



<b>2022 Short Course Senior Zones</b>						
<b>“A” Time Standards</b>						
<b>Women</b>				<b>Men</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>Event</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
<b>29.89</b>	<b>28.79</b>	<b>26.09</b>	<b>50 Free</b>	<b>23.29</b>	<b>25.79</b>	<b>26.29</b>
<b>1:04.49</b>	<b>1:02.49</b>	<b>56.49</b>	<b>100 Free</b>	<b>50.99</b>	<b>56.39</b>	<b>58.59</b>
<b>2:19.09</b>	<b>2:14.89</b>	<b>2:01.89</b>	<b>200 Free</b>	<b>1:51.59</b>	<b>2:03.49</b>	<b>2:08.79</b>
<b>4:52.99</b>	<b>4:46.59</b>	<b>5:27.49</b>	<b>400/500 Free</b>	<b>5:05.59</b>	<b>4:27.39</b>	<b>4:33.69</b>
<b>10:08.99</b>	<b>9:56.09</b>	<b>11:21.19</b>	<b>800/1000 Free</b>	<b>10:34.99</b>	<b>9:15.69</b>	<b>9:35.39</b>
<b>19:29.59</b>	<b>18:51.19</b>	<b>18:57.79</b>	<b>1500/1650 Free</b>	<b>17:44.09</b>	<b>17:37.89</b>	<b>18:11.69</b>
<b>1:12.49</b>	<b>1:08.49</b>	<b>1:01.99</b>	<b>100 Back</b>	<b>56.19</b>	<b>1:02.09</b>	<b>1:06.09</b>
<b>2:35.29</b>	<b>2:28.99</b>	<b>2:14.79</b>	<b>200 Back</b>	<b>2:03.09</b>	<b>2:15.99</b>	<b>2:22.69</b>
<b>1:21.79</b>	<b>1:18.89</b>	<b>1:11.39</b>	<b>100 Breast</b>	<b>1:03.79</b>	<b>1:10.49</b>	<b>1:13.79</b>
<b>2:57.69</b>	<b>2:50.79</b>	<b>2:34.59</b>	<b>200 Breast</b>	<b>2:18.59</b>	<b>2:33.09</b>	<b>2:41.39</b>
<b>1:10.29</b>	<b>1:08.39</b>	<b>1:01.89</b>	<b>100 Fly</b>	<b>56.09</b>	<b>1:01.99</b>	<b>1:03.59</b>
<b>2:34.59</b>	<b>2:31.39</b>	<b>2:16.99</b>	<b>200 Fly</b>	<b>2:04.39</b>	<b>2:17.49</b>	<b>2:21.89</b>
<b>2:37.49</b>	<b>2:31.29</b>	<b>2:16.69</b>	<b>200 IM</b>	<b>2:04.79</b>	<b>2:18.09</b>	<b>2:24.39</b>
<b>5:33.09</b>	<b>5:22.69</b>	<b>4:51.89</b>	<b>400 IM</b>	<b>4:29.99</b>	<b>4:58.39</b>	<b>5:06.99</b>



<b>2022 Short Course Senior Zones Bonus Time Standards</b>						
<b>Women</b>			<b>Men</b>			
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>Event</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
<b>30.39</b>	<b>29.29</b>	<b>26.59</b>	<b>50 Free</b>	<b>23.79</b>	<b>26.29</b>	<b>26.79</b>
<b>1:05.49</b>	<b>1:03.49</b>	<b>57.49</b>	<b>100 Free</b>	<b>51.99</b>	<b>57.39</b>	<b>59.59</b>
<b>2:21.09</b>	<b>2:16.89</b>	<b>2:03.89</b>	<b>200 Free</b>	<b>1:53.59</b>	<b>2:05.49</b>	<b>2:10.79</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>400/500 Free</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>800/1000 Free</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>1500/1650 Free</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>
<b>1:13.49</b>	<b>1:09.49</b>	<b>1:02.99</b>	<b>100 Back</b>	<b>57.19</b>	<b>1:03.09</b>	<b>1:07.09</b>
<b>2:37.29</b>	<b>2:30.99</b>	<b>2:16.79</b>	<b>200 Back</b>	<b>2:05.09</b>	<b>2:17.99</b>	<b>2:24.69</b>
<b>1:22.79</b>	<b>1:19.89</b>	<b>1:12.39</b>	<b>100 Breast</b>	<b>1:04.79</b>	<b>1:11.49</b>	<b>1:14.79</b>
<b>2:59.69</b>	<b>2:52.79</b>	<b>2:36.59</b>	<b>200 Breast</b>	<b>2:20.59</b>	<b>2:35.09</b>	<b>2:43.39</b>
<b>1:11.29</b>	<b>1:09.39</b>	<b>1:02.89</b>	<b>100 Fly</b>	<b>57.09</b>	<b>1:02.99</b>	<b>1:04.59</b>
<b>2:36.59</b>	<b>2:33.39</b>	<b>2:18.99</b>	<b>200 Fly</b>	<b>2:06.39</b>	<b>2:19.49</b>	<b>2:23.89</b>
<b>2:39.49</b>	<b>2:33.29</b>	<b>2:18.69</b>	<b>200 IM</b>	<b>2:06.79</b>	<b>2:20.09</b>	<b>2:26.39</b>
<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>400 IM</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>