

Virginia State Independent Schools (VSIS)
Swimming and Diving Championship
Qualifying Times

VSIS State Championship Qualifying Times - '06-'07 Season

Women		Events	Men	
SCM	SCY		SCY	SCM
2:25.98	2:12.71	200 Medley Relay	2:00.20	2:12.22
2:32.03	2:16.97	200 Free	2:06.98	2:20.95
2:53.14	2:35.98	200 I.M.	2:25.27	2:41.25
30.57	27.54	50 Free	24.43	27.12
Diving: 9.0 minimum DD for Optional Dives				
1:19.49	1:11.61	100 Fly	1:02.88	1:09.80
1:07.08	1:00.43	100 Free	54.96	1:01.01
6:59.15	6:17.88	500 Free	5:55.79	6:34.93
2:08.03	1:55.34	200 Free Relay	1:42.24	1:53.49
1:17.88	1:10.16	100 Back	1:05.78	1:13.02
1:27.06	1:18.43	100 Breast	1:12.84	1:20.85
4:57.18	4:27.73	400 Free Relay	4:04.37	4:31.25