

Q-times for 2019 LC Eastern Zone Sr Champs

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.69	27.89	25.09	50 Free	22.49	24.99	25.79
1:01.79	1:00.19	54.19	100 Free	49.29	54.39	55.99
2:12.59	2:09.39	1:56.49	200 Free	1:46.49	1:58.29	2:01.49
4:41.59	4:35.19	5:10.39	400/500 Free	4:48.99	4:15.29	4:20.89
9:42.59	9:29.79	10:43.79	800/1000 Free	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	1500/1650 Free	16:47.49	16:58.49	17:22.49
1:08.39	1:07.19	1:00.49	100 Back	54.99	1:00.99	1:02.29
2:27.99	2:25.59	2:11.09	200 Back	1:59.19	2:13.49	2:15.89
1:18.59	1:16.59	1:08.99	100 Breast	1:02.39	1:09.29	1:11.29
2:50.79	2:46.79	2:30.19	200 Breast	2:16.19	2:31.19	2:35.19
1:07.39	1:05.99	59.39	100 Fly	53.99	59.99	1:01.39
2:29.99	2:27.69	2:13.69	200 Fly	2:01.39	2:14.89	2:17.69
2:29.69	2:26.49	2:11.89	200 IM	2:00.59	2:13.89	2:17.09
5:22.09	5:10.79	4:39.99	400 IM	4:16.89	4:44.99	4:51.39
1:57.79	1:56.19	1:44.59	4 x 50 Free Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 x 100 Free Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 x 200 Free Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69

Times achieved in sanctioned, approved or observed competition since January 1, 2018

2019 Summer Zone Bonus Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	28.39	25.59	50 Free	23.19	25.69	26.49
1:02.89	1:01.29	55.29	100 Free	50.19	55.59	57.29
2:14.89	2:11.69	1:58.79	200 Free	1:49.29	2:01.09	2:04.29
4:47.19	4:40.79	5:15.99	400/500 Free	4:54.59	4:22.09	4:27.69
9:42.59	9:29.79	10:43.79	800/1000 Free	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	1500/1650 Free	16:47.49	16:58.49	17:22.49
1:09.79	1:08.59	1:01.89	100 Back	56.39	1:02.39	1:03.69
2:30.79	2:28.39	2:13.89	200 Back	2:01.99	2:16.29	2:18.69
1:19.99	1:17.99	1:10.59	100 Breast	1:03.79	1:10.69	1:12.69
2:53.59	2:49.59	2:32.99	200 Breast	2:18.99	2:33.99	2:37.99
1:08.79	1:07.39	1:00.79	100 Fly	55.39	1:01.39	1:03.79
2:34.09	2:31.59	2:17.59	200 Fly	2:04.99	2:18.49	2:21.29
2:33.09	2:29.89	2:15.29	200 IM	2:04.19	2:17.49	2:20.69
5:25.09	5:16.39	4:45.59	400 IM	4:22.49	4:50.59	4:56.69

Times achieved in sanctioned, approved or observed competition since January 1, 2018