

2010 Speedo Champions Series - Western Region

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--- WOMEN ---				Time Standards	--- MEN ---			
EVENT	SCY	LCM	SCM	Wednesday March 10	SCY	LCM	SCM	EVENT
1	10:46.09	9:42.19	9:22.55	1000-yd Free	10:14.69	9:12.79	8:57.79	2
3	1:44.69	1:59.29	1:56.89	200-yd Free Relay	1:32.99	1:46.89	1:43.78	4
				Thursday March 11				
5	54.04	1:01.34	59.47	100-yd Free	48.89	56.02	53.92	6
7	2:30.51	2:53.49	2:48.32	200-yd Breast	2:18.49	2:40.79	2:35.26	8
9	2:09.93	2:30.55	2:23.98	200-yd Back	2:01.79	2:21.19	2:15.25	10
11	2:12.40	2:31.16	2:25.48	200-yd Fly	2:01.79	2:20.39	2:13.25	12
13	1:56.29	2:13.39	2:10.99	200-yd Medley Relay	1:44.69	1:59.69	1:55.50	14
				Friday March 12				
15	1:56.74	2:12.69	2:08.61	200-yd Free	1:47.08	2:02.79	1:58.54	16
17	4:38.70	5:18.84	5:07.29	400-yd IM	4:18.89	4:57.79	4:46.49	18
19	8:14.49	9:21.69	9:10.46	800-yd Free Relay	7:38.69	8:43.99	8:26.70	20
				Saturday March 13				
21	1:00.41	1:10.61	1:06.31	100-yd Back	55.83	1:05.69	1:01.28	22
23	5:11.76	4:39.69	4:29.17	500-yd Free	4:51.69	4:22.79	4:12.49	24
25	1:09.51	1:20.29	1:17.57	100-yd Breast	1:02.19	1:13.19	1:09.06	26
27	59.34	1:06.95	1:05.19	100-yd Fly	54.04	1:01.24	59.37	28
29	3:49.09	4:17.29	4:12.14	400-yd Free Relay	3:25.49	3:54.59	3:46.85	30
				Sunday March 14				
31	2:12.16	2:31.09	2:25.76	200-yd IM	2:00.69	2:18.69	2:13.35	32
33	18:09.88	18:44.59	17:58.11	1650-yd Free	17:11.26	17:36.59	16:52.78	34
35	25.01	28.49	27.82	50-yd Free	22.49	25.79	25.71	36
37	4:09.49	4:48.39	4:44.93	400-yd Medley Relay	3:47.49	4:23.39	4:15.75	38