

2009 USA Swimming Short Course Nationals

Dec.3-5

Federal Way, WA

Women			MEN			
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
27.29	26.59	23.89	50 Fr	20.99	23.29	24.19
58.89	57.09	51.89	100 Fr	45.99	50.79	52.99
2:06.99	2:03.09	1:51.69	200 Fr	1:40.69	1:51.49	1:55.69
4:25.59	4:15.49	4:55.89	400/500 Fr	4:32.29	3:55.69	4:05.89
9:04.09	8:49.39	10:07.99	800/1000 Fr	9:27.39	8:16.49	8:29.79
17:21.39	16:47.39	16:58.29	1500/1650 Fr	15:47.79	15:30.39	16:18.59
1:06.69	1:03.39	57.69	100 Bk	51.29	57.09	59.79
2:22.29	2:16.99	2:03.59	200 Bk	1:50.99	2:03.29	2:09.09
1:14.99	1:12.79	1:05.19	100 Br	57.59	1:03.99	1:06.79
2:41.59	2:37.29	2:20.69	200 Br	2:04.99	2:20.19	2:25.29
1:04.39	1:02.79	57.09	100 Fl	50.49	55.29	57.19
2:20.29	2:17.49	2:05.09	200 Fl	1:51.79	2:02.29	2:06.99
2:24.29	2:19.19	2:06.09	200 IM	1:52.99	2:04.79	2:10.59
5:03.39	4:55.29	4:27.79	400 IM	4:00.99	4:26.79	4:37.39
3:59.99	3:57.19	3:30.29	400 Fr-R	3:08.89	3:31.09	3:38.29
8:36.99	8:38.19	7:42.99	800 Fr-R	6:53.79	7:40.99	7:54.99
4:26.19	4:18.89	3:51.89	400 Med-R	3:29.59	3:55.79	4:01.99

\* Qualifying period is November 1, 2008, through the entry deadline.