

**JULY 22, 2010 KY SWIMMING LONG COURSE CHAMPIONSHIP TIME STANDARDS**  
 Qualifying Period - July 16, 2009 through the Entry Deadline for the 2010 State A Long Course Championship

Female 9-10			EVENT	Male 9-10		
SCM	SCY	LCM		LCM	SCY	SCM
00:35.99S	00:32.42Y	00:36.79L	50 Free	00:37.79L	00:33.32Y	00:36.99S
01:22.59S	01:14.41Y	01:24.19L	100 Free	01:27.49L	01:17.38Y	01:25.89S
02:59.49S	02:41.70Y	03:02.69L	200 Free	03:09.59L	02:47.92Y	03:06.39S
00:43.99S	00:39.63Y	00:44.59L	50 Back	00:46.09L	00:40.98Y	00:45.49S
01:36.19S	01:26.66Y	01:37.39L	100 Back	01:42.09L	01:30.89Y	01:40.89S
00:50.39S	00:45.40Y	00:51.39L	50 Breast	00:54.89L	00:48.55Y	00:53.89S
01:48.89S	01:38.10Y	01:50.89L	100Breast	01:56.49L	01:43.14Y	01:54.49S
00:43.39S	00:39.09Y	00:44.09L	50 Fly	00:46.89L	00:41.61Y	00:46.19S
01:42.69S	01:32.51Y	01:44.09L	100 Fly	01:53.99L	01:41.43Y	01:52.59S
03:23.79S	03:03.59Y	03:26.99L	200 IM	03:35.79L	03:11.52Y	03:32.59S
		02:32.19L	200 Free Relay	02:36.19L		
		03:01.89L	200 Medley Relay	03:10.69L		

Female 11-12			EVENT	Male 11-12		
SCM	SCY	LCM		LCM	SCY	SCM
00:31.99S	00:28.82Y	00:32.79L	50 Free	00:33.19L	00:29.18Y	00:32.39S
01:11.39S	01:04.32Y	01:12.99L	100 Free	01:14.19L	01:05.40Y	01:12.59S
02:34.39S	02:19.09Y	02:37.59L	200 Free	02:39.39L	02:20.71Y	02:36.19S
05:26.79S	06:13.47Y	05:36.39L	400 Free	05:41.49L	06:19.30Y	05:31.89S
00:38.59S	00:34.77Y	00:39.19L	50 Back	00:40.29L	00:35.76Y	00:39.69S
01:23.19S	01:14.95Y	01:24.39L	100 Back	01:28.59L	01:18.73Y	01:27.39S
00:43.79S	00:39.45Y	00:44.79L	50 Breast	00:47.09L	00:41.52Y	00:46.09S
01:33.29S	01:24.05Y	01:35.29L	100 Breast	01:40.69L	01:28.91Y	01:38.69S
00:36.39S	00:32.78Y	00:37.09L	50 Fly	00:38.39L	00:33.95Y	00:37.69S
01:23.29S	01:15.04Y	01:24.69L	100 Fly	01:28.69L	01:18.64Y	01:27.29S
02:55.79S	02:38.37Y	02:58.99L	200 IM	03:03.29L	02:42.24Y	03:00.09S
		02:16.19L	200 Free Relay	02:17.79L		
		02:38.89L	200 Medley Relay	02:43.99L		

Female 13-14			EVENT	Male 13-14		
SCM	SCY	LCM		LCM	SCY	SCM
00:31.19S	00:28.10Y	00:31.99L	50 Free	00:31.39L	00:27.56Y	00:30.59S
01:07.39S	01:00.71Y	01:08.99L	100 Free	01:07.49L	00:59.36Y	01:05.89S
02:28.59S	02:13.86Y	02:31.79L	200 Free	02:28.59L	02:10.98Y	02:25.39S
05:12.59S	05:57.25Y	05:22.19L	400 Free	05:15.99L	05:50.16Y	05:06.39S
10:28.79S	11:58.62Y	10:47.99L	800 Free	10:31.29L	11:39.53Y	10:12.09S
20:10.99S	20:03.77Y	20:39.79L	1500 Free	20:13.09L	19:37.23Y	19:44.29S
01:20.59S	01:12.60Y	01:21.79L	100 Back	01:19.99L	01:10.98Y	01:18.79S
02:52.89S	02:35.76Y	02:55.29L	200 Back	02:51.79L	02:32.60Y	02:49.39S
01:31.29S	01:22.24Y	01:33.29L	100 Breast	01:30.49L	01:19.72Y	01:28.49S
03:18.59S	02:58.91Y	03:22.59L	200 Breast	03:17.59L	02:54.41Y	03:13.59S
01:18.89S	01:11.07Y	01:20.29L	100 Fly	01:17.99L	01:09.00Y	01:16.59S
03:00.79S	02:42.87Y	03:03.59L	200 Fly	02:53.29L	02:33.59Y	02:50.49S
02:47.79S	02:31.16Y	02:50.99L	200 IM	02:47.69L	02:28.19Y	02:44.49S
05:59.79S	05:24.14Y	06:06.19L	400 IM	06:07.09L	05:24.95Y	06:00.69S
		04:45.59L	400 Free Relay	04:39.99L		
		05:34.29L	400 Medley Relay	05:25.99L		

Senior Female			EVENT	Senior Male		
SCM	SCY	LCM		LCM	SCY	SCM
00:29.69S	00:26.75Y	00:30.49L	50 Free	00:26.89L	00:23.50Y	00:26.09S
01:03.59S	00:57.29Y	01:05.19L	100 Free	00:58.79L	00:51.52Y	00:57.19S
02:19.69S	02:05.85Y	02:22.89L	200 Free	02:09.99L	01:54.23Y	02:06.79S
04:54.79S	05:36.90Y	05:04.39L	400 Free	04:41.09L	05:10.27Y	04:31.49S
10:22.69S	11:51.65Y	10:41.89L	800 Free	10:04.59L	11:09.02Y	09:45.39S
19:59.59S	19:52.44Y	20:28.39L	1500 Free	19:22.99L	18:47.43Y	18:54.19S
01:16.69S	01:09.09Y	01:17.89L	100 Back	01:09.49L	01:01.52Y	01:08.29S
02:44.69S	02:28.37Y	02:47.09L	200 Back	02:32.39L	02:15.13Y	02:29.99S
01:28.09S	01:19.36Y	01:30.09L	100 Breast	01:20.79L	01:10.98Y	01:18.79S
03:11.19S	02:52.24Y	03:15.19L	200 Breast	02:59.19L	02:37.83Y	02:55.19S
01:12.69S	01:05.49Y	01:14.09L	100 Fly	01:05.29L	00:57.56Y	01:03.89S
02:55.59S	02:38.19Y	02:58.39L	200 Fly	02:39.99L	02:21.61Y	02:37.19S
02:39.19S	02:23.41Y	02:42.39L	200 IM	02:27.79L	02:10.26Y	02:24.59S
05:41.49S	05:07.65Y	05:47.89L	400 IM	05:23.99L	04:46.12Y	05:17.59S
		04:30.79L	400 Free Relay	04:05.19L		
		09:51.59L	800 Free Relay	08:59.99L		
		05:17.29L	400 Medley Relay	04:44.39L		