



# SPRING SENIOR CHAMPIONSHIP

March 9-12, 2023

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
0:28.09	0:27.59	0:25.09	<b>50 Free</b>	0:22.59	0:24.79	0:25.39
1:00.89	0:59.69	0:54.39	<b>100 Free</b>	0:49.09	0:53.89	0:55.29
2:14.49	2:11.29	1:59.89	<b>200 Free</b>	1:48.79	1:59.19	2:04.09
4:45.39	4:46.79	5:22.59	<b>400M / 500Y Free</b>	4:56.19	4:19.19	4:27.69
10:02.09	10:00.79	11:25.79	<b>800M / 1000Y Free</b>	10:37.99	9:18.29	9:26.59
19:35.59	19:08.29	19:12.89	<b>1500M / 1650Y Free</b>	17:45.09	17:38.79	18:16.29
1:09.19	1:07.29	1:01.09	<b>100 Back</b>	0:56.09	1:01.89	1:04.49
2:30.79	2:25.19	2:12.69	<b>200 Back</b>	2:02.89	2:15.79	2:22.39
1:19.99	1:17.19	1:10.19	<b>100 Breast</b>	1:02.99	1:09.19	1:12.09
2:54.49	2:47.59	2:33.39	<b>200 Breast</b>	2:19.29	2:33.59	2:40.39
1:07.39	1:06.29	1:00.59	<b>100 Fly</b>	0:54.09	1:00.29	1:00.49
2:35.29	2:31.99	2:17.49	<b>200 Fly</b>	2:03.79	2:16.69	2:21.39
2:32.79	2:28.09	2:15.19	<b>200 IM</b>	2:02.49	2:14.09	2:18.39
5:28.99	5:20.09	4:52.59	<b>400 IM</b>	4:25.49	4:52.09	5:06.29
1:58.69	1:54.49	1:44.49	<b>200 Free Relay</b>	1:34.09	1:43.09	1:46.69
4:21.19	4:12.99	3:50.39	<b>400 Free Relay</b>	3:26.09	3:48.19	3:59.99
9:34.99	9:16.19	8:24.19	<b>800 Free Relay</b>	7:38.59	8:22.19	8:57.89
2:12.69	2:06.79	1:55.79	<b>200 Medley Relay</b>	1:44.69	1:54.69	1:59.99
4:51.99	4:41.19	4:14.89	<b>400 Medley Relay</b>	3:48.79	4:10.59	4:25.69



# SUMMER SENIOR CHAMPIONSHIP

July 13-16, 2023

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
0:28.09	0:27.59	0:25.09	<b>50 Free</b>	0:22.39	0:24.59	0:25.39
1:00.89	0:59.29	0:54.09	<b>100 Free</b>	0:48.79	0:53.49	0:55.29
2:14.49	2:10.69	1:59.29	<b>200 Free</b>	1:48.09	1:58.39	2:04.09
4:45.39	4:44.39	5:19.89	<b>400M / 500Y Free</b>	4:54.39	4:17.59	4:27.69
10:02.09	10:00.79	11:25.79	<b>800M / 1000Y Free</b>	10:25.49	9:07.39	9:26.59
19:35.59	18:51.49	18:55.99	<b>1500M / 1650Y Free</b>	17:34.69	17:28.39	18:16.29
1:09.19	1:06.39	1:00.29	<b>100 Back</b>	0:55.59	1:01.39	1:04.49
2:30.79	2:23.49	2:11.09	<b>200 Back</b>	2:00.89	2:13.59	2:22.39
1:19.99	1:16.39	1:09.49	<b>100 Breast</b>	1:01.99	1:08.09	1:12.09
2:54.49	2:45.69	2:31.69	<b>200 Breast</b>	2:17.59	2:31.69	2:40.39
1:07.39	1:05.99	1:00.29	<b>100 Fly</b>	0:53.59	0:59.69	1:00.49
2:35.29	2:30.29	2:15.99	<b>200 Fly</b>	2:01.29	2:13.99	2:21.39
2:32.79	2:27.39	2:14.59	<b>200 IM</b>	2:01.19	2:12.59	2:18.39
5:28.99	5:15.89	4:48.69	<b>400 IM</b>	4:20.89	4:46.99	5:06.29
1:58.69	1:54.49	1:44.49	<b>200 Free Relay</b>	1:34.09	1:43.09	1:46.69
4:21.19	4:12.99	3:50.39	<b>400 Free Relay</b>	3:26.09	3:48.19	3:59.99
9:34.99	9:16.19	8:24.19	<b>800 Free Relay</b>	7:38.59	8:22.19	8:57.89
2:12.69	2:06.79	1:55.79	<b>200 Medley Relay</b>	1:44.69	1:54.69	1:59.99
4:51.99	4:41.19	4:14.89	<b>400 Medley Relay</b>	3:48.79	4:10.59	4:25.69