



**2010 Southern California Swimming Grand Prix
Belmont Plaza Olympic Pool
Presented by Vintage Design, Inc**

**USE: OME, Electronic Team Entry or Blue Card
DO NOT REQUEST TELEPHONE VERIFICATION
READ ENTIRE ENTRY FORM**

**American Record \$1,000 Bonus
High Point \$2,000, 2nd \$1,000,
3rd \$750, 4th \$500, 5th \$250**

Time Standards Women

EVENT	SC Yards	Bonus Yards	LC Meters	Bonus Mtrs.
50 FREE	25.09	25.69	28.49	29.32
100 FREE	54.09	55.29	1:00.69	1:02.97
200 FREE	1:55.79	1:58.29	2:10.09	2:14.83
500 FREE	5:08.19	5:15.99	4:37.89	4:42.02
1000 FREE	10:33.39	10:49.99	9:30.59	9:40.12
1650 FREE	17:43.19	18:06.09	18:05.39	18:27.81
100 BACK	1:01.79	1:03.79	1:10.89	1:12.01
200 BACK	2:12.99	2:16.09	2:31.19	2:33.46
100 BRST	1:10.39	1:13.09	1:19.99	1:23.13
200 BRST	2:30.89	2:37.59	2:51.49	2:58.92
100 FLY	59.89	1:01.99	1:07.89	1:10.21
200 FLY	2:11.99	2:17.59	2:28.29	2:35.52
200 IM	2:11.59	2:15.59	2:30.49	2:34.81
400 IM	4:40.79	4:43.79	5:17.99	5:21.41

Time Standards Men

EVENT	SC Yards	Bonus Yards	LC Meters	Bonus Mtrs.
50 FREE	22.89	23.19	25.89	26.54
100 FREE	49.09	49.69	55.19	56.76
200 FREE	1:46.29	1:49.39	2:01.49	2:04.82
500 FREE	4:48.99	4:55.09	4:20.19	4:23.37
1000 FREE	9:53.99	10:17.99	8:56.29	9:11.56
1650 FREE	16:34.99	17:11.40	17:06.79	17:32.03
100 BACK	56.99	58.39	1:04.89	1:06.01
200 BACK	2:02.89	2:06.79	2:19.79	2:23.14
100 BRST	1:03.29	1:05.69	1:12.39	1:14.92
200 BRST	2:19.39	2:23.09	2:38.49	2:42.83
100 FLY	53.79	56.39	1:00.99	1:03.99
200 FLY	2:01.89	2:04.99	2:18.49	2:21.54
200 IM	2:00.59	2:04.19	2:17.19	2:21.05
400 IM	4:21.49	4:25.89	4:58.39	5:01.54