



# 2023 TIME STANDARDS

## SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

*Qualifying from June 1, 2022 through Entry Deadline*

### WOMEN

### MEN

SCY	LCM		LCM	SCY
22.79	26.59	50 FR	23.99	20.49
49.69	57.59	100 FR	51.99	44.39
1:47.39	2:04.29	200 FR	1:54.29	1:38.39
4:48.09	4:21.39	400/500 FR	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 FR	8:23.09	9:13.19
16:32.59	17:11.29	1500/1650 FR	16:05.09	15:34.19
54.49	1:04.39	100 BK	58.79	49.39
1:57.69	2:18.29	200 BK	2:06.99	1:47.99
1:02.79	1:13.29	100 BR	1:05.89	55.79
2:15.49	2:38.29	200 BR	2:23.29	2:01.19
53.99	1:02.39	100 FL	56.49	48.99
1:59.39	2:16.99	200 FL	2:05.09	1:47.89
2:00.59	2:20.99	200 IM	2:08.29	1:48.89
4:15.19	4:57.29	400 IM	4:33.09	3:52.69
x	x	4x50 FR-R	x	x
x	3:55.69	4x100 FR-R	3:33.59	x
x	8:29.99	4x200 FR-R	7:47.69	x
x	x	4x50 Med-R	x	x
x	4:21.49	4x100 Med-R	3:56.29	x



# 2023 TIME STANDARDS

## SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

*Qualifying from June 1, 2022 through Entry Deadline*

### WOMEN

### MEN

SCY	LCM	BONUS	LCM	SCY
23.39	26.89	50 FR	24.29	20.79
50.69	58.19	100 FR	52.89	45.39
1:49.29	2:04.99	200 FR	1:55.69	1:39.39
4:53.09	4:23.79	400/500 FR	4:05.29	4:30.49
10:06.79	9:06.69	800/1000 FR	8:33.79	9:25.49
16:51.29	17:25.59	1500/1650 FR	16:14.99	15:46.99
55.39	1:04.79	100 BK	58.89	49.99
2:00.19	2:19.59	200 BK	2:08.49	1:49.49
1:03.19	1:13.79	100 BR	1:06.59	56.59
2:18.29	2:38.59	200 BR	2:24.99	2:03.79
55.09	1:02.69	100 FL	57.09	49.59
2:02.09	2:18.99	200 FL	2:06.89	1:50.79
2:02.69	2:22.09	200 IM	2:09.79	1:50.69
4:22.39	5:00.99	400 IM	4:36.99	3:58.79
X	X	4x50 FR-R	X	X
X	X	4x100 FR-R	X	X
X	X	4x200 FR-R	X	X
X	X	4x50 Med-R	X	X
X	X	4x100 Med-R	X	X