

2022 North Carolina Swimming Long Course Senior Championships Time Standards



		Women	Men
LCM	50 Fr	29.69	26.89
SCY		26.19	23.09
LCM	100 Fr	1:03.99	58.99
SCY		56.39	50.79
LCM	200 Fr	2:17.69	2:06.59
SCY		2:01.19	1:51.09
LCM	4-500 Fr	4:48.79	4:30.29
SCY		5:21.99	5:00.19
LCM	8-1000 Fr	9:56.49	9:20.99
SCY		11:08.59	10:30.19
LCM	15-1650 Fr	19:01.59	17:54.89
SCY		18:39.79	17:30.19
LCM	100 Bk	1:12.89	1:05.99
SCY		1:03.49	56.69
LCM	200 Bk	2:36.49	2:22.89
SCY		2:16.79	2:03.39
LCM	100 BR	1:21.99	1:13.69
SCY		1:12.79	1:03.89
LCM	200 BR	2:56.69	2:40.39
SCY		2:35.39	2:18.99
LCM	100 FI	1:10.69	1:02.49
SCY		1:02.89	55.79
LCM	200 FI	2:33.49	2:20.49
SCY		2:17.69	2:04.39
LCM	200 IM	2:37.39	2:23.99
SCY		2:17.39	2:04.09
LCM	400 IM	5:31.19	5:06.79
SCY		4:52.19	4:25.79