

PVS 2006 Senior Long Course Championships Time Standards
July 13-16, 2006

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
02:02.09	2:18.19	200 Free	1:52.69	2:07.59
05:22.49	4:47.79	400/500 Free	5:04.19	4:31.49
11:09.99	9:57.99	800/1000 Free	10:35.69	9:27.39
18:44.19	19:13.59	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	1:06.89	1:15.69
2:35.79	2:56.39	200 Breast	2:27.39	2:46.89
1:02.39	1:10.69	100 Fly	55.99	1:03.39
2:16.49	2:34.59	200 Fly	2:10.09	2:27.29
2:17.49	2:35.69	200 IM	2:06.69	2:23.39
04:54.69	5:33.69	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

Times are unchanged from 2005
Times must have been achieved since July 5, 2004