



2024 SENIOR CHAMPIONSHIPS

July 25-28, 2024

| WOMEN | | | EVENT | MEN | | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 28.59 | 27.49 | 24.79 | 50 Freestyle | 22.39 | 24.89 | 26.09 |
| 1:01.99 | 59.49 | 53.59 | 100 Freestyle | 48.59 | 53.89 | 56.29 |
| 2:14.59 | 2:09.59 | 1:56.79 | 200 Freestyle | 1:47.09 | 1:58.89 | 2:04.99 |
| 4:46.29 | 4:32.99 | 5:11.99 | 400/500 Freestyle | 4:51.89 | 4:15.39 | 4:27.09 |
| 9:56.99 | 9:41.89 | 10:56.99 | 800/1000 Freestyle | 10:16.99 | 8:59.89 | 9:15.99 |
| 18:57.99 | 18:37.89 | 18:31.19 | 1500/1650 Freestyle | 17:31.69 | 17:37.99 | 18:14.29 |
| 1:10.09 | 1:06.69 | 1:00.09 | 100 Backstroke | 55.59 | 1:01.69 | 1:05.49 |
| 2:32.79 | 2:25.29 | 2:10.89 | 200 Backstroke | 2:02.49 | 2:15.99 | 2:25.09 |
| 1:20.99 | 1:16.59 | 1:08.99 | 100 Breaststroke | 1:01.99 | 1:08.79 | 1:13.29 |
| 2:58.59 | 2:48.49 | 2:31.79 | 200 Breaststroke | 2:18.29 | 2:33.49 | 2:46.09 |
| 1:08.59 | 1:06.19 | 59.59 | 100 Butterfly | 54.49 | 1:00.49 | 1:02.19 |
| 2:38.99 | 2:30.39 | 2:15.49 | 200 Butterfly | 2:05.99 | 2:19.79 | 2:28.99 |
| 2:34.49 | 2:26.59 | 2:12.09 | 200 Individual Medley | 2:01.49 | 2:14.89 | 2:22.39 |
| 5:31.39 | 5:17.89 | 4:46.39 | 400 Individual Medley | 4:24.89 | 4:53.99 | 5:10.99 |
| 4:18.99 | 4:04.09 | 3:39.89 | 400 Free Relay | 3:19.09 | 3:40.99 | 3:55.29 |
| 9:18.69 | 8:52.79 | 7:59.99 | 800 Free Relay | 7:22.79 | 8:11.49 | 8:46.29 |
| 4:50.09 | 4:26.69 | 4:00.29 | 400 Medley Relay | 3:38.19 | 4:02.19 | 4:21.79 |

2024 SUMMER REGIONAL CHAMPIONSHIPS

July 12-14, 2024

| WOMEN | | | EVENT | MEN | | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM | SCM | SCY | | SCY | SCM | LCM |
| 31.69 | 30.29 | 27.39 | 50 Freestyle | 24.59 | 27.29 | 28.79 |
| 1:08.19 | 1:05.49 | 59.09 | 100 Freestyle | 53.49 | 59.39 | 1:01.89 |
| 2:29.49 | 2:23.39 | 2:09.19 | 200 Freestyle | 1:57.79 | 2:10.79 | 2:17.69 |
| 5:17.19 | 5:01.69 | 5:44.99 | 400/500 Freestyle | 5:21.79 | 4:41.49 | 4:52.49 |
| 10:57.79 | 10:40.09 | 12:02.69 | 800/1000 Freestyle | 11:26.39 | 10:05.59 | 10:19.29 |
| 20:53.99 | 20:34.69 | 20:27.39 | 1500/1650 Freestyle | 19:23.49 | 19:30.39 | 19:59.89 |
| 1:17.59 | 1:13.59 | 1:06.29 | 100 Backstroke | 1:01.29 | 1:07.99 | 1:12.29 |
| 2:49.39 | 2:39.79 | 2:23.99 | 200 Backstroke | 2:14.69 | 2:29.49 | 2:38.29 |
| 1:30.29 | 1:25.09 | 1:16.69 | 100 Breaststroke | 1:08.79 | 1:16.39 | 1:22.79 |
| 3:16.29 | 3:05.59 | 2:47.19 | 200 Breaststroke | 2:32.09 | 2:48.79 | 3:01.49 |
| 1:15.99 | 1:13.09 | 1:05.89 | 100 Butterfly | 1:00.19 | 1:06.79 | 1:09.29 |
| 2:51.79 | 2:45.99 | 2:29.59 | 200 Butterfly | 2:17.89 | 2:33.09 | 2:41.09 |
| 2:49.89 | 2:41.19 | 2:25.29 | 200 Individual Medley | 2:13.29 | 2:27.89 | 2:35.99 |
| 6:06.89 | 5:51.29 | 5:16.59 | 400 Individual Medley | 4:52.49 | 5:24.59 | 5:41.49 |

*Qualification period will be 7/1/2022 to the entry deadline