

**2018-2019 VIRGINIA SWIMMING SENIOR  
CHAMPIONSHIPS Time Standards**

Qualifying Times				THURSDAY	Qualifying Times			
Women	SCM	LCM	SCY		SCY	LCM	SCM	Men
1	19:02.29	19:37.19	19:08.99	1500 M /1650 Y FREE*	17:35.09	17:58.49	17:29.09	2
Qualifying Times				FRIDAY	Qualifying Times			
Women	SCM	LCM	SCY		SCY	LCM	SCM	Men
3	2:12.39	2:15.39	1:59.79	200 Y FREE	1:48.99	2:04.49	2:00.39	4
5	1:20.09	1:23.09	1:12.39	100 Y BREAST	1:05.19	1:15.49	1:11.09	6
7	1:08.19	1:09.09	1:01.69	100 Y FLY	55.29	1:02.39	1:01.19	8
9	5:18.49	5:26.09	4:47.99	400 Y IND MEDLEY	4:25.99	5:01.59	4:53.29	10
11				800 Y FREE REL <sup>†</sup>				12
Qualifying Times				SATURDAY	Qualifying Times			
Women	SCM	LCM	SCY		SCY	LCM	SCM	Men
13				200 YFREE REL <sup>†</sup>				14
15	2:32.89	2:35.79	2:18.39	200 Y FLY	2:04.99	2:21.19	2:18.19	16
17	28.69	29.49	25.89	50 Y FREE	22.89	26.09	25.39	18
19	2:52.39	2:57.99	2:35.99	200 Y BREAST	2:21.79	2:44.59	2:36.69	20
21	1:09.19	1:11.79	1:02.59	100 Y BACK	56.89	1:05.79	1:02.89	22
23	4:39.39	4:43.89	5:19.19	400 M / 500 Y FREE	4:55.89	4:24.79	4:18.89	24
25				400 Y MED REL <sup>†</sup>				26
Qualifying Times				SUNDAY	Qualifying Times			
Women	SCM	LCM	SCY		SCY	LCM	SCM	Men
27				200 Y MED REL <sup>†</sup>				28
29	2:29.89	2:34.99	2:15.59	200 Y BACK	2:04.19	2:21.99	2:17.39	30
31	1:01.69	1:03.09	55.79	100 Y FREE	49.99	57.29	55.39	32
33	2:30.29	2:34.79	2:15.99	200 Y IND MEDLEY	2:03.39	2:22.39	2:16.39	34
35				400 Y FREE REL <sup>‡</sup>				36
37	9:51.29	10:01.39	11:15.69	800 M/1000 Y FREE <sup>#</sup>	10:27.99	9:24.19	9:08.59	38

## 2019 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

Swimmers are allowed a maximum of one (1) bonus event. Bonus events count toward the maximum number of swims (6) for the meet and maximum number of swims (3) per day.

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.19	29.99	26.39	50 free	23.39	26.59	25.89
1:02.79	1:04.19	56.89	100 free	50.99	58.29	56.39
2:14.59	2:17.59	2:01.79	200 free	1:50.99	2:06.49	2:02.39
<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>			400/500 free	<b>Bonus swims for the 400, 800, or 1500 Free are not available</b>		
			800/1000 free			
			1500/1650 free			
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	2:06.19	2:23.99	2:19.39
1:21.09	1:24.09	1:13.39	100 breast	1:06.19	1:16.49	1:12.09
2:54.39	2:59.99	2:37.99	200 breast	2:23.79	2:46.59	2:38.69
1:09.19	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	2:06.99	2:23.19	2:20.19
2:32.29	2:36.79	2:17.99	200 IM	2:05.39	2:24.39	2:18.39
<b>Bonus swims for the 400 IM are not available</b>			400 IM	<b>Bonus swims for the 400 IM are not available</b>		