00.59	51.89 58.89	51.59 58.39	50.09 57.39	49.19 56.69	49.19 55.99	47.59 54.79	54.79
200 Butterfly	2:01.19 2:16.29	1:56.79 2:13.29	1:54.89 2:10.59	1:53.69 2:10.19	1:51.59 2:08.19	1:48.29 2:05.49	1:48.29 2:04.59	1:45.69 2:02.29	2:01.99
200 Individual Medley	1:59.79 2:16.59	1:58.99 2:16.99	1:56.29 2:13.59	1:55.09 2:12.79	1:52.49 2:10.49	1:49.29 2:08.69	1:49.29 2:08.19	1:45.79 2:05.29	2:05.09
400 Individual Medley	4:15.09 4:49.89	4:10.19 4:49.19	4:08.09 4:43.89	4:07.59 4:42.39	4:00.19 4:38.39	3:53.49 4:33.89	3:53.49 4:32.59	3:47.99 4:27.99	4:27.49
4X100 Freestyle Relay	3:21.89 3:48.69	3:15.79 3:40.59	3:12.79 3:41.89	3:12.89 3:40.89	3:08.09 3:38.49	X 3:34.89	X X	X 3:29.29	
4X200 Freestyle Relay	7:22.39 8:14.79	7:06.79 7:56.99	7:05.69 8:07.49	6:58.59 8:00.49	6:52.59 7:53.39	X 7:47.69	X X	X 7:42.79	
4X100 Medley Relay	3:46.99 4:19.69	3:37.29 4:11.49	3:36.09 4:08.89	3:32.79 4:05.89	3:28.79 4:01.19	X 3:56.99	X X	X 3:50.09	