

PVS Senior Long Course Championships Time Standards

July 15-18, 2004

George Mason University

Women			Men	
SCY	LCM		SCY	LCM
26.49	29.99	50 Free	23.59	26.69
57.19	1:04.79	100 Free	51.59	58.39
2:02.49	2:18.69	200 Free	1:52.69	2:07.59
5:24.89	4:49.99	400/500 Free	5:04.19	4:31.49
11:16.39	10:03.69	800/1000 Free	10:48.69	9:38.99
18:59.29	19:18.59	1500/1650 Free	17:59.19	18:17.49
1:03.39	1:11.79	100 Back	58.29	1:05.99
2:16.69	2:34.79	200 Back	2:05.59	2:22.19
1:12.09	1:21.59	100 Breast	1:04.69	1:13.29
2:35.79	2:56.39	200 Breast	2:21.79	2:40.59
1:02.39	1:10.69	100 Fly	55.99	1:03.39
2:16.49	2:34.59	200 Fly	2:03.89	2:20.29
2:17.49	2:35.69	200 IM	2:06.69	2:23.39
4:58.79	5:38.29	400 IM	4:36.09	5:12.59
3:54.29	4:25.29	400 Freestyle Relay	3:29.69	3:57.39
8:24.69	9:31.39	800 Freestyle Relay	7:38.79	8:39.49
4:23.19	4:57.99	400 Medley Relay	3:57.49	4:28.89