

**2007 Virginia Swimming  
Long Course Senior Championships  
Qualifying Times**

26-29 July 2007 – Patriot Center, George Mason University

YARDS	SCM	LCM	EVENT	LCM	SCM	YARDS
26.49	29.29	30.29	50 free	27.79	26.59	24.09
57.39	1:03.39	1:05.39	100 free	1:00.69	57.99	52.49
2:03.89	2:16.89	2:20.79	200 free	2:10.49	2:05.29	1:53.39
5:33.79	4:52.19	4:59.19	400/500 free	4:41.09	4:32.79	5:11.69
11:25.99	10:00.39	10:15.19	800/1000 free	9:39.39	9:23.79	10:44.19
19:08.99	19:02.29	19:37.19	1500/1650 free	18:34.49	17:54.69	18:00.99
1:04.89	1:11.69	1:14.99	100 back	1:08.69	1:04.89	58.79
2:19.79	2:34.49	2:40.29	200 back	2:27.89	2:20.49	2:07.09
1:13.19	1:20.89	1:24.09	100 breast	1:17.19	1:13.29	1:06.29
2:37.79	2:54.39	3:00.59	200 breast	2:46.99	2:38.99	2:23.89
1:04.09	1:10.79	1:12.69	100 fly	1:06.19	1:04.09	57.99
2:20.49	2:35.19	2:37.79	200 fly	2:25.89	2:22.29	2:08.79
2:20.59	2:35.19	2:39.09	200 IM	2:28.39	2:22.19	2:08.79
5:00.99	5:32.59	5:41.69	400 IM	5:16.19	5:06.09	4:37.09