

2025 Senior Travel Meet Time Standards

updated 12/19/24

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	:29.59	:26.09	:29.69	:26.39	50 FREE	:25.09	:27.89	:23.19	:26.99	:22.41	:25.79
1:01.26	:53.71	1:04.39	:56.49	1:05.99	:57.49	100 FREE	:51.69	1:00.79	:50.99	:58.99	:48.46	:55.89
2:12.75	1:56.22	2:18.99	2:02.39	2:23.29	2:08.79	200 FREE	1:53.99	2:18.69	1:51.79	2:08.69	1:45.84	2:02.20
4:43.21	5:13.17	4:51.79	5:29.39	5:07.49	5:54.49	400/500 FREE	5:38.79	4:52.49	5:02.69	4:34.39	4:49.98	4:23.21
9:48.19	10:52.09	10:05.99	11:24.19	10:41.09	12:13.89	800/1000 FREE	11:47.89	10:38.19	10:33.99	9:29.99	10:10.58	9:19.51
18:54.49	18:19.79	19:21.09	19:06.69	20:28.09	20:29.39	1500/1650 FREE	19:49.69	20:20.19	17:36.89	18:11.09	17:13.16	17:45.59
1:09.54	:59.50	1:11.39	1:01.39	1:18.39	1:06.39	100 BACK	1:03.99	1:13.19	:55.49	1:05.19	:54.42	1:04.26
2:29.20	2:07.80	2:33.39	2:13.29	2:47.89	2:24.59	200 BACK	2:21.49	2:45.29	2:01.29	2:21.49	1:58.45	2:20.40
1:20.46	1:08.46	1:20.99	1:10.59	1:28.59	1:16.69	100 BREAST	1:08.69	1:22.39	1:03.19	1:13.49	1:01.53	1:13.70
2:54.86	2:29.07	2:54.49	2:32.79	3:01.79	2:46.59	200 BREAST	2:37.89	3:08.59	2:17.29	2:39.79	2:15.19	2:40.88
1:06.87	:58.86	1:09.29	1:01.09	1:16.39	1:07.09	100 FLY	1:02.89	1:14.89	:55.19	1:03.09	:53.46	1:00.97
2:32.74	2:12.26	2:34.29	2:16.19	3:00.59	2:35.49	200 FLY	2:30.99	2:54.59	2:03.39	2:21.09	2:00.94	2:20.25
2:32.19	2:11.81	2:36.99	2:16.49	2:49.29	2:26.59	200 IM	2:19.49	2:43.09	2:03.99	2:24.69	1:59.85	2:19.28
5:21.68	4:39.34	5:32.49	4:51.59	6:06.69	5:18.49	400 IM	4:56.79	5:57.29	4:24.69	5:07.79	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	:24.09
:58.19	:50.39	:59.29	:51.89	1:00.69	:53.09	100 FREE	:47.70	:55.29	:46.39	:53.59	:44.99	: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	1:38.59	1:55.29
4:26.69	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	4:29.29	4:05.29
9:06.79	10:11.49	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	9:24.29	8:28.19
17:26.79	17:02.19	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	:49.29	:58.79
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	1:47.99	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	:55.69	1:50.99
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	2:01.89	2:24.39
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	:48.79	:56.59
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	1:49.29	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	1:49.79	2:09.49
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	3:56.99	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
:25.79	:22.29	:26.59	:22.79	:26.59	:22.99	50 FREE	:20.39	:23.79	:20.39	:23.79	:19.99	:23.09
:65.69	:49.19	:57.59	:49.69	:57.69	:49.99	100 FREE	:44.39	:51.99	:44.39	:51.99	:44.19	:50.79
2:02.39	1:47.09	2:04.29	1:47.39	2:04.99	1:48.29	200 FREE	1:37.89	1:54.09	1:38.09	1:54.09	1:35.69	1:50.49
4:18.99	4:47.89	4:21.39	4:48.09	4:23.59	4:50.09	400/500 FREE	4:27.09	4:02.49	4:27.69	4:02.79	4:19.19	3:55.59
8:55.89	9:51.49	8:58.69	9:56.79	9:06.79	10:04.99	800/1000 FREE	9:13.19	8:23.09	9:13.19	8:23.09	9:01.89	8:12.99
17:03.49	16:40.79	17:11.29	16:32.59	17:26.79	16:51.49	1500/1650 FREE	15:34.19	16:05.09	15:34.19	16:05.09	15:14.39	15:44.89
1:02.19	:53.09	1:04.39	:54.49	1:04.29	:54.39	100 BACK	:48.79	:58.19	:48.89	:58.19	:47.79	:56.49
2:14.59	1:55.69	2:18.29	1:57.69	2:19.29	1:58.29	200 BACK	1:46.79	2:06.99	1:47.09	2:06.99	1:43.99	2:02.39
1:10.89	1:01.59	1:13.29	1:02.79	1:13.29	1:02.49	100 BREAST	:55.09	1:05.19	:55.29	1:05.29	:54.49	1:02.89
2:33.29	2:13.29	2:38.29	2:15.49	2:38.59	2:15.59	200 BREAST	2:00.59	2:22.59	2:00.99	2:22.89	1:58.89	2:16.99
1:00.69	:53.29	1:02.39	:53.99	1:02.49	:54.19	100 FLY	:48.29	:55.89	:48.39	:55.99	:47.59	:54.29
2:15.49	1:57.99	2:16.99	1:59.39	2:18.39	2:00.59	200 FLY	1:47.89	2:05.09	1:47.89	2:05.09	1:45.99	2:01.29
2:18.19	1:58.89	2:20.99	2:00.59	2:21.29	2:01.19	200 IM	1:48.79	2:07.99	1:48.89	2:08.19	1:45.99	2:04.29
4:51.79	4:15.59	4:57.29	4:15.19	5:00.29	4:18.99	400 IM	3:52.69	4:33.09	3:52.69	4:33.09	3:49.29	4:25.19