

Senior Circuit Time Standards

Women		Events	Men	
LCM	SCY		SCY	LCM
30.29	25.99	50 Free	22.69	27.09
1:05.09	55.49	100 Free	49.69	59.39
2:20.09	2:03.09	200 Free	1:49.09	2:09.39
4:53.49	5:28.59	400 Free	5:04.09	4:38.09
10:04.99	10:59.99	800 Free	10:33.29	9:29.99
19:25.09	18:57.69	1500 Free	17:29.29	17:59.99
1:14.59	1:04.19	100 Back	56.99	1:08.09
2:39.09	2:16.89	200 Back	2:05.09	2:26.69
1:23.49	1:12.99	100 Breast	1:05.09	1:19.59
2:59.19	2:36.99	200 Breast	2:22.09	2:49.99
1:11.49	1:01.99	100 Fly	55.09	1:05.79
2:42.69	2:26.99	200 Fly	2:06.89	2:27.89
2:46.59	2:19.19	200 IM	2:04.79	2:26.59
5:29.99	4:53.29	400 IM	4:27.49	5:03.29