

2010 LCM Q & Reg - Times

Regional	Girls	10 & Under		Boys	Regional
	Q	Distance	Stroke	Q	
45.09	38.59	50	Free	40.49	44.29
1:43.99	1:23.89	100	Free	1:29.19	1:41.59
3:48.59	3:02.69	200	Free	3:16.49	3:35.49
7:37.29	6:16.49	400	Free	6:24.99	7:38.49
55.99	47.19	50	Back	50.29	56.39
2:02.39	1:40.19	100	Back	1:50.69	1:58.09
1:01.59	52.59	50	Breast	0:56.39	1:01.59
2:17.49	1:52.09	100	Breast	2:01.99	2:13.59
55.09	44.29	50	Fly	50.19	52.89
2:12.59	1:43.89	100	Fly	2:00.19	2:09.79
4:12.99	3:30.59	200	IM	3:45.19	4:10.69

Regional	11 & 12		Regional
	Q	Distance Stroke	
39.19	34.09	50 Free	37.99
1:25.79	1:13.59	100 Free	1:23.29
3:03.89	2:38.39	200 Free	3:00.69
6:27.79	5:34.09	400 Free	6:21.69
13:31.69	11:34.49	800 Free	13:26.19
26:04.19	22:35.59	1500 Free	25:56.49
45.49	41.29	50 Back	45.69
1:38.89	1:27.99	100 Back	1:39.19
3:30.29	3:07.49	200 Back	3:25.79
49.09	45.89	50 Breast	51.09
1:49.99	1:37.69	100 Breast	1:49.19
3:57.59	3:26.19	200 Breast	3:54.19
42.39	37.99	50 Fly	42.99
1:38.69	1:26.59	100 Fly	1:37.49
3:29.09	3:13.89	200 Fly	4:03.39*
3:29.69	3:03.69	200 IM	3:29.59
7:27.89	7:10.19	400 IM	8:06.19*

Regional	13 & 14		Regional
	Q	Distance Stroke	
37.89	31.39	50 Free	35.39
1:22.09	1:07.29	100 Free	1:16.99
2:57.09	2:24.89	200 Free	2:47.09
6:09.39	5:04.79	400 Free	5:53.29
12:35.99	10:41.29	800 Free	12:14.29
24:06.39	21:13.89	1500 Free	23:14.99
46.79	38.89	50 Back	44.59
1:30.79	1:21.09	100 Back	1:26.89
3:15.29	2:51.59	200 Back	3:07.49
51.99	42.69	50 Breast	49.19
1:43.89	1:29.49	100 Breast	1:34.89
3:43.99	3:08.69	200 Breast	3:32.39
44.79	35.59	50 Fly	41.89
1:20.89	1:15.99	100 Fly	1:22.89
3:16.29	2:53.79	200 Fly	3:05.19
3:11.69	2:46.59	200 IM	3:09.49
7:01.19	5:57.49	400 IM	6:41.89

Senior			
Q	Distance	Stroke	Q
37.09	50	Free	33.59
1:20.09	100	Free	1:13.59
2:51.79	200	Free	2:39.99
6:00.39	400	Free	5:38.59
12:23.29	800	Free	11:42.19
23:53.09	1500	Free	22:25.59
44.49	50	Back	41.19
1:28.99	100	Back	1:22.39
3:11.69	200	Back	2:56.49
:50.49	50	Breast	46.49
1:41.09	100	Breast	1:32.99
3:36.59	200	Breast	3:23.29
43.29	50	Fly	39.49
1:26.59	100	Fly	1:18.99
3:09.69	200	Fly	2:55.69
3:15.19	200	IM	3:01.79
6:48.99	400	IM	6:21.59

* The Regional Times are the 2009-2012 National Age Group Motivational Times as listed on the USA Swimming web site with the exception of Boys 11/12 200 Fly and 11/12 400 IM.