

2010 TSC Women	Sectional standards			Sectional Bonus standards		
	SCY	SCM	LCM	SCY	SCM	LC
50 FREE	25.19	28.09	28.49	25.79	28.79	29.19
100 FREE	54.09	1:00.39	1:01.39	55.49	1:01.99	1:02.99
200 FREE	1:56.49	2:10.59	2:12.59	1:59.69	2:14.19	2:16.29
400/500 FREE	5:13.59	4:34.29	4:39.69	5:20.79	4:40.59	4:46.09
800/1000 FREE	10:48.19	9:19.09	9:30.49	11:00.29	9:29.39	9:40.99
1500/1650 FREE	18:21.59	18:01.49	18:23.29	18:49.29	18:28.69	18:50.99
100 BACK	1:01.29	1:09.29	1:10.99	1:02.69	1:10.79	1:12.59
200 BACK	2:11.19	2:28.69	2:32.79	2:13.89	2:31.79	2:35.99
100 BREAST	1:09.99	1:18.39	1:20.89	1:10.99	1:19.59	1:22.09
200 BREAST	2:29.99	2:49.59	2:54.79	2:32.99	2:52.89	2:58.19
100 FLY	59.59	1:07.09	1:07.99	1:00.94	1:08.69	1:09.59
200 FLY	2:11.99	2:30.59	2:34.79	2:14.59	2:33.59	2:37.89
200 I.M.	2:12.09	2:28.89	2:32.89	2:15.09	2:32.29	2:36.39
400 I.M.	4:40.79	5:16.29	5:22.89	4:45.89	5:21.99	5:28.69

2010 TSC Men	Sectional standards			Sectional Bonus standards		
	SCY	SCM	LCM	SCY	SCM	LCM
50 FREE	22.49	24.89	25.49	23.09	25.49	26.19
100 FREE	48.99	53.99	55.49	49.79	54.89	56.39
200 FREE	1:47.49	1:58.79	2:01.69	1:49.31	2:00.79	2:03.79
400/500 FREE	4:54.39	4:13.79	4:22.39	5:01.19	4:19.59	4:28.39
800/1000 FREE	10:09.09	8:42.59	9:00.99	10:17.89	8:50.19	9:08.79
1500/1650 FREE	17:13.59	16:32.19	17:05.59	17:33.89	16:51.69	17:25.69
100 BACK	56.39	1:02.29	1:04.59	57.69	1:03.69	1:05.99
200 BACK	2:02.39	2:15.49	2:20.89	2:05.29	2:18.59	2:24.09
100 BREAST	1:03.79	1:10.19	1:12.69	1:05.09	1:11.49	1:14.09
200 BREAST	2:20.89	2:34.39	2:40.59	2:24.69	2:38.49	2:44.89
100 FLY	54.19	59.89	1:00.59	55.39	1:01.09	1:01.89
200 FLY	2:02.79	2:17.09	2:21.09	2:05.09	2:19.39	2:23.59
200 I.M.	2:02.29	2:15.39	2:20.19	2:04.19	2:17.39	2:22.29
400 I.M.	4:24.19	4:51.79	5:00.49	4:28.49	4:56.49	5:05.29