

ISCA Summer Senior Blast

July 25th - July 29th, 2023

2023 QUALIFYING

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.09	28.49	25.59	50 Freestyle	22.89	25.79	26.29
1:02.09	1:01.79	55.49	100 Freestyle	49.49	55.79	56.69
2:15.39	2:14.39	1:59.69	200 Freestyle	1:48.49	2:02.89	2:03.99
4:45.79	4:41.79	5:17.69	400/500 Freestyle	4:53.29	4:19.19	4:23.09
9:50.09	9:38.49	11:06.79	800/1000 Freestyle	10:12.19	8:57.39	9:08.99
18:49.39	18:28.89	18:32.49	1500/1650 Freestyle	17:13.99	17:19.99	17:40.09
35.09	34.09	29.09	50 Backstroke	26.59	30.59	31.59
1:11.49	1:09.89	1:02.39	100 Backstroke	56.49	1:04.59	1:06.19
2:35.79	2:32.79	2:16.69	200 Backstroke	2:05.39	2:20.49	2:24.29
40.59	39.59	35.09	50 Breaststroke	30.09	36.09	37.09
1:22.69	1:21.09	1:12.69	100 Breaststroke	1:04.29	1:12.69	1:14.19
3:00.39	2:56.89	2:40.19	200 Breaststroke	2:22.79	2:40.99	2:44.49
33.09	32.09	28.59	50 Butterfly	25.99	28.29	29.09
1:08.19	1:06.89	1:00.59	100 Butterfly	53.59	59.79	1:01.09
2:33.29	2:32.29	2:15.49	200 Butterfly	2:01.49	2:17.79	2:18.79
2:34.99	2:26.69	2:15.99	200 Individual Medley	2:02.39	2:12.89	2:21.19
5:26.19	5:14.59	4:45.69	400 Individual Medley	4:18.29	4:46.99	4:58.59
Put	400	Time	200 Freestyle Relay	Put	400	Time
4:24.89	4:16.89	3:54.69	400 Freestyle Relay	3:30.69	3:52.69	4:00.69
4:15.19		3:50.19	400 Mixed Free Relay			
Put	400	Time	200 Medley Relay	Put	400	Time
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49
4:35.00		4:00.00	400 Mixed Medley			
Important Note: For all 200 Relays you must enter 400 times.						