

**Silver State Championships**  
2010 Time Standards

Women			10&Under	Men		
LCM	SCM	SCY	Event	LCM	SCM	SCY
0:39.79	0:38.99	0:35.19	<b>50 Free</b>	0:41.59	0:40.79	0:36.79
1:29.19	1:27.59	1:18.89	<b>100 Free</b>	1:33.89	1:32.29	1:23.09
3:21.89	3:18.69	2:58.99	<b>200 Free</b>	3:32.49	3:29.29	3:08.59
0:46.99	0:46.39	0:41.79	<b>50 Back</b>	0:50.19	0:49.59	0:44.69
1:42.69	1:41.49	1:31.49	<b>100 Back</b>	1:49.79	1:48.59	1:37.89
0:54.09	0:53.09	0:47.89	<b>50 Breast</b>	0:57.49	0:56.49	0:50.89
1:58.39	1:56.39	1:44.89	<b>100 Breast</b>	2:06.79	2:04.79	1:52.49
0:47.29	0:46.59	0:41.99	<b>50 Fly</b>	0:50.69	0:49.99	0:44.99
1:58.19	1:56.79	1:45.29	<b>100 Fly</b>	2:18.89	2:17.49	2:03.89
	1:40.09	1:30.19	<b>100 IM</b>		1:47.09	1:36.49
3:46.19	3:42.99	3:20.89	<b>200 IM</b>	4:02.59	3:59.39	3:35.69

**11-12 & 12&Under**

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:34.59	0:33.79	0:30.49	<b>50 Free</b>	0:36.69	0:35.89	0:32.29
1:15.89	1:14.29	1:06.99	<b>100 Free</b>	1:21.69	1:20.09	1:12.19
2:49.09	2:45.89	2:29.49	<b>200 Free</b>	3:00.79	2:57.59	2:39.99
6:13.19	6:06.79	6:58.09	<b>400/500 Free</b>	6:52.39	6:45.99	7:42.09
0:40.79	0:40.19	0:36.29	<b>50 Back</b>	0:43.79	0:43.19	0:38.89
1:28.49	1:27.29	1:18.59	<b>100 Back</b>	1:35.19	1:33.99	1:24.69
0:46.69	0:45.69	0:41.19	<b>50 Breast</b>	0:49.89	0:48.89	0:43.99
1:41.39	1:39.39	1:29.59	<b>100 Breast</b>	1:50.69	1:48.69	1:37.89
0:39.79	0:39.09	0:35.29	<b>50 Fly</b>	0:43.09	0:42.39	0:38.19
1:33.09	1:31.69	1:22.59	<b>100 Fly</b>	1:46.19	1:44.79	1:34.49
	1:26.89	1:18.29	<b>100 IM</b>		1:32.09	1:22.99
3:10.09	3:06.89	2:48.39	<b>200 IM</b>	3:25.89	3:22.69	3:02.59

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.09	0:32.29	0:29.09	50 Free	0:32.79	0:31.99	0:28.79
1:11.79	1:10.19	1:03.19	100 Free	1:11.49	1:09.89	1:02.99
2:38.19	2:34.99	2:19.69	200 Free	2:39.29	2:36.09	2:20.69
5:40.39	5:33.99	6:21.39	400/500 Free	5:53.79	5:47.39	6:36.39
1:22.79	1:21.59	1:13.49	100 Back	1:23.69	1:22.49	1:14.29
2:59.39	2:56.99	2:39.49	200 Back	3:03.59	3:01.19	2:43.19
1:35.39	1:33.39	1:24.09	100 Breast	1:36.79	1:34.79	1:25.39
3:28.49	3:24.49	3:04.19	200 Breast	3:32.09	3:28.09	3:07.49
1:24.89	1:23.49	1:15.19	100 Fly	1:25.19	1:23.79	1:15.49
3:33.99	3:31.19	3:10.29	200 Fly	3:45.19	3:42.39	3:20.29
2:57.69	2:54.49	2:37.19	200 IM	2:59.99	2:56.79	2:39.29
6:42.39	6:35.99	5:56.79	400 IM	7:24.49	7:18.09	6:34.69

15-18

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:33.09	0:32.29	0:29.09	50 Free	0:29.19	0:28.39	0:25.59
1:10.09	1:08.49	1:01.69	100 Free	1:04.09	1:02.49	0:56.29
2:33.29	2:30.09	2:15.29	200 Free	2:22.99	2:19.79	2:05.99
5:29.19	5:22.79	6:08.79	400/500 Free	5:19.09	5:12.69	5:57.49
1:20.69	1:19.49	1:11.59	100 Back	1:13.89	1:12.69	1:05.49
2:55.49	2:53.09	2:35.89	200 Back	2:47.39	2:44.99	2:28.59
1:32.79	1:30.79	1:21.79	100 Breast	1:25.59	1:23.59	1:15.29
3:21.39	3:17.39	2:57.89	200 Breast	3:16.59	3:12.59	2:53.49
1:20.19	1:18.79	1:10.99	100 Fly	1:11.99	1:10.59	1:03.59
3:28.09	3:25.29	3:04.89	200 Fly	3:09.39	3:06.59	2:48.09
2:53.49	2:50.29	2:33.49	200 IM	2:42.59	2:39.39	2:23.59
6:30.59	6:24.19	5:46.09	400 IM	6:26.99	6:20.59	5:42.89