

Sunset Regional Time Standards

Girls	2009 Time Standard	Event	2009 Time Standard	Boys
3	2:43.54	200y Freestyle	2:31.42	4
5	3:06.61	200y Individual Medley	2:56.16	6
7	30.72	50y Freestyle	27.30	8
11	1:33.58	100y Butterfly	1:31.95	12
13	1:09.01	100y Freestyle	1:02.95	14
15	7:02.86	500y Freestyle*	6:49.25	16
19	1:25.14	100y Backstroke	1:24.23	20
21	1:30.62	100y Breaststroke	1:26.27	22

Sunrise Regional Time Standards

Girls	2009 Time Standard	Event	2009 Time Standard	Boys
3	2:39.36	200y Freestyle	2:30.79	4
5	3:01.06	200y Individual Medley	3:04.60	6
7	31.00	50y Freestyle	27.13	8
11	1:27.30	100y Butterfly	1:24.84	12
13	1:13.60	100y Freestyle	1:04.09	14
15	7:00.37	500y Freestyle*	6:58.14	16
19	1:30.45	100y Backstroke	1:27.19	20
21	1:33.44	100y Breaststroke	1:22.70	22

Teams may enter four (4) participants in each individual event and one (1) relay into each relay event. Teams may enter athletes who have not attained the qualifying time, but each event will be limited to 32 entrants, except when all swimmers entered meet the qualifying time will be allowed to swim. * The 500 freestyle will be limited to 24 entrants, except when all swimmers entered meet the qualifying time will be allowed to swim.

SNSCA
Time Standards Chair
Ronald Aitken