

SCY and LCM Senior Championship Time Standards



Women				Men		
LCM	SCM	SCY	EVENT	LCM	SCM	SCY
28.99	28.29	25.29	50 Free	25.79	24.99	22.39
1:03.29	1:01.79	54.59	100 Free	58.09	56.29	48.69
2:16.49	2:12.49	1:58.59	200 Free	2:05.19	2:00.39	1:47.59
4:48.09	4:40.59	5:19.99	500/400 Free	4:26.09	4:17.49	4:55.29
9:59.99	10:04.49	11:14.99	1000/800 Free	9:18.29	9:05.69	10:25.99
19:02.19	18:59.59	18:59.99	1650/1500 Free	18:13.89	17:39.39	18:01.99
1:10.99	1:08.29	1:00.09	100 Back	1:04.79	1:02.39	55.09
2:35.59	2:30.39	2:13.09	200 Back	2:23.69	2:17.99	2:00.39
1:21.49	1:18.49	1:09.99	100 Breast	1:13.59	1:10.99	1:01.69
2:58.89	2:55.79	2:35.19	200 Breast	2:44.39	2:36.59	2:16.79
1:08.59	1:06.99	1:00.09	100 Fly	1:02.09	1:00.49	54.09
2:39.99	2:37.69	2:18.29	200 Fly	2:25.89	2:22.19	2:06.09
2:34.49	2:30.39	2:14.39	200 IM	2:21.79	2:16.89	2:01.69
5:37.59	5:26.59	4:49.99	400 IM	5:07.59	5:00.39	4:26.99