

2023 MESI SENIOR CHAMPIONSHIPS

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
31.19	30.39	27.19	50 Free	24.39	27.39	27.89
1:07.89	1:05.89	58.99	100 Free	53.49	59.59	1:01.69
2:26.19	2:21.99	2:08.09	200 Free	1:56.99	2:10.09	2:14.89
5:13.99	5:06.99	5:49.99	500 Free	5:30.99	4:48.99	4:54.99
11:11.99	10:48.99	12:19.99	1000 Free	11:57.79	10:28.19	10:50.09
21:11.99	20:29.99	20:36.99	1650 Free	20:02.89	19:55.89	20:33.99
1:14.89	1:11.49	1:03.99	100 Back	58.39	1:04.79	1:08.69
2:47.99	2:41.99	2:24.99	200 Back	2:17.49	2:33.79	2:41.39
1:25.29	1:22.39	1:13.59	100 Breast	1:05.59	1:13.49	1:16.99
3:12.59	3:05.79	2:45.99	200 Breast	2:36.19	2:53.09	3:01.39
1:13.19	1:11.39	1:03.99	100 Fly	57.89	1:04.69	1:06.29
2:46.99	2:44.49	2:27.59	200 Fly	2:20.49	2:35.39	2:39.99
2:44.49	2:39.29	2:22.99	200 IM	2:10.09	2:24.69	2:31.39
6:03.99	5:52.79	5:17.39	400 IM	5:03.69	5:39.69	5:47.29

2023 MESI SENIOR BONUS STANDARDS

GIRLS			EVENT	BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
36.39	35.39	31.79	50 Free	28.39	31.89	32.59
1:19.19	1:16.89	1:08.89	100 Free	1:02.39	1:09.49	1:11.99
2:50.49	2:45.59	2:29.39	200 Free	2:16.49	2:31.79	2:37.39
5:58.49	5:50.69	6:40.59	500 Free	6:10.59	5:26.09	5:33.69
21:21.29	12:05.69	13:49.19	1000 Free	12:52.99	11:16.49	11:40.09
23:43.89	22:57.09	23:05.19	1650 Free	21:35.39	21:27.89	22:08.99
1:27.29	1:23.39	1:14.69	100 Back	1:08.09	1:15.59	1:20.19
3:08.39	3:01.39	2:42.99	200 Back	2:27.99	2:45.59	2:53.79
1:39.49	1:36.09	1:25.89	100 Breast	1:16.49	1:25.79	1:19.89
3:35.89	3:27.89	3:05.99	200 Breast	2:48.19	3:06.39	3:15.39
1:25.39	1:23.29	1:14.69	100 Fly	1:07.49	1:15.49	1:17.39
3:07.29	3:04.29	2:45.29	200 Fly	2:31.29	2:47.29	2:52.29
3:11.89	3:05.79	2:46.29	200 IM	2:31.69	2:48.79	2:56.59
6:47.89	6:35.09	5:55.89	400 IM	5:26.99	6:03.59	6:14.09