

2010 Summer Nationals

Aug 3-7

Irvine Ca.

women			Events	men		
lcm	scm	scy		scy	scm	lcm
26.59	25.99	22.99	50 fr	20.29	22.99	23.59
57.29	57.29	50.19	100 fr	44.49	50.69	51.79
2:03.69	2:04.39	1:48.29	200 fr	1:38.09	1:51.69	1:53.39
4:19.49	4:21.59	4:47.79	400 fr	4:25.29	3:57.29	4:01.29
8:55.19	8:56.19	9:58.89	800 fr	9:16.89	8:17.99	8:23.09
17:06.69	17:10.99	16:30.59	1500 fr	15:30.69	15:44.49	16:02.49
1:04.69	1:02.69	55.79	100 bk	49.59	55.09	58.29
2:19.09	2:14.69	2:00.09	200 bk	1:47.89	1:59.99	2:06.29
1:12.79	1:10.79	1:03.19	100 br	55.89	1:03.09	1:05.29
2:37.19	2:32.09	2:16.69	200 br	2:01.69	2:16.39	2:22.09
1:02.49	1:01.49	54.99	100 fl	48.59	54.69	55.69
2:16.89	2:15.39	2:00.69	200 fl	1:48.59	2:01.39	2:04.09
2:20.69	2:19.69	2:01.79	200 im	1:49.69	2:03.99	2:07.99
4:56.99	4:53.09	4:19.79	400 im	3:58.29	4:24.59	4:33.09
3:54.79	3:51.89	3:28.39	4x100 fr-r	3:02.19	3:26.79	3:29.89
8:25.89	8:26.19	7:25.49	4x200 fr-r	6:46.99	7:38.39	7:44.99
4:19.39	4:15.19	3:50.39	4x100 med-r	3:24.09	3:45.49	3:52.49

Qualify Period: July 1, 2009 to entry close

Women		18& Under		Men		
scy	scm	lcm	bonus	lcm	scm	scy
26.99	26.29	23.39	50 fr	24.29	23.49	20.89
58.59	56.99	51.09	100 fr	53.09	51.89	45.89
2:06.19	2:02.99	1:50.09	200 fr	1:55.89	1:53.39	1:40.69
4:24.69	4:18.29	4:52.99	400 fr	4:07.09	4:00.79	4:33.69
9:03.49	8:50.69	10:05.99	800 fr	8:35.59	8:19.49	9:26.09
17:20.49	16:58.49	16:48.49	1500 fr	16:15.49	15:51.49	15:51.49
1:05.69	1:04.49	56.19	100 bk	1:00.09	55.99	51.39
2:20.99	2:18.59	2:01.19	200 bk	2:09.59	2:01.99	1:51.39
1:14.29	1:12.29	1:04.29	100 br	1:07.79	1:05.09	57.89
2:39.99	2:34.99	2:17.99	200 br	2:27.59	2:18.09	2:06.29
1:03.59	1:02.19	55.59	100 fl	57.39	55.99	50.29
2:19.69	2:16.89	2:02.49	200 fl	2:08.39	2:05.59	1:51.99
2:23.09	2:19.89	2:03.49	200 im	2:11.39	2:08.19	1:52.79
5:02.09	4:55.69	4:20.79	400 im	4:38.99	4:32.59	3:59.89

Qualify Period: July 1, 2009 to entry close