



SPRING SENIOR CHAMPIONSHIP

March 7-10, 2024

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
0:28.09	0:27.59	0:25.09	50 Free	0:22.59	0:24.79	0:25.39
1:00.89	0:59.69	0:54.39	100 Free	0:49.09	0:53.89	0:55.29
2:14.49	2:11.29	1:59.89	200 Free	1:48.79	1:59.19	2:04.09
4:45.39	4:46.79	5:22.59	400M / 500Y Free	4:56.19	4:19.19	4:27.69
10:02.09	10:00.79	11:25.79	800M / 1000Y Free	10:37.99	9:18.29	9:26.59
19:35.59	19:08.29	19:12.89	1500M / 1650Y Free	17:45.09	17:38.79	18:16.29
1:09.19	1:07.29	1:01.09	100 Back	0:56.09	1:01.89	1:04.49
2:30.79	2:25.19	2:12.69	200 Back	2:02.89	2:15.79	2:22.39
1:19.99	1:17.19	1:10.19	100 Breast	1:02.99	1:09.19	1:12.09
2:54.49	2:47.59	2:33.39	200 Breast	2:19.29	2:33.59	2:40.39
1:07.39	1:06.29	1:00.59	100 Fly	0:54.09	1:00.29	1:00.49
2:35.29	2:31.99	2:17.49	200 Fly	2:03.79	2:16.69	2:21.39
2:32.79	2:28.09	2:15.19	200 IM	2:02.49	2:14.09	2:18.39
5:28.99	5:20.09	4:52.59	400 IM	4:25.49	4:52.09	5:06.29
1:58.69	1:54.49	1:44.49	200 Free Relay	1:34.09	1:43.09	1:46.69
4:21.19	4:12.99	3:50.39	400 Free Relay	3:26.09	3:48.19	3:59.99
9:34.99	9:16.19	8:24.19	800 Free Relay	7:38.59	8:22.19	8:57.89
2:12.69	2:06.79	1:55.79	200 Medley Relay	1:44.69	1:54.69	1:59.99
4:51.99	4:41.19	4:14.89	400 Medley Relay	3:48.79	4:10.59	4:25.69



SUMMER SENIOR CHAMPIONSHIP

July 11-14, 2024

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
0:28.09	0:27.59	0:25.09	50 Free	0:22.39	0:24.59	0:25.39
1:00.89	0:59.29	0:54.09	100 Free	0:48.79	0:53.49	0:55.29
2:14.49	2:10.69	1:59.29	200 Free	1:48.09	1:58.39	2:04.09
4:45.39	4:44.39	5:19.89	400M / 500Y Free	4:54.39	4:17.59	4:27.69
10:02.09	10:00.79	11:25.79	800M / 1000Y Free	10:25.49	9:07.39	9:26.59
19:35.59	18:51.49	18:55.99	1500M / 1650Y Free	17:34.69	17:28.39	18:16.29
1:09.19	1:06.39	1:00.29	100 Back	0:55.59	1:01.39	1:04.49
2:30.79	2:23.49	2:11.09	200 Back	2:00.89	2:13.59	2:22.39
1:19.99	1:16.39	1:09.49	100 Breast	1:01.99	1:08.09	1:12.09
2:54.49	2:45.69	2:31.69	200 Breast	2:17.59	2:31.69	2:40.39
1:07.39	1:05.99	1:00.29	100 Fly	0:53.59	0:59.69	1:00.49
2:35.29	2:30.29	2:15.99	200 Fly	2:01.29	2:13.99	2:21.39
2:32.79	2:27.39	2:14.59	200 IM	2:01.19	2:12.59	2:18.39
5:28.99	5:15.89	4:48.69	400 IM	4:20.89	4:46.99	5:06.29
1:58.69	1:54.49	1:44.49	200 Free Relay	1:34.09	1:43.09	1:46.69
4:21.19	4:12.99	3:50.39	400 Free Relay	3:26.09	3:48.19	3:59.99
9:34.99	9:16.19	8:24.19	800 Free Relay	7:38.59	8:22.19	8:57.89
2:12.69	2:06.79	1:55.79	200 Medley Relay	1:44.69	1:54.69	1:59.99
4:51.99	4:41.19	4:14.89	400 Medley Relay	3:48.79	4:10.59	4:25.69