



**2010 North Carolina Swimming
14 and Under Long Course Championship Time Standards
Hosted by MAC at MCAC, July 15-18, 2010**

	Event	Female			Male		
		10U	11-12	13-14	10U	11-12	13-14
SC	50Fr	32.09	28.39	26.89	31.79	28.09	25.19
LC		36.19	32.29	30.79	36.29	32.49	29.09
SC	100Fr	1:10.99	1:01.29	58.09	1:11.09	1:01.79	54.89
LC		1:19.99	1:10.39	1:06.19	1:20.89	1:10.59	1:04.09
SC	200Fr	2:36.39	2:13.79	2:04.69	2:33.79	2:14.59	1:58.09
LC		2:58.69	2:31.79	2:21.19	2:54.29	2:32.89	2:16.29
SC	5/400Fr	6:31.39	5:54.49	5:35.69	6:27.79	6:02.19	5:22.29
LC		5:54.29	5:19.69	5:00.39	5:51.49	5:27.09	4:50.09
SC	8/1000Fr	--	--	11:37.29	--	--	11:12.29
LC		--	--	10:20.99	--	--	10:04.99
SC	15/1650	--	--	19:21.69	--	--	18:40.79
LC		--	--	19:48.09	--	--	19:22.59
SC	50Bk	38.19	33.09	--	37.59	33.39	--
LC		43.69	37.89	--	42.69	38.49	--
SC	100Bk	1:22.19	1:11.59	1:05.89	1:21.79	1:12.29	1:03.39
LC		1:35.29	1:20.79	1:16.59	1:33.79	1:23.59	1:13.59
SC	200Bk	--	2:30.59	2:21.19	--	2:27.39	2:15.79
LC		--	2:53.19	2:42.29	--	2:52.79	2:37.79
SC	50Br	41.99	37.29	--	43.59	37.59	--
LC		48.29	41.49	--	49.69	43.09	--
SC	100Br	1:33.39	1:19.99	1:14.79	1:35.79	1:21.09	1:10.79
LC		1:47.09	1:33.59	1:25.39	1:49.09	1:33.29	1:21.79
SC	200Br	--	2:50.29	2:40.99	--	2:45.79	2:32.99
LC		--	3:15.19	3:03.99	--	3:12.79	2:58.59
SC	50Fl	36.99	31.69	--	37.09	32.29	--
LC		41.79	35.69	--	41.39	36.49	--
SC	100Fl	1:26.69	1:12.59	1:05.29	1:26.69	1:12.19	1:02.19
LC		1:38.69	1:22.09	1:14.09	1:38.69	1:22.09	1:11.09
SC	200Fl	--	2:33.09	2:22.39	--	2:31.69	2:16.29
LC		--	2:54.99	2:42.39	--	2:53.29	2:38.19
SC	200IM	2:55.99	2:31.59	2:21.79	2:55.99	2:32.49	2:15.69
LC		3:20.59	2:51.59	2:42.19	3:20.59	2:53.29	2:35.29
SC	400IM	--	5:23.99	5:00.49	--	5:18.09	4:49.79
LC		--	6:11.39	5:40.59	--	6:08.29	5:31.79