

2008 & 2009 EAST COAST CHAMPIONSHIPS STANDARDS

FEMALE				MALE		
15 & over	13 – 14	11 – 12	EVENT	11 - 12	13 - 14	15 & over
L/C31.07 S/C30.45			50 FREE			L/C28.06 S/C27.50
L/C1:09.00 S/C1:07.62			100 FREE			L/C1:01.72 S/C1:00.49
L/C2:26.86 S/C2:23.92	L/C2:32.12 S/C2:29.08	L/C2:52.75 S/C2:49.29	200 FREE	L/C3:00.71 S/C2:57.09	L/C2:32.81 S/C2:29.75	L/C2:14.94 S/C2:12.24
L/C5:09.00 S/C5:02.82	L/C 5:42.92 S/C 5:36.06		400 FREE		L/C 5:25.40 S/C 5:18.89	L/C4:44.02 S/C4:38.34
L/C10:40.00 S/C 10:27.20			800 FREE			L/C 10:04.31 S/C 9:51.35
L/C 20:29.68 S/C 20:08.12			1500 FREE			L/C19:05.87 S/C18:42.95
L/C 38.12 S/C 36.94			50 BACK			L/C 32.93 S/C 32.13
L/C1:20.61 S/C1:19.00			100 BACK			L/C1:10.64 S/C1:09.23
L/C2:59.19 S/C2:55.61			200 BACK			L/C2:34.04 S/C2:30.96
L/C 42.08 S/C 41.19			50 BREAST			L/C 36.45 S/C 35.84
L/C1:30.79 S/C1:28.97			100 BREAST			L/C1:19.67 S/C1:18.08
L/C3:22.59 S/C3:18.54			200 BREAST			L/C3:00.04 S/C2:56.44
L/C 35.00 S/C 34.29			50 FLY			L/C 31.36 S/C 30.67
L/C1:16.90 S/C1:15.36			100 FLY			L/C1:08.91 S/C1:07.53
L/C3:00.07 S/C2:56.47			200 FLY			L/C2:48.76 S/C2:45.38
L/C2:47.62 S/C2:42.27	L/C2:50.40 S/C2:46.99	L/C 3:16.74 S/C 3:12.80	200 IM	L/C 3:22.61 S/C 3:18.56	L/C2:52.90 S/C2:49.44	L/C2:28.60 S/C2:25.63
L/C5:50.85 S/C5:43.83	L/C 6:33.75 S/C 6:25.88		400 IM		L/C 6:35.09 S/C 6:27.19	L/C5:34.14 S/C5:27.46

Qualification in your age group entitles you to full entry in the meet.

- *200/400 IM & 200/400 Freestyle Qualifications (Must be 1 IM & 1 Free) for 13-14 Age Group*