

2022 WINTER SENIOR METS - SHORT COURSE

| LCM | SCM | SCY | | SCY | SCM | LCM |
|----------------|----------------|--------------|-------------------------|----------------|----------------|----------------|
| 28.79 | 27.99 | 25.19 | 50 Free | 22.79 | 25.39 | 26.19 |
| 1:02.29 | 1:00.79 | 54.69 | 100 Free | 49.49 | 54.89 | 55.69 |
| 2:14.49 | 2:11.29 | 1:58.29 | 200 Free | 1:48.69 | 2:00.69 | 2:03.89 |
| 4:37.59 | 4:31.19 | 5:10.99 | 500 Free | 4:52.99 | 4:16.79 | 4:22.79 |
| 9:35.69 | 9:22.89 | 10:44.99 | 1000 Free | 10:09.99 | 8:51.69 | 9:04.49 |
| 18:34.89 | 18:10.89 | 18:12.99 | 1650 Free | 17:19.99 | 17:16.79 | 17:40.79 |
| 1:08.59 | 1:07.39 | 1:00.69 | 100 Back | 55.99 | 1:02.19 | 1:03.39 |
| 2:28.39 | 2:25.99 | 2:11.49 | 200 Back | 2:01.99 | 2:15.39 | 2:17.79 |
| 1:20.09 | 1:18.09 | 1:10.29 | 100 Breast | 1:03.49 | 1:10.49 | 1:12.49 |
| 2:52.69 | 2:48.69 | 2:31.99 | 200 Breast | 2:18.99 | 2:34.29 | 2:38.29 |
| 1:07.79 | 1:06.59 | 59.99 | 100 Fly | 54.59 | 1:00.59 | 1:01.99 |
| 2:33.79 | 2:30.99 | 2:15.99 | 200 Fly | 2:03.99 | 2:17.69 | 2:20.49 |
| 2:30.49 | 2:26.49 | 2:11.99 | 200 IM | 2:01.39 | 2:14.79 | 2:17.99 |
| 5:21.89 | 5:12.99 | 4:41.99 | 400 IM | 4:21.99 | 4:40.79 | 4:57.19 |
| | | | | | | |
| 4:17.29 | 4:11.69 | 3:45.79 | 400 Free Relay | 3:21.89 | 3:44.19 | 3:50.59 |
| 9:11.59 | 8:58.79 | 8:05.39 | 800 Free Relay | 7:22.39 | 8:11.09 | 8:23.89 |
| 4:46.49 | 4:40.09 | 4:12.29 | 400 Medley Relay | 3:46.99 | 4:11.99 | 4:18.39 |

Eligibility period: from January 1, 2021 to the meet entry deadline

At least 2 swimmers in each relay must be entered in the meet in individual events

Only two (2) relays per team may score

A-B-C-D Relays may be entered as long as all requirements are followed