



ILLINOIS SWIMMING

SPEEDO CHAMPIONS SERIES TIME STANDARDS

March 8-11, 2007 @ UIC – Hosted by LFSC
July 19-22, 2007 @ University of Minnesota – Hosted by TWIN



<i>WOMEN</i>			EVENTS	<i>MEN</i>		
LCM	SCM	SCY		SCY	SCM	LCM
27.99	27.49	24.79	<i>50 Freestyle</i>	22.59	25.09	25.49
1:00.89	59.49	53.59	<i>100 Freestyle</i>	49.19	54.59	55.59
2:12.69	2:09.99	1:57.09	<i>200 Freestyle</i>	1:47.29	1:59.09	2:02.09
4:40.59	4:34.89	5:14.19	<i>400 / 500 Freestyle</i>	4:52.29	4:15.79	4:24.79
9:47.39	9:36.29	10:58.59	<i>800 / 1000 Freestyle</i>	10:14.09	8:57.29	9:12.09
18:50.69	18:28.59	18:21.99	<i>1500 / 1650 Freestyle</i>	17:12.19	17:18.39	17:41.79
1:09.99	1:06.89	1:00.29	<i>100 Backstroke</i>	55.79	1:01.89	1:04.29
2:31.79	2:26.69	2:12.19	<i>200 Backstroke</i>	2:01.69	2:15.09	2:20.39
1:19.39	1:16.29	1:08.69	<i>100 Breaststroke</i>	1:02.29	1:09.09	1:12.09
2:51.99	2:46.49	2:29.99	<i>200 Breaststroke</i>	2:17.59	2:32.69	2:38.79
1:07.79	1:06.09	59.59	<i>100 Butterfly</i>	54.49	1:00.49	1:01.39
2:32.39	2:29.29	2:14.49	<i>200 Butterfly</i>	2:01.79	2:15.19	2:18.49
2:30.99	2:27.49	2:12.89	<i>200 Individual Medley</i>	2:01.39	2:14.69	2:18.99
5:23.99	5:15.09	4:43.89	<i>400 Individual Medley</i>	4:22.99	4:51.89	5:00.99
4:14.09	4:09.19	3:44.49	<i>400 Freestyle Relay</i>	3:23.69	3:46.09	3:51.99
9:17.09	9:04.99	8:10.99	<i>800 Freestyle Relay</i>	7:31.29	8:20.89	8:32.79
4:44.99	4:32.69	4:05.69	<i>400 Medley Relay</i>	3:47.09	4:12.09	4:22.99

Time Standards that are bold and italicized are changed from the previous season