

## Long Course 2009 Speedo Super Sectional Qualifying Times

| WOMEN    |          |          | Events                         | MEN      |          |          |
|----------|----------|----------|--------------------------------|----------|----------|----------|
| LCM      | SCM      | SCY      |                                | SCY      | SCM      | LCM      |
| 28.49    | 27.79    | 24.99    | <b>50 Freestyle</b>            | 22.39    | 24.79    | 25.49    |
| 1:01.39  | 59.99    | 53.79    | <b>100 Freestyle</b>           | 47.89    | 54.59    | 55.99    |
| 2:11.29  | 2:08.49  | 1:54.79  | <b>200 Freestyle</b>           | 1:44.19  | 1:58.59  | 2:01.69  |
| 4:34.89  | 4:29.29  | 5:03.69  | <b>400 Freestyle</b>           | 4:44.29  | 4:12.99  | 4:18.59  |
| 9:29.49  | 9:18.29  | 10:27.99 | <b>800 Freestyle</b>           | 9:51.09  | 8:49.19  | 9:00.39  |
| 18:05.69 | 17:44.69 | 17:49.19 | <b>1500 Freestyle</b>          | 16:49.09 | 17:02.89 | 17:23.89 |
| 1:09.19  | 1:07.79  | 59.69    | <b>100 Backstroke</b>          | 53.99    | 1:02.39  | 1:03.79  |
| 2:28.29  | 2:25.49  | 2:08.69  | <b>200 Backstroke</b>          | 1:57.79  | 2:14.09  | 2:16.89  |
| 1:18.69  | 1:17.29  | 1:07.49  | <b>100 Breaststroke</b>        | 1:00.79  | 1:11.29  | 1:12.69  |
| 2:48.99  | 2:46.19  | 2:25.59  | <b>200 Breaststroke</b>        | 2:13.29  | 2:36.19  | 2:38.99  |
| 1:07.79  | 1:06.29  | 58.89    | <b>100 Butterfly</b>           | 52.69    | 59.59    | 1:00.99  |
| 2:27.89  | 2:25.09  | 2:09.69  | <b>200 Butterfly</b>           | 2:01.39  | 2:14.09  | 2:16.89  |
| 2:28.89  | 2:26.09  | 2:08.89  | <b>200 Individual Medley</b>   | 1:57.49  | 2:14.39  | 2:17.19  |
| 5:14.89  | 5:09.29  | 4:35.49  | <b>400 Individual Medley</b>   | 4:14.79  | 4:48.99  | 4:54.59  |
| 4:15.39  | 4:09.79  | 3:43.79  | <b>4 X 100 Freestyle Relay</b> | 3:19.29  | 3:47.39  | 3:52.99  |
| 9:06.19  | 8:54.99  | 7:57.59  | <b>4 X 200 Freestyle Relay</b> | 7:13.39  | 8:14.99  | 8:26.89  |
| 4:47.99  | 4:42.39  | 4:09.49  | <b>4 X 100 Medley Relay</b>    | 3:43.89  | 4:17.99  | 4:23.59  |