

2010 Summer Nationals

Aug 3-7

Irvine Ca.

women			Events	men		
lcm	scm	scy		scy	scm	lcm
26.59	26.09	22.99	50 fr	20.29	23.19	23.59
57.29	56.19	50.19	100 fr	44.49	50.79	51.79
2:03.69	2:01.29	1:48.29	200 fr	1:38.09	1:51.19	1:53.39
4:19.49	4:14.49	4:47.79	400 fr	4:25.29	3:56.59	4:01.29
8:55.19	8:44.79	9:58.89	800 fr	9:16.89	8:13.29	8:23.09
17:06.69	16:46.59	16:30.59	1500 fr	15:30.69	15:43.69	16:02.49
1:04.69	1:03.49	55.79	100 bk	49.59	57.19	58.29
2:19.09	2:16.39	2:00.09	200 bk	1:47.89	2:03.89	2:06.29
1:12.79	1:11.39	1:03.19	100 br	55.89	1:04.09	1:05.29
2:37.19	2:34.19	2:16.69	200 br	2:01.69	2:19.39	2:22.09
1:02.49	1:01.29	54.99	100 fl	48.59	54.69	55.69
2:16.89	2:14.29	2:00.69	200 fl	1:48.59	2:01.69	2:04.09
2:20.69	2:17.99	2:01.79	200 im	1:49.69	2:05.49	2:07.99
4:56.99	4:51.19	4:19.79	400 im	3:58.29	4:27.79	4:33.09
3:54.79	3:50.19	3:28.39	4x100 fr-r	3:02.19	3:25.79	3:29.89
8:25.89	8:15.99	7:25.49	4x200 fr-r	6:46.99	7:35.89	7:44.99
4:19.39	4:14.39	3:50.39	4x100 med-r	3:24.09	3:47.99	3:52.49

Qualify Period: July 1, 2009 to entry close

Women			18& Under	Men		
scy	scm	lcm	bonus	lcm	scm	scy
23.39	26.49	26.99	50 fr	24.29	23.89	20.89
51.09	57.49	58.59	100 fr	53.09	52.09	45.89
1:50.09	2:03.79	2:06.19	200 fr	1:55.89	1:53.69	1:40.69
4:52.99	4:19.59	4:24.69	400 fr	4:07.09	4:02.29	4:33.69
10:05.99	8:52.89	9:03.49	800 fr	8:35.59	8:25.49	9:26.09
16:48.49	17:00.09	17:20.49	1500 fr	16:15.49	15:56.39	15:51.49
56.19	1:04.49	1:05.69	100 bk	1:00.09	58.99	51.39
2:01.19	2:18.29	2:20.99	200 bk	2:09.59	2:07.09	1:51.39
1:04.29	1:12.89	1:14.29	100 br	1:07.79	1:06.49	57.89
2:17.99	2:36.89	2:39.99	200 br	2:27.59	2:24.79	2:06.29
55.59	1:02.39	1:03.59	100 fl	57.39	56.29	50.29
2:02.49	2:16.99	2:19.69	200 fl	2:08.39	2:05.89	1:51.99
2:03.49	2:20.29	2:23.09	200 im	2:11.39	2:08.89	1:52.79
4:20.79	4:56.19	5:02.09	400 im	4:38.99	4:33.59	3:59.89

Qualify Period: July 1, 2009 to entry close