

2025-2028 VSI Senior Championships Qualifying Times						
Women			Events	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.29	50 Freestyle	22.79	25.29	26.09
1:02.59	1:00.99	54.79	100 Freestyle	49.49	55.59	57.19
2:15.19	2:11.99	1:58.39	200 Freestyle	1:48.59	2:01.29	2:04.49
4:44.49	4:34.09	5:19.19	400/ 500 Freestyle	4:55.89	4:18.39	4:24.79
10:01.39	9:48.59	11:15.69	800 / 1000 Freestyle	10:27.99	9:11.39	9:25.69
19:37.19	19:13.19	19:08.99	1500 / 1650 Freestyle	17:35.09	17:34.49	17:59.99
1:10.19	1:08.99	1:00.99	100 Backstroke	55.59	1:04.59	1:05.79
2:32.99	2:29.49	2:12.79	200 Backstroke	2:01.19	2:19.59	2:21.99
1:22.59	1:20.59	1:10.49	100 Breaststroke	1:03.39	1:13.29	1:15.29
2:59.99	2:53.99	2:36.29	200 Breaststroke	2:19.49	2:40.59	2:44.59
1:08.29	1:06.89	1:00.19	100 Butterfly	54.39	1:00.19	1:01.59
2:39.49	2:32.99	2:20.99	200 Butterfly	2:02.59	2:18.39	2:21.19
2:35.89	2:32.59	2:15.49	200 IM	2:02.69	2:18.49	2:21.69
5:28.99	5:19.69	4:48.99	400 IM	4:25.99	4:55.19	5:01.59

Approved 10/7/2024

Valid through 2028 VSI LC Senior Championship