

**2024 PACIFIC NORTHWEST LONG COURSE SENIOR CHAMPIONSHIPS**

**JULY 18-21, 2024**

**QUALIFYING PERIOD APRIL 1, 2023 – JULY 10, 2024**

Women			Event	Men		
SCM	SCY	LCM		LCM	SCY	SCM
27.89	25.59	29.59	<b>50 Free</b>	26.59	22.79	24.79
1:00.59	55.39	1:03.99	<b>100 Free</b>	57.89	49.69	54.49
2:13.19	1:59.19	2:20.89	<b>200 Free</b>	2:09.09	1:48.09	2:01.59
4:47.59	5:24.99	5:03.29	<b>400/500 Free</b>	4:43.29	4:59.69	4:26.19
10:26.29	11:47.89	10:31.59	<b>800/1000 Free</b>	9:48.09	11:01.59	9:36.09
19:52.69	19:40.99	20:08.89	<b>1500/1650 Free</b>	18:46.89	17:59.39	18:06.29
1:09.79	1:01.09	1:14.19	<b>100 Back</b>	1:08.09	55.59	1:03.19
2:32.79	2:15.19	2:41.89	<b>200 Back</b>	2:30.99	2:02.89	2:21.09
1:20.09	1:10.69	1:26.29	<b>100 Breast</b>	1:16.69	1:02.39	1:10.29
2:55.89	2:36.29	3:08.79	<b>200 Breast</b>	2:51.99	2:19.19	2:37.69
1:07.09	1:00.09	1:11.79	<b>100 Fly</b>	1:03.99	53.79	59.79
2:38.79	2:20.19	2:57.09	<b>200 Fly</b>	2:37.09	2:04.49	2:21.09
2:31.19	2:14.49	2:40.89	<b>200 IM</b>	2:25.99	2:01.29	2:17.19
5:30.89	4:54.19	5:54.79	<b>400 IM</b>	5:24.49	4:28.69	5:00.89
1:57.19	1:44.99	2:00.99	<b>4x50 Free Relay</b>	1:49.09	1:33.59	1:44.49
4:28.69	4:00.69	4:15.59	<b>4x100 Free Relay</b>	3:53.19	3:25.19	3:49.09
9:35.49	8:35.59	9:55.59	<b>4x200 Free Relay</b>	8:52.39	7:32.39	8:24.99
2:12.29	1:58.49	2:25.19	<b>4x50 Medley Relay</b>	2:09.99	1:43.39	1:55.39
5:17.09	4:44.09	5:04.19	<b>4x100 Medley Relay</b>	4:27.89	3:50.79	4:17.59

These are the tentative standards.

If we are unable to get a host for the 2024 LC Senior meet the standards will need to be adjusted as it will need to be combined with the 14U LC Meet.