

2021 North Carolina Swimming Long Course Senior Championships Time Standards



		Women	Men
LCM	50 Fr	29.69	26.89
SCY		26.19	23.09
LCM	100 Fr	1:03.99	58.99
SCY		56.39	50.79
LCM	200 Fr	2:17.69	2:06.59
SCY		2:01.19	1:51.09
LCM	4-500 Fr	4:48.79	4:30.29
SCY		5:21.99	5:00.19
LCM	8-1000 Fr	9:56.49	9:20.99
SCY		11:08.59	10:30.19
LCM	15-1650 Fr	19:01.59	17:54.89
SCY		18:39.79	17:30.19
LCM	100 Bk	1:12.89	1:05.99
SCY		1:03.49	56.69
LCM	200 Bk	2:36.49	2:22.89
SCY		2:16.79	2:03.39
LCM	100 BR	1:21.99	1:13.69
SCY		1:12.79	1:03.89
LCM	200 BR	2:56.69	2:40.39
SCY		2:35.39	2:18.99
LCM	100 FI	1:10.69	1:02.49
SCY		1:02.89	55.79
LCM	200 FI	2:33.49	2:20.49
SCY		2:17.69	2:04.39
LCM	200 IM	2:37.39	2:23.99
SCY		2:17.39	2:04.09
LCM	400 IM	5:31.19	5:06.79
SCY		4:52.19	4:25.79



2021 NORTH CAROLINA SWIMMING SCM* TIME STANDARDS



NOTE – LCM Times converted to SCM using Swimming World conversion

** SCM qualifying times accepted for LC NCS Championships only while under Covid restrictions.*

Long Course Senior Championships SCM Time Standards

SCM EVENT	FEMALE	MALE
50 Free	29.19	26.39
100 Free	1:03.09	58.09
200 Free	2:16.69	2:05.59
400 Free	4:44.99	4:26.49
800 Free	9:45.19	9:09.69
1500 Free	18:41.59	17:34.89
100 Back	1:11.39	1:04.49
200 Back	2:33.49	2:19.89
100 Breast	1:20.49	1:12.19
200 Breast	2:53.19	2:36.89
100 Fly	1:09.39	1:01.19
200 Fly	2:30.19	2:17.19
200 IM	2:29.29	2:15.89
400 IM	5:19.89	4:55.49