

2019 CSI Long Course Senior State Championship Time Standards
VMAC
July 18-21, 2019

13-14

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:30.49	0:28.69	0:25.89	50 Free	0:29.39	0:27.39	0:24.69
1:05.89	1:02.29	0:56.09	100 Free	1:03.89	0:59.39	0:53.49
2:23.29	2:16.49	2:02.89	200 Free	2:19.89	2:10.89	1:57.89
4:57.79	4:49.19	5:31.19	400/500 Free	4:51.39	4:39.09	5:19.79
10:21.49	10:08.69	11:36.39	800/1000 Free	10:16.49	10:03.69	11:30.79
20:45.09	20:21.09	19:40.29	1500/1650 Free	20:33.89	20:09.89	19:37.39
1:14.59	1:10.49	1:03.49	100 Back	1:13.59	1:08.99	1:02.09
2:39.49	2:30.59	2:15.69	200 Back	2:38.79	2:28.79	2:13.99
1:26.39	1:20.09	1:12.09	100 Breast	1:23.99	1:17.99	1:10.19
3:06.29	2:55.49	2:38.09	200 Breast	3:01.79	2:51.79	2:34.69
1:13.89	1:09.29	1:02.49	100 Fly	1:11.99	1:08.19	1:01.39
2:50.69	2:39.99	2:24.19	200 Fly	2:46.79	2:36.79	2:21.19
2:41.89	2:32.59	2:17.39	200 IM	2:36.99	2:28.89	2:14.09
5:40.09	5:28.69	4:56.09	400 IM	5:33.19	5:23.49	4:51.39
5:23.69	5:13.29	4:42.29	400 Med Relay	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	400 Free Relay	4:36.49	4:24.99	3:59.99

Open

LCM	SCM	SCY	Event	LCM	SCM	SCY
0:29.79	28.09	25.69	50 Free	0:27.59	25.99	23.39
1:03.69	1:01.09	55.89	100 Free	0:58.79	55.99	50.09
2:20.19	2:12.39	1:59.99	200 Free	2:11.39	2:00.19	1:50.09
4:52.89	4:44.19	5:25.09	400/500 Free	4:40.99	4:31.59	5:09.99
10:11.39	9:58.59	11:25.09	800/1000 Free	9:59.39	9:46.59	11:11.59
20:09.39	19:45.39	19:10.69	1500/1650 Free	19:25.19	19:01.19	18:29.39
1:12.19	1:08.09	1:01.09	100 Back	1:08.29	1:04.99	57.59
2:37.49	2:29.59	2:14.49	200 Back	2:31.79	2:22.69	2:06.99
1:24.79	1:19.39	1:11.39	100 Breast	1:18.59	1:11.99	1:05.19
3:02.59	2:53.49	2:36.09	200 Breast	2:52.39	2:42.49	2:24.89
1:12.59	1:07.89	1:01.19	100 Fly	1:06.19	1:00.29	54.99
2:48.69	2:39.09	2:23.19	200 Fly	2:41.29	2:30.09	2:14.69
2:38.89	2:30.89	2:15.19	200 IM	2:27.99	2:19.99	2:05.99
5:37.69	5:27.39	4:54.69	400 IM	5:26.29	5:18.49	4:46.39
5:23.69	5:13.29	4:42.29	400 Med Relay	5:22.99	5:12.99	4:42.49
4:40.89	4:30.49	4:01.99	400 Free Relay	4:36.49	4:24.99	3:59.99

