

Arizona Swimming
Senior State Championship
2013 Long Course Qualifying Standards

WOMEN

0: 29.80	50 Free
1:04.65	100 Free
2:22.16	200 Free
5:21.92	400/500 Free
11:30.19	800/1000 Free
22:10.69	1500/1650 Free
1:18.32	100 Back
2:57.99	200 Back
1:33.89	100 Breast
3:21.19	200 Breast
1:16.84	100 Fly
2:56.19	200 Fly
2:50.32	200 IM
6:19.79	400 IM

MEN

0:27.22
0:59.35
2:11.50
5:05.85
10:52.09
20:49.49
1:16.49
2:43.89
1:26.39
3:08.79
1:09.25
2:43.19
2:35.97
5:54.39