

Virginia Swimming Head Coaches:

Enclosed you will find the 2021-2024 VSI Senior Champs Qualifying Times. This update of Virginia Swimming premier championship meet qualifying times is the first since 2011. The times were developed by reviewing the results from the last four spring and summer senior champs. The SCY times and the LCM times were independently developed from results of the spring and summer champs, respectively. The SCM times are converted times from the LCM times. The committee reviewed the times paying particular attention to the impact on meet participation and the number of entries for each event. The resulting qualifying times were unanimously approved by the committee. If you have any further questions about the development of the times, please contact the VSI Senior Chair.

Steve Hennessy
Senior Vice Chair
Virginia Swimming, Inc.

2021-2024 VSI SENIOR CHAMPIONSHIPS QUALIFYING TIMES

Women			Events	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.29	50 Freestyle	22.79	25.29	26.09
1:02.59	1:00.99	54.79	100 Freestyle	49.49	55.59	57.19
2:15.19	2:11.99	1:58.99	200 Freestyle	1:48.59	2:01.29	2:04.49
4:40.49	4:34.09	5:19.19	400/500 Freestyle	4:55.89	4:18.39	4:24.79
10:01.39	9:48.59	11:15.69	800/1000 Freestyle	10:27.99	9:11.39	9:24.19
19:37.19	19:13.19	19:08.99	1500/1650 Freestyle	17:35.09	17:34.49	17:58.49
1:10.19	1:08.99	1:00.99	100 Backstroke	55.59	1:04.59	1:05.79
2:31.89	2:29.49	2:12.29	200 Backstroke	2:01.19	2:19.59	2:21.99
1:22.59	1:20.59	1:10.49	100 Breaststroke	1:03.39	1:13.29	1:15.29
2:57.99	2:53.99	2:34.99	200 Breaststroke	2:19.49	2:40.59	2:44.59
1:08.29	1:06.89	1:00.19	100 Butterfly	54.39	1:00.19	1:01.59
2:35.79	2:32.99	2:18.19	200 Butterfly	2:02.59	2:18.39	2:21.19
2:34.79	2:31.59	2:14.49	200 Medley	2:02.69	2:18.49	2:21.69
5:26.09	5:19.69	4:47.99	400 Medley	4:25.99	4:55.19	5:01.59

Approved 11.05.2020

Valid through 2024 VSI LC Senior Championship