

## Long Course 2009 Speedo Super Sectional Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.49	27.79	24.99	<b>50 Freestyle</b>	22.39	24.79	25.49
1:01.39	59.99	53.79	<b>100 Freestyle</b>	47.89	54.59	55.99
2:11.29	2:08.49	1:54.79	<b>200 Freestyle</b>	1:44.19	1:58.59	2:01.69
4:34.89	4:29.29	5:03.69	<b>400 Freestyle</b>	4:44.29	4:12.99	4:18.59
9:29.49	9:18.29	10:27.99	<b>800 Freestyle</b>	9:51.09	8:49.19	9:00.39
18:05.69	17:44.69	17:49.19	<b>1500 Freestyle</b>	16:49.09	17:02.89	17:23.89
1:09.19	1:07.79	59.69	<b>100 Backstroke</b>	53.99	1:02.39	1:03.79
2:28.29	2:25.49	2:08.69	<b>200 Backstroke</b>	1:57.79	2:14.09	2:16.89
1:18.69	1:17.29	1:07.49	<b>100 Breaststroke</b>	1:00.79	1:11.29	1:12.69
2:48.99	2:46.19	2:25.59	<b>200 Breaststroke</b>	2:13.29	2:36.19	2:38.99
1:07.79	1:06.29	58.89	<b>100 Butterfly</b>	52.69	59.59	1:00.99
2:27.89	2:25.09	2:09.69	<b>200 Butterfly</b>	2:01.39	2:14.09	2:16.89
2:28.89	2:26.09	2:08.89	<b>200 Individual Medley</b>	1:57.49	2:14.39	2:17.19
5:14.89	5:09.29	4:35.49	<b>400 Individual Medley</b>	4:14.79	4:48.99	4:54.59
4:15.39	4:09.79	3:43.79	<b>4 X 100 Freestyle Relay</b>	3:19.29	3:47.39	3:52.99
9:06.19	8:54.99	7:57.59	<b>4 X 200 Freestyle Relay</b>	7:13.39	8:14.99	8:26.89
4:47.99	4:42.39	4:09.49	<b>4 X 100 Medley Relay</b>	3:43.89	4:17.99	4:23.59

## Long Course 2009 Speedo Super Sectional Bonus Event Qualifying Times

	WOMEN				Men		
LCM	SCM	SCY	Events	SCY	SCM	LCM	
28.99	28.29	25.49	<b>50 Freestyle</b>	22.89	25.29	25.99	
1:02.39	100.99	54.79	<b>100 Freestyle</b>	48.89	55.59	56.99	
2:13.29	2:10.49	1:56.79	<b>200 Freestyle</b>	1:46.19	2:00.59	2:03.69	
4:38.89	4:33.29	5:08.69	<b>400 Freestyle</b>	4:48.29	4:16.99	4:22.59	
9:29.49	9:18.29	10:27.99	<b>800 Freestyle</b>	9:51.09	8:49.19	9:00.39	
18:05.69	17:44.69	17:49.19	<b>1500 Freestyle</b>	16:49.09	17:02.89	17:23.89	
1:10.19	1:08.79	1:00.69	<b>100 Backstroke</b>	54.99	1:03.39	1:04.79	
2:32.29	2:29.49	2:12.69	<b>200 Backstroke</b>	1:59.79	2:16.09	2:18.89	
1:19.69	1:18.29	1:08.49	<b>100 Breaststroke</b>	1:01.79	1:12.29	1:13.69	
2:50.99	2:48.19	2:27.59	<b>200 Breaststroke</b>	2:15.29	2:38.19	2:40.99	
1:08.79	1:07.29	59.89	<b>100 Butterfly</b>	53.69	1:00.59	1:01.99	
2:29.89	2:27.09	2:11.69	<b>200 Butterfly</b>	2:03.39	2:16.09	2:18.89	
2:30.89	2:28.09	2:10.89	<b>200 Individual Medley</b>	1:59.49	2:16.39	2:19.19	
5:18.89	5:13.29	4:39.49	<b>400 Individual Medley</b>	4:18.79	4:52.99	4:58.59	

**Bonus events:**

Make 1 individual event receive 1 bonus event.

Make 2 individual events receive 2 bonus events.

Make 3 or more individual events receive 1 bonus event, not to exceed daily and meet limits.

No Bonus swims for the 800M or 1500M unless you qualify for one event distance event 800M or longer you may swim the other distance event, if you so choose.