



2011 Virginia Swimming Senior Championships Qualifying Standards

Spring - March 03-06, 2011 - Freedom Center, Manassas, VA

Summer - July 21-24, 2011 - TBD

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
28.69	29.49	25.89	50 free	23.09	26.29	25.59
1:01.79	1:03.19	55.89	100 free	50.19	57.49	55.59
2:12.39	2:15.39	1:59.79	200 free	1:49.29	2:04.79	2:00.69
4:39.39	4:43.89	5:19.19	400/500 free	4:58.89	4:27.49	4:21.49
9:51.29	10:01.39	11:15.69	800/1000 free	10:27.99	9:24.19	9:08.59
19:02.29	19:37.19	19:08.99	1500/1650 free	17:35.09	17:58.49	17:29.09
1:09.19	1:11.79	1:02.59	100 back	56.89	1:05.79	1:02.89
2:29.89	2:34.99	2:15.59	200 back	2:04.79	2:22.69	2:17.99
1:20.09	1:23.09	1:12.39	100 breast	1:05.29	1:15.59	1:11.19
2:52.39	2:57.99	2:35.99	200 breast	2:21.79	2:44.59	2:36.69
1:08.19	1:09.09	1:01.69	100 fly	55.29	1:02.39	1:01.19
2:32.89	2:35.79	2:18.39	200 fly	2:07.79	2:24.29	2:21.29
2:30.69	2:35.19	2:16.39	200 IM	2:03.49	2:22.49	2:16.49
5:18.49	5:26.09	4:47.99	400 IM	4:25.99	5:01.59	4:53.29

Bonus Standards

allowed one bonus event for SC Sr Champs only at this time

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.19	29.99	26.39	50 free	23.59	26.79	26.09
1:02.79	1:04.19	56.89	100 free	51.19	58.49	56.59
2:14.39	2:17.39	2:01.79	200 free	1:51.29	2:06.79	2:02.69
na	na	na	400/500 free	na	na	na
na	na	na	800/1000 free	na	na	na
na	na	na	1500/1650 free	na	na	na
1:10.19	1:12.79	1:03.59	100 back	57.89	1:06.79	1:03.89
2:31.89	2:36.99	2:17.59	200 back	2:06.79	2:24.69	2:19.99
1:21.09	1:24.09	1:13.39	100 breast	1:06.29	1:16.59	1:12.19
2:54.39	2:59.99	2:37.99	200 breast	2:23.79	2:46.59	2:38.69
1:10.19	1:10.09	1:02.69	100 fly	56.29	1:03.39	1:02.19
2:34.89	2:37.79	2:20.39	200 fly	2:09.79	2:26.29	2:23.29
2:32.69	2:37.19	2:18.39	200 IM	2:05.49	2:24.49	2:18.49
na	na	na	400 IM	na	na	na