

2024 Senior Travel Meet Time Standards

updated 2/8/24

Women						OPEN	Men					
PNW SPRING SECT		SR ZONE		RXII			RXII		SR ZONE		PNW SPRING SECT	
LCM	SCY	LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM
:28.44	:24.99	:29.89	:26.09	:31.29	:27.09	50 FREE	:25.49	:29.39	:23.29	:26.79	:22.41	:25.79
1:01.26	:53.71	1:04.99	:56.59	1:07.89	:59.19	100 FREE	:55.49	1:04.89	:51.19	:59.19	:48.46	:55.89
2:12.75	1:56.22	2:20.09	2:02.69	2:27.19	2:09.19	200 FREE	2:00.99	2:21.99	1:52.09	2:09.29	1:45.84	2:02.20
4:43.21	5:13.17	4:54.49	5:29.09	5:12.19	5:54.49	400/500 FREE	5:38.79	5:04.69	5:04.39	4:34.19	4:49.98	4:23.21
9:48.19	10:52.09	10:08.99	11:21.19	10:41.09	12:13.89	800/1000 FREE	11:47.89	10:38.19	10:34.99	9:35.09	10:10.58	9:19.51
18:54.49	18:19.79	19:29.59	18:57.79	20:28.09	20:29.39	1500/1650 FREE	19:49.69	20:20.19	17:44.09	18:11.69	17:13.16	17:45.59
1:09.54	:59.50	1:11.79	1:01.39	1:18.39	1:06.69	100 BACK	1:04.39	1:18.39	:55.99	1:05.89	:54.42	1:04.26
2:29.20	2:07.80	2:34.79	2:13.89	2:47.89	2:24.59	200 BACK	2:21.49	2:45.29	2:01.59	2:22.69	1:58.45	2:20.40
1:20.46	1:08.46	1:21.69	1:10.49	1:30.39	1:16.69	100 BREAST	1:11.89	1:26.99	1:02.89	1:13.79	1:01.53	1:13.70
2:54.86	2:29.07	2:57.39	2:32.79	3:14.69	2:48.99	200 BREAST	2:37.89	3:08.59	2:18.19	2:40.49	2:15.19	2:40.88
1:06.87	:58.86	1:10.09	1:01.39	1:16.39	1:07.09	100 FLY	1:02.89	1:14.89	:55.49	1:03.59	:53.46	1:00.97
2:32.74	2:12.26	2:33.89	2:15.79	3:00.59	2:35.49	200 FLY	2:30.99	2:54.59	2:04.29	2:21.49	2:00.94	2:20.25
2:32.19	2:11.81	2:37.59	2:16.99	2:49.29	2:26.59	200 IM	2:19.49	2:43.09	2:04.69	2:25.09	1:59.85	2:19.28
5:21.68	4:39.34	5:35.09	4:52.29	6:06.69	5:18.49	400 IM	4:56.79	5:57.29	4:28.59	5:07.29	4:18.37	5:00.19
W JR NATS		FUTURES		WZ SUM SECT			WZ SUM SECT		FUTURES		W JR NATS	
LCM	SCY	LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM
:26.89	:23.29	:27.39	:23.89	:28.14	:24.55	50 FREE	:22.05	:25.49	:21.29	:24.59	:20.59	:24.29
:58.19	:50.39	:59.29	:51.89	1:00.69	:53.09	100 FREE	:47.70	:55.29	:46.39	:53.59	:45.09	:52.59
2:04.99	1:49.09	2:07.79	1:52.29	2:11.55	1:54.86	200 FREE	1:44.33	2:01.00	1:41.59	1:57.79	1:38.79	1:55.49
4:23.79	4:53.09	4:28.79	5:02.59	4:39.11	5:09.03	400/500 FREE	4:45.94	4:20.00	4:37.09	4:09.99	4:29.49	4:05.29
9:04.09	10:08.19	9:13.79	10:20.49	9:42.19	10:46.09	800/1000 FREE	10:03.86	9:12.79	9:34.29	8:40.69	9:25.49	8:30.99
17:21.69	16:54.79	17:40.19	17:14.39	18:44.59	18:09.88	1500/1650 FREE	17:03.26	17:36.59	16:05.49	16:38.99	15:40.39	16:14.79
