

2021 ESSZ Short Course Senior Championships

QUALIFYING TIME STANDARDS

COURSE	WOMEN		EVENT	MEN		COURSE
	SPRING	SUMMER		SPRING	SUMMER	
YD	24.89	24.69	50 FREE	22.49	22.29	YD
MTR	28.69	28.49		MTR		
YD	54.29	53.79	100 FREE	49.19	48.79	YD
MTR	1:01.89	1:01.29		MTR		
YD	1:56.99	1:55.89	200 FREE	1:48.29	1:47.29	YD
MTR	2:13.59	2:12.29		MTR		
YD	5:10.89	5:07.79	500Y FREE	4:52.59	4:49.69	YD
MTR	4:40.29	4:37.49	400M FREE	4:22.49	4:19.89	MTR
YD	10:48.89	10:42.49	1000YD FREE 800M FREE	10:14.29	10:08.19	YD
MTR	9:38.09	9:32.39		MTR		
YD	17:49.09	17:38.49	1650YD FREE 1500M FREE	17:03.89	16:53.69	YD
MTR	18:28.69	18:17.69		MTR		
YD	1:00.89	1:00.29	100 BACK	55.29	54.79	YD
MTR	1:10.59	1:09.89		MTR		
YD	2:10.99	2:09.69	200 BACK	2:00.29	1:59.09	YD
MTR	2:31.69	2:30.19		MTR		
YD	1:08.89	1:08.29	100 BREAST	1:02.49	1:01.89	YD
MTR	1:19.39	1:18.69		MTR		
YD	2:29.09	2:27.69	200 BREAST	2:16.09	2:14.79	YD
MTR	2:51.39	2:49.69		MTR		
YD	59.99	59.39	100 FLY	54.39	53.89	YD
MTR	1:08.19	1:07.59		MTR		
YD	2:11.59	2:10.29	200 FLY	2:01.29	2:00.09	YD
MTR	2:29.29	2:27.89		MTR		
YD	2:12.79	2:11.49	200 IM	2:00.99	1:59.79	YD
MTR	2:31.99	2:30.49		MTR		
YD	4:40.59	4:37.79	400 IM	4:19.09	4:16.59	YD
MTR	5:20.79	5:17.79		MTR		