



2010 Virginia Swimming Senior Championships Qualifying Standards

Spring - March 11-14, 2010 - University of Virginia

Summer - July 22-25, 2010 - TBD

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
28.69	29.49	25.89	50 free	23.09	26.29	25.59
1:01.79	1:03.19	55.89	100 free	50.19	57.49	55.59
2:12.39	2:15.39	1:59.79	200 free	1:49.29	2:04.79	2:00.69
4:43.19	4:47.99	5:23.59	400/500 fr	4:59.79	4:28.39	4:22.39
9:52.19	10:02.29	11:16.59	800/1000 fr	10:33.99	9:29.19	9:13.59
19:02.29	19:37.19	19:08.99	1500/1650 fr	17:51.89	18:15.99	17:45.69
1:09.19	1:11.79	1:02.59	100 back	56.89	1:05.79	1:02.89
2:29.89	2:34.99	2:15.59	200 back	2:04.79	2:22.69	2:17.99
1:20.09	1:23.09	1:12.39	100 breast	1:05.29	1:15.59	1:11.19
2:52.39	2:57.99	2:35.99	200 breast	2:21.79	2:44.59	2:36.69
1:08.19	1:09.09	1:01.69	100 fly	55.29	1:02.39	1:01.19
2:32.89	2:35.79	2:18.39	200 fly	2:07.79	2:24.29	1:21.29
2:30.69	2:35.19	2:16.39	200 IM	2:03.49	2:22.49	2:16.49
5:20.49	5:28.09	4:49.99	400 IM	4:29.19	5:05.99	4:57.49