



2021 SENIOR CHAMPIONSHIPS

MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.59	27.49	24.79	50 Freestyle	22.39	24.89	26.09
1:01.59	59.29	53.39	100 Freestyle	48.39	53.69	55.69
2:13.39	2:09.59	1:56.79	200 Freestyle	1:47.09	1:58.89	2:04.09
4:45.89	4:32.99	5:11.99	400/500 Freestyle	4:51.49	4:15.09	4:22.19
9:56.99	9:41.89	10:56.99	800/1000 Freestyle	10:16.99	8:59.89	9:15.99
18:55.39	18:37.89	18:31.19	1500/1650 Freestyle	17:28.99	17:35.29	17:59.29
1:09.59	1:06.29	59.69	100 Backstroke	55.29	1:01.39	1:04.29
2:31.29	2:24.59	2:10.29	200 Backstroke	2:02.09	2:15.49	2:20.99
1:20.99	1:16.49	1:08.89	100 Breaststroke	1:01.99	1:08.79	1:12.99
2:57.09	2:48.29	2:31.59	200 Breaststroke	2:18.29	2:33.49	2:42.99
1:08.59	1:05.89	59.39	100 Butterfly	54.29	1:00.29	1:02.19
2:32.09	2:29.79	2:14.99	200 Butterfly	2:04.69	2:18.39	2:22.99
2:33.09	2:26.59	2:12.09	200 Individual Medley	2:00.59	2:13.89	2:20.99
5:30.59	5:17.89	4:46.39	400 Individual Medley	4:24.89	4:53.99	5:07.99
4:18.99	4:04.09	3:39.89	400 Free Relay	3:19.09	3:40.99	3:55.29
9:18.69	8:52.79	7:59.99	800 Free Relay	7:22.79	8:11.49	8:46.29
4:50.09	4:26.69	4:00.29	400 Medley Relay	3:38.19	4:02.19	4:21.79

2021 WINTER REGIONAL CHAMPIONSHIPS

MOTIVATIONAL TIME STANDARDS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
31.69	30.29	27.39	50 Freestyle	24.59	27.29	28.79
1:08.19	1:05.49	59.09	100 Freestyle	53.49	59.39	1:01.89
2:29.49	2:23.39	2:09.19	200 Freestyle	1:57.79	2:10.79	2:17.69
5:17.19	5:01.69	5:44.99	400/500 Freestyle	5:21.79	4:41.49	4:52.49
10:57.79	10:40.09	12:02.69	800/1000 Freestyle	11:26.39	10:05.59	10:19.29
20:53.99	20:34.69	20:27.39	1500/1650 Freestyle	19:23.49	19:30.39	19:59.89
1:17.59	1:13.59	1:06.29	100 Backstroke	1:01.29	1:07.99	1:12.29
2:49.39	2:39.79	2:23.99	200 Backstroke	2:14.69	2:29.49	2:38.29
1:30.29	1:25.09	1:16.69	100 Breaststroke	1:08.79	1:16.39	1:22.79
3:16.29	3:05.59	2:47.19	200 Breaststroke	2:32.09	2:48.79	3:01.49
1:15.99	1:13.09	1:05.89	100 Butterfly	1:00.19	1:06.79	1:09.29
2:51.79	2:45.99	2:29.59	200 Butterfly	2:17.89	2:33.09	2:41.09
2:49.89	2:41.19	2:25.29	200 Individual Medley	2:13.29	2:27.89	2:35.99
6:06.89	5:51.29	5:16.59	400 Individual Medley	4:52.49	5:24.59	5:41.49

*Qualification period will be 2/1/2019 to entry deadline