

2008 SENIOR WOMEN (Sectional & National Meets)**SHORT COURSE YARDS**

DISTANCE & STROKE	SECT. CHAMP.	JR. NAT. CHAMP. BONUS	JR. NAT. CHAMP.	U.S. OPEN
50 Free	25.39	24.59	23.69	22.99
100 Free	55.09	52.89	51.29	50.19
200 Free	1:58.69	1:54.19	1:50.39	1:48.29
500 Free	5:12.99	5:03.29	4:53.19	4:47.79
1000 Free	10:43.19	10:21.29	10:05.99	9:58.89
1650 Free	17:57.49	17:24.29	16:48.49	16:30.59
100 Back	1:01.09	59.09	56.89	55.79
200 Back	2:11.59	2:06.99	2:02.39	2:00.09
100 Breast	1:09.19	1:06.89	1:04.39	1:03.19
200 Breast	2:29.39	2:24.29	2:18.79	2:16.69
100 Fly	1:00.49	58.49	55.99	54.99
200 Fly	2:12.59	2:07.39	2:03.09	2:00.69
200 IM	2:13.59	2:09.49	2:04.09	2:01.79
400 IM	4:42.99	4:33.09	4:22.39	4:19.79
400 FR	3:50.09		3:30.29	3:28.39
800 FR	8:17.79		7:42.99	7:25.49
400 MR	4:15.79		3:51.89	3:50.39

2008 SENIOR WOMEN (Sectional & National Meets)**LONG COURSE METERS**

DISTANCE & STROKE	SECT. CHAMP.	JR. NAT. CHAMP BONUS	JR. NAT. CHAMP.	U.S. OPEN	OLYMP. TRIALS
50 Free	28.99	27.79	27.29	26.59	26.39
100 Free	1:02.59	1:00.19	58.79	57.29	57.19
200 Free	2:14.89	2:09.09	2:06.49	2:03.69	2:03.39
400 Free	4:41.99	4:30.69	4:24.89	4:19.49	4:19.39
800 Free	9:35.99	9:15.99	9:03.49	8:55.19	8:50.49
1500 Free	18:20.99	17:46.69	17:20.49	17:06.69	
100 Back	1:10.89	1:07.89	1:06.39	1:04.69	1:04.59
200 Back	2:31.19	2:25.99	2:22.19	2:19.09	2:17.99
100 Breast	1:19.19	1:16.79	1:14.39	1:12.79	1:12.59
200 Breast	2:50.79	2:44.99	2:40.79	2:37.19	2:35.99
100 Fly	1:08.19	1:05.79	1:03.99	1:02.49	1:02.39
200 Fly	2:28.29	2:24.19	2:20.29	2:16.89	2:16.69
200 IM	2:32.89	2:27.59	2:23.69	2:20.69	2:20.49
400 IM	5:19.99	5:09.69	5:03.69	4:56.99	4:55.89
400 FR	4:21.89		3:59.99	3:54.79	
800 FR	9:25.99		8:36.99	8:25.89	
400 MR	4:52.99		4:26.19	4:19.39	

Short course and long course Sectional Championship time standards apply to both Spring Sectionals and Summer Sectionals.

Qualifying Periods :

Spring Sectionals (March 5-9, Mission Viejo CA)	January 1, 2007 through entry deadline
Summer Sectionals (July 16-20, Bakersfield CA)	May 1, 2007 through entry deadline
Junior Nationals (August 4-8, Minneapolis MN)	July 1, 2007 through entry deadline
U.S. Open (July 29-August 2, Minneapolis, MN)	July 1, 2007 through entry deadline
U.S. Olympic Team Trials (June 29-July 6, Omaha NE)	April 1, 2005 through entry deadline