



Summer Senior Championship July 30th – August 3rd, 2019

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	28.19	25.59	50 Freestyle	22.79	25.39	26.19
1:03.29	1:00.99	55.89	100 Freestyle	50.09	55.19	57.29
2:16.89	2:12.79	1:59.89	200 Freestyle	1:49.59	2:01.39	2:04.89
4:46.89	4:39.59	5:19.89	400 Freestyle	4:57.79	4:18.69	4:26.29
9:52.89	9:37.29	11:01.69	800 Freestyle	10:20.49	8:57.59	9:13.49
18:54.97	18:25.79	18:13.89	1500 Freestyle	17:20.29	17:12.99	17:42.39
			50 Backstroke			
1:13.69	1:11.99	1:04.69	100 Backstroke	58.19	1:04.49	1:06.39
2:37.89	2:34.29	2:18.39	200 Backstroke	2:07.29	2:22.59	2:26.59
			50 Breaststroke			
1:23.89	1:21.79	1:12.89	100 Breaststroke	1:06.19	1:13.89	1:15.79
3:01.29	2:57.49	2:38.79	200 Breaststroke	2:23.69	2:40.49	2:43.89
			50 Butterfly			
1:09.89	1:07.59	1:01.39	100 Butterfly	55.49	1:00.59	1:02.39
2:32.89	2:27.69	2:16.59	200 Butterfly	2:03.49	2:15.89	2:19.39
2:34.59	2:30.69	2:15.29	200 Individual Medley	2:02.89	2:17.29	2:21.39
5:25.69	5:17.79	4:47.39	400 Individual Medley	4:23.99	4:52.69	5:00.49
			200 Freestyle Relay			
4:24.89	4:16.89	3:54.69	400 Freestyle Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 Freestyle Relay	7:42.19	8:27.89	8:43.89
			200 Medley Relay			
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49
4:35.00		4:00.00	400 Mixed Medley			

Important Note: For all 50's you must enter 100 times, for all 200 Relay's you must enter 400 times.

