

Connecticut Swimming, Inc.
2021 Summer Senior Championship
July 8-11, 2021
Cheshire Community Pool

The 2021 Summer Senior Championship will be held July 8-11, 2021 at the Cheshire Community Pool. The competition will be held in Long Course Meters with a Timed Final format. Connecticut Swimming has access to the facility until 12:00 noon Friday, Saturday, Sunday, and after 6:00pm Thursday, Friday, Saturday, Sunday. In order to provide a competition inclusive of as many eligible athletes as possible, the decision to utilize the pool space as efficiently as possible, maintaining reasonable hours on site for athletes, has resulted in an event lineup as follows:

DAY 1	DAY 2	DAY 3	DAY 4
	AM	AM	AM
	200 BACK	200 IM	100 BACK
	100 FREE	200 FLY	200 FREE
	200 BREAST	100 BREAST	100 FLY
		400 Free Relay	400 Medley Relay
PM	PM	PM	PM
50 FREE	400IM	400 FREE	1500 FREE
800 FREE			

Time Standards will be the same as the 2019 CSI Long Course Senior Championship for LCM with appropriate converted time standards available for SCY and SCM. The qualifying period will be from January 1, 2019 through the entry deadline for the 2021 meet. All entries will be converted to LCM for seeding of the competition. The meet will only be open to CSI Registered athletes and will not require any in season meets for eligibility. Athletes may enter up to 6 Individual Events. There will be no bonus swims. Time Standards:

2021 CSI Long Course Senior Championship

	Women		Event	Men		
SCM	SCY	LCM		LCM	SCY	SCM
28.59	25.59	29.09	50 Freestyle	26.59	23.19	26.09
1:02.19	55.79	1:03.09	100 Freestyle	57.79	50.49	56.89
2:15.29	2:00.49	2:16.29	200 Freestyle	2:06:59	1:50.79	2:05.59
4:45.99	5:22.29	4:49.79	400 Freestyle	4:30.79	5:01.99	4:26.99
9:53.09	11:22.99	10:04.39	800 Freestyle	9:36:19	10:42.49	9:24.89
19:06.39	19:08.89	19:26.39	1500 Freestyle	18:26.99	17:59.31	18:06.99
1:11.39	1:03.69	1:12.89	100 Backstroke	1:07.19	57.44	1:05.69
2:34.59	2:16.29	2:36.09	200 Backstroke	2:28.79	2:07.19	2:27.29
1:08.29	1:01.69	1:09.59	100 Butterfly	1:03.19	55.49	1:01.89
2:40.49	2:25.99	2:43.79	200 Butterfly	2:29.59	2:11.09	2:26.29
1:22.79	1:14.19	1:24.29	100 Breaststroke	1:16.79	1:06.49	1:15.29
2:57.59	2:40.79	3:01.09	200 Breaststroke	2:48.79	2:26.49	2:45.29
2:29.49	2:18.19	2:37.59	200 Individual Medley	2:24.59	2:05.39	2:16.49
5:21.19	4:51.29	5:32.49	400 Individual Medley	5:14.09	4:31.69	5:02.79