

## 2009 Virginia Swimming Senior Championships Qualifying Times

Spring – March 5-8, 2009 – University of Virginia  
Summer – July 23-26, 2009 – TAC - Cary, NC

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.29	30.29	26.49	50 Free	23.79*	27.49*	26.29*
1:03.39	1:05.39	57.39	100 Free	51.99*	1:00.19*	57.49*
2:15.79*	2:19.69*	2:02.79*	200 Free	1:51.49*	2:08.59*	2:03.39*
4:47.19*	4:54.19*	5:28.79*	400/500 Free	5:05.79*	4:35.19*	4:26.89*
9:53.39*	10:08.19*	11:18.99*	800/1000 Free	10:33.99*	9:29.19*	9:13.59*
19:02.29	19:37.19	19:08.99	1500/1650 Free	18:00.99	18:34.49	17:54.69
1:11.69	1:14.99	1:04.89	100 Back	58.69*	1:08.59*	1:04.79*
2:33.09*	2:38.89*	2:18.39*	200 Back	2:06.59*	2:27.39*	2:19.19*
1:20.89	1:24.09	1:13.19	100 Breast	1:06.29	1:17.19	1:13.29
2:54.39	3:00.59	2:37.79	200 Breast	2:23.89	2:46.99	2:38.99
1:10.69*	1:12.59*	1:03.99*	100 Fly	56.89*	1:05.09*	1:02.99*
2:35.19	2:37.79	2:20.49	200 Fly	2:08.79	2:25.89	2:22.29
2:35.19	2:39.09	2:20.59	200 IM	2:08.79	2:28.39	2:22.19
5:24.09*	5:33.19*	4:52.49*	400 IM	4:31.79*	5:10.89*	5:00.79*