



Speedo Long Course Junior Nationals Time Standards						
Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.99	26.29	23.39	50 Fr	20.89	23.49	24.29
58.59	56.99	51.09	100 Fr	45.89	51.89	53.09
2:06.19	2:02.99	1:50.09	200 Fr	1:40.69	1:53.39	1:55.89
4:24.69	4:18.29	4:52.99	400 Fr	4:33.69	4:00.79	4:07.09
9:03.49	8:50.69	10:05.99	800 Fr	9:26.09	8:19.49	8:35.59
17:20.49	16:58.49	16:48.49	1500 Fr	15:51.49	15:51.49	16:15.49
1:05.69	1:04.49	56.19	100 Bk	51.39	55.99	1:00.09
2:20.99	2:18.59	2:01.19	200 Bk	1:51.39	2:01.99	2:09.59
1:14.29	1:12.29	1:04.29	100 Br	57.89	1:05.09	1:07.79
2:39.99	2:34.99	2:17.99	200 Br	2:06.29	2:18.09	2:27.59
1:03.59	1:02.19	55.59	100 Fl	50.29	55.99	57.39
2:19.69	2:16.89	2:02.49	200 Fl	1:51.99	2:05.59	2:08.39
2:23.09	2:19.89	2:03.49	200 IM	1:52.79	2:08.19	2:11.39
5:02.09	4:55.69	4:20.79	400 IM	3:59.89	4:32.59	4:38.99
3:59.99			400 Fr-Rel			3:38.29
8:36.99			800 Fr-Rel			7:54.99
4:26.19			400 Med-Rel			4:01.99

Qualifying Period June 29, 2008 to entry deadline

Speedo Long Course Junior Nationals Bonus Time Standards						
Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
27.59	26.79	24.09	50 Fr	21.59	23.99	24.79
59.29	59.49	52.19	100 Fr	46.89	52.39	53.99
2:07.59	2:09.39	1:52.09	200 Fr	1:42.49	1:54.89	1:58.09
4:26.59	4:30.89	4:57.09	400 Fr	4:36.59	4:03.39	4:09.79
9:09.89	9:06.59	10:14.39	800 Fr	9:36.29	8:27.39	8:40.19
17:38.69	17:44.69	17:00.99	1500 Fr	16:03.49	16:13.59	16:37.59
1:06.89	1:05.69	57.79	100 Bk	52.19	57.89	1:00.99
2:23.59	2:21.19	2:04.19	200 Bk	1:53.09	2:05.79	2:12.29
1:15.29	1:13.29	1:05.29	100 Br	58.69	1:06.79	1:08.79
2:42.19	2:38.19	2:21.39	200 Br	2:07.99	2:25.39	2:29.39
1:04.79	1:03.39	57.29	100 Fl	51.19	57.19	58.59
2:21.99	2:19.19	2:05.69	200 Fl	1:53.99	2:07.79	2:10.59
2:24.49	2:24.29	2:06.89	200 IM	1:54.59	2:09.99	2:13.19
5:05.29	4:59.89	4:28.49	400 IM	4:04.09	4:36.79	4:43.19

Qualifying Period June 29, 2008 to entry deadline