

<b>CC#2 and North American Time Standards - 2009 - Long Track</b>				
<b>Ladies</b>	<b>Calgary/SLC</b>	<b>Milwaukee/Rich</b>	<b>Outdoor</b>	
	<b>Senior/Junior</b>	<b>Senior/Junior</b>	<b>Senior/Junior</b>	
500	45.0/47.0	46.0/48.0	48.0/50.0	
1000	1.29.0/1.31.0	1.31.0/1.33.0	1.36.0/1.38.0	
1500	2.19.0/2.21.0	2.23.0/2.25.0	2.30.0/2.32.0	
3000	4.54.0/4.56.0	5:03.0/5:05.0	5.24.0/5.26.0	
<b>Men</b>	<b>Calgary/SLC</b>	<b>Milwaukee/Rich</b>	<b>Outdoor</b>	
	<b>Senior/Junior</b>	<b>Senior/Junior</b>	<b>Senior/Junior</b>	
500	40.0/42.0	0.41.0/43.0	43.0/45.0	
1000	1.19/1.21	1.21/1:23.0	1:26/1:28	
1500	2:01/2:03	2:05/2:07	2:12/2:14	
5000	7:19/7:21	7:34/7:36	8.04/8:06	
Jr M 3000	4.26.0	4.36.0	5.01.0	