



# 2019 SENIOR CHAMPIONSHIPS

July 11 - 14, 2019

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.59	24.89	50 Freestyle	22.39	24.89	26.19
1:02.19	59.69	53.79	100 Freestyle	48.89	54.29	56.89
2:16.09	2:10.39	1:57.49	200 Freestyle	1:47.09	1:58.89	2:05.49
4:48.89	4:34.29	5:13.59	400/500 Freestyle	4:53.19	4:16.49	4:27.69
9:57.99	9:41.89	10:56.99	800/1000 Freestyle	10:23.99	9:10.59	9:22.99
18:59.99	18:42.49	18:35.79	1500/1650 Freestyle	17:37.69	17:43.99	18:14.29
1:10.99	1:07.09	1:00.49	100 Backstroke	55.89	1:01.99	1:06.39
2:36.09	2:25.29	2:10.89	200 Backstroke	2:02.79	2:16.29	2:25.99
1:21.89	1:17.59	1:09.89	100 Breaststroke	1:02.59	1:09.49	1:15.59
2:59.69	2:48.89	2:32.19	200 Breaststroke	2:18.29	2:33.49	2:46.99
1:09.09	1:06.59	59.99	100 Butterfly	54.79	1:00.79	1:03.09
2:39.49	2:30.89	2:15.99	200 Butterfly	2:05.99	2:19.79	2:28.99
2:34.99	2:26.59	2:12.09	200 Individual Medley	2:01.49	2:14.89	2:22.59
5:34.99	5:19.39	4:47.79	400 Individual Medley	4:26.89	4:56.19	5:10.99
4:20.99	4:04.89	3:40.59	400 Free Relay	3:20.09	3:42.09	3:56.39
9:29.99	8:55.29	8:07.29	800 Free Relay	7:28.39	8:17.69	8:52.29
4:51.99	4:28.69	4:02.09	400 Medley Relay	3:41.19	4:05.49	4:24.79

## 2019 SUMMER REGIONAL CHAMPIONSHIPS

July 19-21, 2019

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 2/1/2017 to entry deadline