

## VSI & USA Swimming Championship Qualifying Times (Long Course Meters)

Event	VSI Senior	Sectional	NCSA	USA-S	US Open	National	Olympic Trial
			Junior	Junior			
<b>Women</b>							
<b>50 Free</b>	30.89	28.59	:27.79	:27.39	:27.29	:26.79	:26.39
<b>100 Free</b>	1:06.69	1:01.69	1:00.19	:58.89	:58.89	57.69	57.19
<b>200 Free</b>	2:23.19	2:11.59	2:09.09	2:06.79	2:06.99	2:04.49	2:03.39
<b>400 Free</b>	4:59.19	4:34.09	4:30.69	4:24.99	4:25.59	4:20.49	4:19.39
<b>800 Free</b>	10:15.19	9:29.49	9:15.99	9:06.69	9:04.09	8:56.29	8:50.49
<b>1500 Free</b>	19:37.19	18:18.69	17:46.59	17:32.49	17:21.39	17:06.69	
<b>100 Back</b>	1:14.99	1:08.39	1:07.89	1:06.49	1:06.69	1:05.39	1:04.59
<b>200 Back</b>	2:40.29	2:27.39	2:25.99	2:22.79	2:22.29	2:19.99	2:17.99
<b>100 Breast</b>	1:24.09	1:17.69	1:16.79	1:14.89	1:14.99	1:13.29	1:12.59
<b>200 Breast</b>	3:00.59	2:47.99	2:44.99	2:41.39	2:41.59	2:38.09	2:35.99
<b>100 Fly</b>	1:12.69	1:07.29	1:05.79	1:04.39	1:04.39	1:03.09	1:02.39
<b>200 Fly</b>	2:37.79	2:27.19	2:24.19	2:21.19	2:20.29	2:17.29	2:16.69
<b>200 IM</b>	2:41.09	2:28.29	2:27.59	2:23.69	2:24.29	2:21.49	2:20.49
<b>400 IM</b>	5:41.69	5:17.79	5:09.69	5:03.69	5:03.39	4:57.79	4:55.89
<b>Men</b>							
<b>50 Free</b>	28.09	25.39	:24.79	:24.79	:24.19	:23.79	:23.49
<b>100 Free</b>	1:01.39	55.59	:53.99	:53.89	:52.99	:52.19	:51.59
<b>200 Free</b>	2:13.19	2:01.49	1:58.09	1:57.29	1:55.69	1:54.09	1:52.89
<b>400 Free</b>	4:41.09	04:18.6	4:09.79	4:08.59	4:05.89	4:02.99	3:59.99
<b>800 Free</b>	9:39.39	9:00.39	8:40.79	8:37.29	8:29.79	8:24.29	
<b>1500 Free</b>	18:34.49	17:25.19	16:41.69	16:31.39	16:18.59	16:06.49	15:53.59
<b>100 Back</b>	1:08.69	1:02.89	1:01.39	1:00.59	:59.79	:58.69	:57.99
<b>200 Back</b>	2:27.89	2:15.39	2:12.39	2:11.49	2:09.09	2:07.19	2:04.99
<b>100 Breast</b>	1:17.19	1:12.09	1:08.29	1:08.39	1:06.79	1:05.59	1:04.69
<b>200 Breast</b>	2:46.99	2:38.99	2:29.79	2:28.59	2:25.29	2:22.79	2:20.79
<b>100 Fly</b>	1:06.19	1:00.39	:58.89	:58.19	:57.19	:56.19	:55.59
<b>200 Fly</b>	2:25.89	2:20.29	2:10.59	2:09.79	2:06.99	2:05.09	2:03.99
<b>200 IM</b>	2:30.59	2:16.59	2:13.59	2:12.39	2:10.59	2:08.79	2:07.39
<b>400 IM</b>	5:16.19	4:57.69	4:43.89	4:41.59	4:37.39	4:34.29	4:30.49
<b>Women Relays</b>							
<b>200 Free</b>							
<b>400 Free</b>		4:12.69	4:06.99	4:05.69	4:01.49	3:58.39	
<b>800 Free</b>		9:04.19	8:53.89	8:53.89	8:45.29	8:34.09	
<b>200 Medley</b>							
<b>400 Medley</b>		4:43.79	4:36.39	4:36.39	4:30.49	4:25.49	
<b>Men Relays</b>							
<b>200 Free</b>							
<b>400 Free</b>		3:46.09	3:41.89	3:41.49	3:37.69	3:33.59	
<b>800 Free</b>		8:14.79	8:07.49	8:07.49	7:59.89	7:51.59	
<b>200 Medley</b>							
<b>400 Medley</b>		4:16.09	4:08.89	4:08.89	4:01.19	3:55.69	