



2013-2014 Virginia Swimming Senior Championships Qualifying Standards

Spring - Feb 28-Mar 3, 2013 / Mar 6-9, 2014 - Collegiate School Aquatic Center, Richmond, VA

Summer Jul 18-21, 2013 / Jul 17-20 - Collegiate School Aquatic Center, Richmond, VA

corrected 2/23/2013

WOMEN				MEN		
SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
28.69	29.49	25.89	50 free	22.89*	26.09*	25.39*
1:01.69*	1:03.09*	55.79*	100 free	49.99*	57.29*	55.39*
2:12.39	2:15.39	1:59.79	200 free	1:48.99*	2:04.49*	2:00.39*
4:39.39	4:43.89	5:19.19	400/500 free	4:55.89*	4:24.79*	4:18.89*
9:51.29	10:01.39	11:15.69	800/1000 free	10:27.99	9:24.19	9:08.59
19:02.29	19:37.19	19:08.99	1500/1650 free	17:35.09	17:58.49	17:29.09
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	2:04.19*	2:21.99*	2:17.39*
1:20.09	1:23.09	1:12.39	100 breast	1:05.19*	1:15.49*	1:11.09*
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	2:04.99*	2:21.19*	2:18.19*
2:30.29*	2:34.79*	2:15.99*	200 IM	2:03.39*	2:22.39*	2:16.39*
5:18.49	5:26.09	4:47.99	400 IM	4:25.99	5:01.59	4:53.29

Bonus Standards

allowed one bonus event

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.19	29.99	26.39	50 free	23.39*	26.59*	25.89*
1:02.79	1:04.19	56.89	100 free	50.99*	58.29*	56.39*
2:14.59	2:17.59	2:01.79	200 free	1:50.99*	2:06.49*	2:02.39*
Bonus swims for the 500, 1000, or 1650 Free are not available			400/500 free 800/1000 free 1500/1650 free	Bonus swims for the 500, 1000, or 1650 Free are not available		
1:10.19	1:12.79	1:03.59	100 back	57.89	1:06.79	1:03.89
2:31.89	2:36.99	2:17.59	200 back	2:06.19*	2:23.99*	2:19.39*
1:21.09	1:24.09	1:13.39	100 breast	1:06.19*	1:16.49*	1:12.09*
2:54.39	2:59.99	2:37.99	200 breast	2:23.79	2:46.59	2:38.69
1:09.19	1:10.09	1:02.69	100 fly	56.29	1:03.39	1:02.19
2:34.89	2:37.79	2:20.39	200 fly	2:06.99*	2:23.19*	2:20.19*
2:32.29*	2:36.79*	2:17.99*	200 IM	2:05.39*	2:24.39*	2:18.39*
Bonus swim for 400 IM is not available			400 IM	Bonus swim for 400 IM is not available		