1:04.79	:55.09	1:06.79	:57.09	1:08.94	:58.99	100 BACK	:53.55	1:03.66	:51.49	1:00.59	:49.39	:58.89
2:19.59	1:59.39	2:23.99	2:04.19	2:28.00	2:07.19	200 BACK	1:56.75	2:19.00	1:52.79	2:11.89	1:48.29	2:08.29
1:13.79	1:03.09	1:15.99	1:05.49	1:19.63	1:07.46	100 BREAST	:59.79	1:12.09	:57.99	1:08.19	:55.89	1:06.59
2:38.59	2:17.19	2:43.39	2:22.69	2:53.49	2:27.11	200 BREAST	2:11.63	2:38.50	2:07.99	2:29.09	2:02.29	2:24.79
1:02.69	:54.69	1:04.69	:56.59	1:06.27	:58.19	100 FLY	:52.61	1:00.36	:50.59	:57.99	:48.99	:57.09
2:18.39	2:01.69	2:21.89	2:05.39	2:31.16	2:10.19	200 FLY	1:58.81	2:19.05	1:53.69	2:10.19	1:49.59	2:06.39
2:22.09	2:02.19	2:26.19	2:06.39	2:30.51	2:09.73	200 IM	1:57.77	2:17.70	1:53.89	2:12.79	1:50.09	2:09.59
5:00.99	4:21.69	5:07.29	4:30.69	5:18.84	4:36.50	400 IM	4:13.34	4:57.79	4:06.99	4:42.39	3:57.59	4:35.89
SR NATS 18U		US OPEN		JR NATS			JR NATS		US OPEN		SR NATS 18U	
LCM	SCY	LCM	SCY	LCM	SCY	Event	SCY	LCM	SCY	LCM	SCY	LCM
:26.59	:22.79	:26.29	:22.59	:26.59	:22.79	50 FREE	:20.49	:23.99	:20.09	:23.39	:20.39	:23.79
:57.59	:49.69	:56.99	:49.29	:57.59	:49.69	100 FREE	:44.39	:51.99	:43.49	:50.99	:44.39	:51.99
2:04.29	1:47.39	2:03.09	1:46.69	2:04.29	1:47.39	200 FREE	1:38.39	1:54.29	1:36.49	1:52.19	1:38.09	1:54.09
4:21.39	4:48.09	4:19.19	4:45.99	4:21.39	4:48.09	400/500 FREE	4:28.29	4:02.79	4:22.09	3:59.29	4:27.69	4:02.79
8:58.69	9:56.79	8:52.89	9:52.49	8:58.69	9:56.79	800/1000 FREE	9:13.19	8:23.09	9:07.49	8:16.09	9:13.19	8:23.09
17:11.29	16:32.59	17:00.29	16:25.39	17:11.29	16:32.59	1500/1650 FREE	15:34.19	16:05.09	15:17.39	15:50.99	15:34.19	16:05.09
1:04.39	:54.49	1:03.69	:53.89	1:04.39	:54.49	100 BACK	:49.39	:58.79	:47.59	:57.29	:48.89	:58.19
2:18.29	1:57.69	2:16.99	1:56.59	2:18.29	1:57.69	200 BACK	1:47.99	2:06.99	1:45.49	2:04.49	1:47.09	2:06.99
1:13.29	1:02.79	1:12.19	1:01.79	1:13.29	1:02.79	100 BREAST	:55.79	1:05.89	:54.19	1:04.09	:55.29	1:05.29
2:38.29	2:15.49	2:36.09	2:13.59	2:38.29	2:15.49	200 BREAST	2:01.19	2:23.29	1:58.79	2:19.69	2:00.99	2:22.89
1:02.39	:53.99	1:01.69	:53.49	1:02.39	:53.99	100 FLY	:48.99	:56.49	:47.79	:55.09	:48.39	:55.99
2:16.99	1:59.39	2:15.79	1:58.59	2:16.99	1:59.39	200 FLY	1:47.89	2:05.09	1:45.99	2:02.79	1:47.89	2:05.09
2:20.99	2:00.59	2:19.49	1:57.49	2:20.99	2:00.59	200 IM	1:48.89	2:08.29	1:46.39	2:05.79	1:48.89	2:08.19
4:57.29	4:15.19	4:55.29	4:13.69	4:57.29	4:15.19	400 IM	3:52.69	4:33.09	3:48.79	4:28.79	3:52.69	4:33.09