

45TH ANNUAL
WASHINGTON METROPOLITAN
INTERSCHOLASTIC SWIMMING & DIVING
CHAMPIONSHIPS
 FEBRUARY 18-21, 2009

Time Standards

EVENT #	BOYS	EVENTS	GIRLS	EVENT #
1	1:52.99	200 Yard Medley Relay	2:05.99	2
3	1:56.49	200 Yard Freestyle	2:08.59	4
5	2:14.99	200 Yard Individual Medley	2:26.09	6
7	23.79	50 Yard Freestyle	26.99	8
9	---	Diving (1 Meter, 11 Dives)	---	10
11	59.99	100 Yard Butterfly	1:07.09	12
13	53.59	100 Yard Freestyle	58.69	14
15	5:19.99	500 Yard Freestyle	5:47.99	16
17	1:42.99	200 Yard Freestyle Relay	1:54.99	18
19	1:02.19	100 Yard Backstroke	1:07.29	20
21	1:08.29	100 Yard Breaststroke	1:14.79	22
23	3:48.59	400 Yard Freestyle Relay	4:16.99	24