



2009 Virginia Swimming Senior Championships Qualifying Standards

Spring – March 5-8, 2009 – University of Virginia
Summer – July 23-26, 2009 – TBD

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.29	30.29	26.49	50 free	23.79	27.49	26.29
1:03.39	1:05.39	57.39	100 free	51.99	1:00.19	57.49
2:15.79	2:19.69	2:02.79	200 free	1:51.49	2:08.59	2:03.39
4:47.19	4:54.19	5:28.79	400/500 free	5:05.79	4:35.19	4:26.89
9:53.39	10:08.19	11:18.99	800/1000 free	10:33.99	9:29.19	9:13.59
19:02.29	19:37.19	19:08.99	1500/1650 free	18:00.99	18:34.49	17:54.69
1:10.49*	1:13.09*	1:03.79*	100 back	58.59*	1:07.69*	1:04.69*
2:32.39*	2:37.49*	2:17.89*	200 back	2:06.59	2:27.39	2:19.19
1:20.09*	1:23.09*	1:12.49*	100 breast	1:05.99*	1:16.39*	1:12.99*
2:52.39*	2:57.99*	2:35.99*	200 breast	2:23.89	2:46.99	2:38.99
1:10.19*	1:11.19*	1:03.59*	100 fly	56.89	1:05.09	1:02.99
2:32.99*	2:35.89*	2:18.49*	200 fly	2:07.79*	2:24.29*	2:21.29*
2:35.19	2:39.09	2:20.59	200 IM	2:08.79	2:28.39	2:22.19
5:24.09	5:33.19	4:52.49	400 IM	4:31.79	5:10.89	5:00.79

* denotes change from 2008 Senior Championships qualifying standards.